

Mindfulness

Medium · 13 × 13 · 12 words · across, down and diagonal

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

- ☐ BREATHE
- ☐ MEDITATE
- ☐ FOCUS
- ☐ GRATITUDE

- ☐ JOURNAL
- ☐ STILLNESS
- ☐ AWARENESS
- ☐ PRESENT

- ☐ RELAX
- ☐ PEACEFUL
- ☐ REFLECTION
- ☐ MINDFUL

Mindfulness: answer key

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