

Mindfulness Word Search

Puzzle 143

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

**BREATH
EFFORTLESS
KINDNESS
MOMENT
ONENESS
SENSITIVITY
SOFT
VIGILANT**

**CARE
HARMONY
MENTAL
NOW
RHYTHM
SERENE
TOLERANCE
WELLNESS**

Mindfulness Word Search

Puzzle-Solution 143

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

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