

Mindfulness Word Search

Puzzle 56

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

**ANCHOR
BALANCE
EASE
KINDNESS
MIND
PURPOSE
SERENITY
TRANQUILITY**

**AWARE
COMPOSE
HERE
MENTAL
NOW
REST
SLOW
VIGILANT**

Mindfulness Word Search

Puzzle-Solution 56

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

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