

Word Search

Calming words



Find the following words in the puzzle.
Words are hidden down, across, diagonally
and backwards



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

JOURNALING

MEDITATION

YOGA

FEELINGS

MANTRA

CALMING

CONFIDENCE

CONTROL

BREATH

CONTEMPLATION

BODY

MIND

TRANQUIL

AFFIRMATIONS

HAPPINESS

DREAMS