

Mindfulness Word Search

Puzzle 100

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

**BREATH
GENTLE
INTENTION
KINDNESS
MOMENT
PEACE
SPIRIT
TRANQUILITY**

**CARE
INTEGRITY
INTROSPECT
MENTAL
OPEN
SHELTER
STABLE
VIGILANT**

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Puzzle-Solution 100

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

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