

# Mindfulness Word Search

## Puzzle 449

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

**ATTENTION  
COMPOSE  
EFFORTLESS  
HEAL  
MINDFUL  
PURPOSE  
SOUND  
STILLNESS**

**CALM  
CONTINUITY  
FORGIVENESS  
KINDNESS  
PATIENCE  
SETTLE  
STEADY  
UNITY**

# Mindfulness Word Search

## Puzzle-Solution 449

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

**ATTENTION  
COMPOSE  
EFFORTLESS  
HEAL  
MINDFUL  
PURPOSE  
SOUND  
STILLNESS**

**CALM  
CONTINUITY  
FORGIVENESS  
KINDNESS  
PATIENCE  
SETTLE  
STEADY  
UNITY**