

75 PRINTABLE PUZZLES



MEDIUM

KINDNESS

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

EASY

GOAL SETTING

F	T	A	R	G	E	T	X
O	T	T	C	R	S	E	E
C	M	A	P	L	A	N	F
U	V	S	M	X	A	X	F
S	E	K	X	M	C	O	O
P	U	R	S	U	E	R	R
F	C	O	M	M	I	T	T

HARD

GROWTH MINDSET

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

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INTRODUCTION

Welcome to SEL Word Searches! An exciting resource for educators and parents.

Social Emotional Learning (SEL) focuses on understanding emotions, building positive relationships, and fostering self-awareness. Our word searches offer a creative and interactive approach for students to delve into 25 essential SEL topics.

For each topic, we've designed three word searches with varying levels of difficulty, ensuring you can select the perfect challenge for your students.

Incorporate these word searches as individual exercises or blend them into your wider teaching program. Here's how you might use them:

- **Classroom Activities:** Begin the lesson with a word search tied to your main topic. It acts as a conversation starter, prepping students for the day's learning.
- **Homework Assignments:** Set a word search for homework. Then, in the subsequent lesson, discuss the discovered words, delving into their meanings and relevance to the students' lives.
- **Group Work:** Facilitate cooperative learning by having small student groups tackle a word search. This nurtures teamwork, communication, and cooperative problem-solving skills.
- **Discussion Starters:** After completing a word search, initiate a class talk about the core topic. Invite students to share personal anecdotes or stories associated with the words they found.
- **Family Time:** Parents, these word searches are a wonderful way to bond with your children while discussing pivotal SEL themes in a casual environment.
- **Journaling:** Post-word search, motivate students to write down any arising thoughts or feelings in a journal. Such introspection can amplify their comprehension.
- **Role-playing:** For themes like conflict resolution or empathy, post-discussion, engage students in role-playing activities to apply the concepts practically.

Engaging with these word searches transcends merely identifying words; it's about sparking discussions, fostering self-understanding, and honing vital life competencies. Whether employed in a classroom or within the family, these word searches can be the stepping stones to impactful discussions and personal evolution.

Let the word search fun begin!

EASY

GOAL SETTING

F	T	A	R	G	E	T	X
O	T	T	C	R	S	E	E
C	M	A	P	L	A	N	F
U	V	S	M	X	A	X	F
S	E	K	X	M	C	O	O
P	U	R	S	U	E	R	R
F	C	O	M	M	I	T	T
U	N	T	X	G	O	A	L

WORD BANK

Commit

Effort

Focus

Goal

Plan

Pursue

Target

Task

MEDIUM

GOAL SETTING

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

WORD BANK

Achieve	Ambition	Commit	Target
Complete	Effort	Focus	Task
Goal	Plan	Progress	Vision
Purpose	Pursue	Success	

