

Mindfulness Word Search

Puzzle 149

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

**ACCEPTANCE
AWARENESS
CALIBRATE
EASEFUL
PURITY
SCENT
SOUND
VIGILANT**

**ATTENTION
BODY
CENTER
NOW
SAFETY
SIMPLICITY
STABLE
WELLNESS**

Mindfulness Word Search

Puzzle-Solution 149

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

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