

Name: _____

Date: _____

MISA

E W R Z I J K Q S E J Y L P F J G B T N O B R I
Y J A K P D E T R Y I Q S W N B L H J E V U B Y
J E S A N R O A X S O A G B R X E D Z F L D X Z
D M L B Q Z H O B B Y C S C O L I G K N V H W A
G E R U G Y H Y Y M X T A R T W S P H I M N A V
W M C L N H B P O Q E I K N X E U X O I E P M L
E O Q A C Y A M G X M V A H L N R N H C D A E E
D R W Q B M A C A C I I Z W U T E C D A I I X X
U I Z M P G B J B B T T K K F E O D Z U T L K E
C E Q I I O M T P L Y I H U Q R J Q R X A S D R
A S G P N P I Y M H L E H X N T R L N C T J Z C
T E R C S S N K J X I S H Y Z A K I C U I D E I
I H G U G W D D I V M V U Q T I O T C G O L N S
O I I R Z J S F D V A N P P R N J M V C N K E E
N J P B G X E I F Z F I X Q T M A L R Z J Q L W
N H O Q P C T N L I Q O B G O E U Z M D P R U O
H F J G V O F V H D L T O V O N L T Y D B I B B
B Y U E Z E E U Z D J C W H Q T P Q A R G B X X
M E N T A L H E A L T H M S I H S N D T W N T Q
X E E B U P C F S H E A L T H Y H A B I T S X N
O F D K O O B A D A E R N M R I Q E E J L N F F
U B M O E N F P J P N K D H H D G B L C F T P W
B E E Y H M H F D E C N A L A B H I N T V G F T
L I P G G Y D J D X F E W A L K I N G O U V U J

healthy habits

Entertainment

mental health

family time

read a book

activities

meditation

education

balanced

exercise

memories

Leisure

mindset

walking

hobby

yoga