HARD

GOAL SETTING

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

WORD BANK

Achieve
Complete
Focus
Obstacle
Ambition

Dedicate
Goal
Plan
Commit
Effort

Milestone
Prioritize
Strategy
Task
Success

Vision
Progress
Purpose
Pursue
Target

EASY

KINDNESS

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

WORD BANK

Care

Gift

Heart

Help

Hug

Kind

Listen

Share

Smile

MEDIUM

KINDNESS

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

WORD BANK

Care

Smile

Respect

Help

Gift

Kind

Warmth

Listen

Hug

Donate

Share

Heart

Gentle

HARD

KINDNESS

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

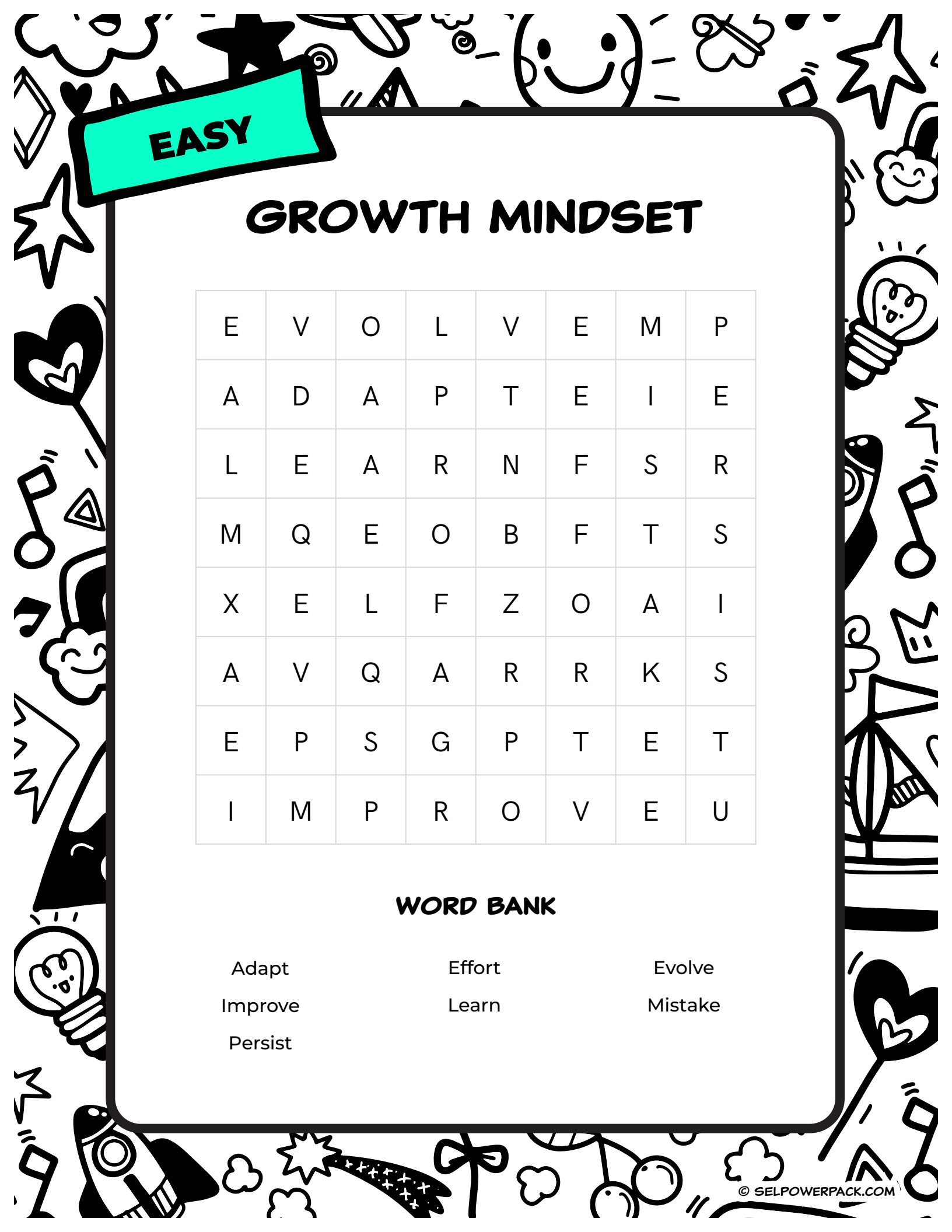
WORD BANK

Care
Donate
Gentle
Help
Listen

Share
Patience
Smile
Comfort
Friendly

Gift
Hug
Respect
Support
Kind

Heart
Compliment
Generous
Understanding
Warmth



EASY

GROWTH MINDSET

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

WORD BANK

Adapt

Effort

Evolve

Improve

Learn

Mistake

Persist

MEDIUM

GROWTH MINDSET

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

WORD BANK

Adapt	Motivate	Improve	Courage
Effort	Persist	Mindset	Explore
Feedback	Believe	Mistake	Journey
Learn	Evolve	Practice	

