

MIND - BE WELL WORD SEARCH

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

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

AFFIRMATION
 BREATH
 CALM
 FOCUS

INTENTION
 MANTRA
 MEDITATE
 PRESENT

REFLECT
 STILLNESS
 THOUGHT
 UNDERSTAND

