

Name: _____

Date: _____

Mindfulness

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

accepting

compassion

lifestyle

personal

senses

attitude

feelings

love

present

value

awareness

focused

mindfulness

reflection

wellbeing

barriers

kind

nonjudgmental

selfcare