HARD

GROWTH MINDSET

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

WORD BANK

Adapt
Courage
Evolve
Flexibility
Learn

Motivate
Mindset
Persevere
Believe
Curiosity

Explore
Improve
Mistake
Persist
Potential

Practice
Challenge
Effort
Feedback
Journey

EASY

RESILIENCE

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

WORD BANK

Adapt
Improve
Persist

Effort
Learn

Evolve
Mistake

MEDIUM

RESILIENCE

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

WORD BANK

Adapt

Endure

Persist

Rise

Support

Recover

Bounce

Grit

Resist

Stamina

Survive

Tough

Courage

Hope

Steady

HARD

RESILIENCE

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

WORD BANK

Adapt
Determination
Grit
Patience
Resist

Steady
Survive
Support
Bounce
Endurance

Hope
Persist
Rise
Strength
Tough

Stamina
Courage
Endure
Overcome
Recover

EASY

POSITIVE THINKING

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

WORD BANK

Bright

Cheer

Dream

Faith

Happy

Hope

Joy

Smile

Trust

MEDIUM

POSITIVE THINKING

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

WORD BANK

Believe

Smile

Inspire

Cheer

Dream

Trust

Praise

Happy

Hope

Bright

Radiate

Joy

Outlook

Faith

Uplift

HARD

POSITIVE THINKING

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

WORD BANK

Believe
Cheerful
Encourage
Hope
Optimism

Praise
Trust
Uplift
Bright
Confidence

Faith
Inspire
Outlook
Radiate
Positive

Smile
Cheer
Dream
Happy
Joy

EASY

KNOWING MYSELF

D	S	K	I	L	L	S	P
E	P	R	O	U	D	U	A
S	N	S	A	O	R	N	S
I	V	K	L	A	F	I	S
R	T	A	M	E	N	Q	I
E	D	R	E	A	M	U	O
T	A	L	E	N	T	E	N
U	N	I	Q	U	E	Y	S

