



Meditation and Mindfulness Word Search



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

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| VISUALIZATION | THOUGHTS | SERENITY | RELAXATION |
| REFLECTION | QUIET | PRESENT | PRACTICE |
| PATIENCE | OBSERVATION | NONJUDGMENTAL | MINDFUL |
| MEDITATION | LOVE | LISTEN | KIND |
| JOYFUL | INSPIRATION | GRATITUDE | FOCUS |
| FLEXIBILITY | DETERMINATION | COMPASSION | CALM CLARITY |
| BREATHING | AWARENESS | ATTENTION | APPRECIATION |