

# Mindfulness Word Search

## Puzzle 410

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

**ALIGNMENT  
CALIBRATE  
INSIGHTFUL  
INTENTION  
NOTICE  
RELAX  
SHELTER  
SUPPORT**

**BREATHFUL  
EQUANIMITY  
INTEGRITY  
MENTALITY  
QUIET  
SENSORY  
SILENCE  
WISDOM**

# Mindfulness Word Search

## Puzzle-Solution 410

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

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