

Goals and Habits

Hard · 16 × 16 · 18 words · every direction, backwards too

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

☐ SELF IMPROVEMENT

☐ DETERMINATION

☐ DISCIPLINE

☐ MOTIVATION

☐ ACCOUNTABILITY

☐ PERSEVERANCE

☐ CONSISTENCY

☐ MINDFULNESS

☐ MEDITATION

☐ NUTRITION

☐ HYDRATION

☐ PRODUCTIVITY

☐ ORGANIZATION

☐ DECLUTTER

☐ GRATITUDE

☐ AMBITION

☐ COMMITMENT

☐ REFLECTION

Goals and Habits: answer key

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