

Mindfulness Word Search

Puzzle 1

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

**ALERT
ATTENTION
AUTHENTIC
CENTER
INTROSPECT
NOW
TASTE
VITALITY**

**ANCHOR
ATTENTIVE
CALM
CONTEMPLATION
NOTICE
RESTORATIVE
TIMELESS
WARMTH**

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Puzzle-Solution 1

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

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