WORD BANK

Desire

Dream

Skills

Passion

Proud

Value

Talent

Unique

MEDIUM

KNOWING MYSELF

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

WORD BANK

Desire
Identity
Passion
Reflect

Talent
Skills
Dream
Inner

Proud
Unique
Strength
Value

Hobbies
Interest
Purpose

HARD

KNOWING MYSELF

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

WORD BANK

Confidence
Dream
Identity
Passion
Purpose

Strength
Value
Reflect
Desire
Feelings

Interest
Personality
Talent
Proud
Skills

Unique
Discover
Hobbies
Inner

EASY

EMPATHY

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

WORD BANK

Care

Connect

Feel

Heart

Listen

Relate

Share

MEDIUM

EMPATHY

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

WORD BANK

Care
Console
Heart
Reflect

Support
Sympathy
Comfort
Emotion

Kindness
Relate
Share
Validate

Connect
Feel
Listen

HARD

EMPATHY

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

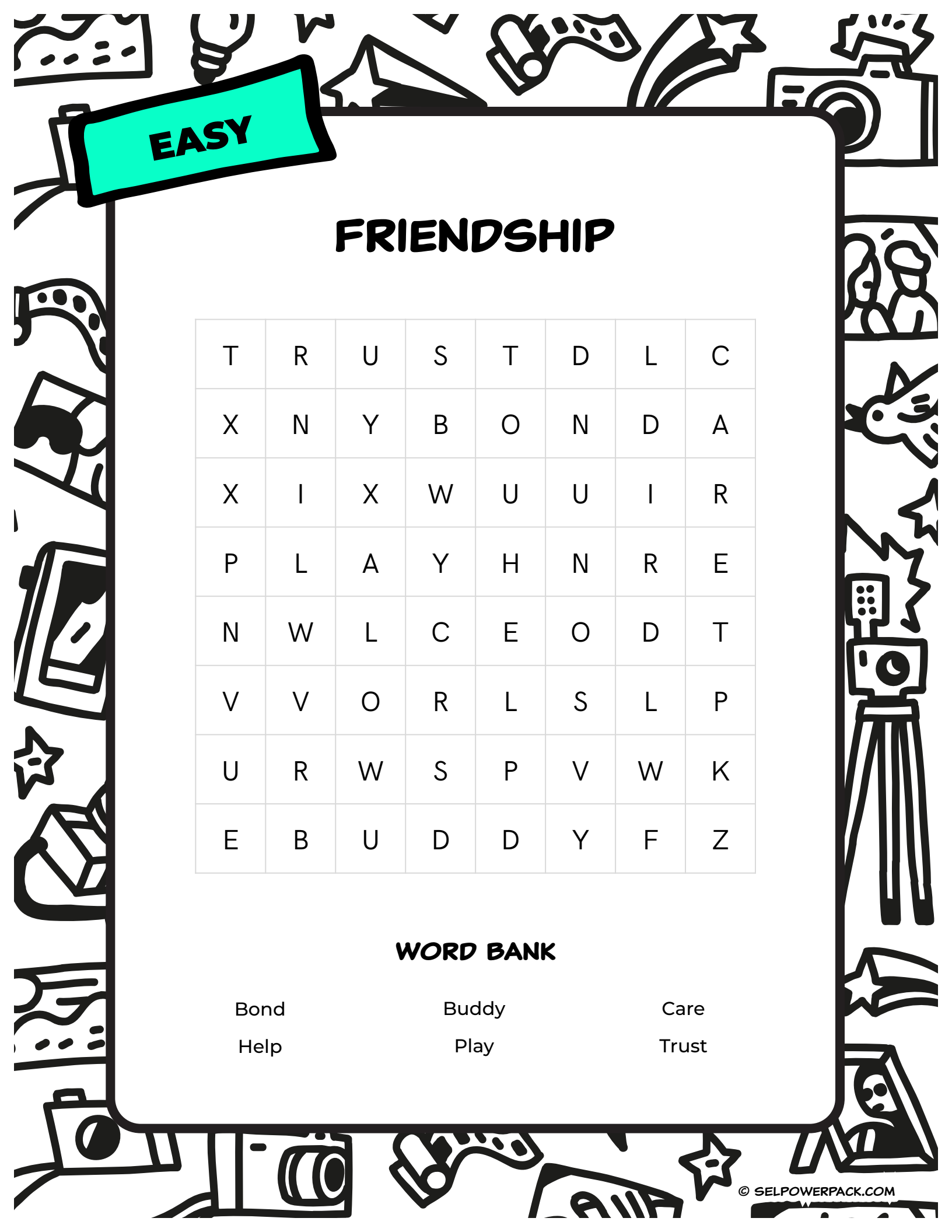
WORD BANK

Care
Connect
Feel
Listen
Reflect

Share
Understand
Validate
Comfort
Console

Heart
Patience
Relate
Support
Sensitivity

Sympathy
Compassion
Emotion
Kindness
Perspective



EASY

FRIENDSHIP

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

WORD BANK

Bond

Buddy

Care

Help

Play

Trust

MEDIUM

FRIENDSHIP

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

WORD BANK

Bond	Support	Partner	Care
Help	Together	Secret	Listen
Loyal	Buddy	Share	Play
Respect	Laugh	Trust	

HARD

FRIENDSHIP

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

WORD BANK

Bond
Companion
Listen
Play
Secret

Together
Trustworthy
Understanding
Buddy
Help

Loyal
Playmate
Share
Respect
Support

Trust
Care
Laugh
Partner

EASY

SOCIAL SMARTS

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

WORD BANK

Listen

Queue

Share

Signal

Space

Talk

MEDIUM

SOCIAL SMARTS

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

WORD BANK

Behave

Listen

Queue

Include

Signal

Talk

Social

Gesture

Listen

Respect

Share

Space

Manners

HARD

SOCIAL SMARTS

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

WORD BANK

Behave
Gesture
Listen
Share
Queue

Signal
Talk
Space
Cooperate
Include

Manners
Understand
Respect
Social
Teamwork

Emotion
Interrupt
Manners

EASY

SMART CHOICES

O	A	W	A	R	E	I	D
P	W	S	I	P	W	N	E
T	V	A	T	E	I	F	C
I	F	F	R	K	S	O	I
O	O	E	Z	E	E	R	D
N	R	I	S	K	S	M	E
H	R	T	H	I	N	K	E
A	D	V	I	C	E	O	F

WORD BANK

Advice

Aware

Decide

Inform

Option

Risk

Safe

Think

Wise

MEDIUM

SMART CHOICES

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

WORD BANK

Advice	Safe	Option	Benefit
Consider	Think	Reflect	Inform
Judgment	Aware	Risk	Outcome
Reason	Decide	Wise	

HARD

SMART CHOICES

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

WORD BANK

Advice
Consider
Inform
Option
Reflect

Safe
Wise
Responsible
Aware
Decide

Intuition
Outcome
Solution
Judgment
Reason

Risk
Benefit
Evaluate
Think



EASY

GRATITUDE

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

WORD BANK

Gift
Memory
Content

Honor
Thank

Joy
Warmth

MEDIUM

GRATITUDE

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

WORD BANK

Blessing

Thank

Journal

Cherish

Content

Memory

Valuable

Grateful

Honor

Celebrate

Recognize

Joy

Kindness

Gift

Warmth

HARD

GRATITUDE

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

WORD BANK

Acknowledge
Celebrate
Generosity
Memory
Gratitude

Journal
Heartfelt
Warmth
Appreciate
Cherish

Gift
Recognize
Joy
Grateful
Honor

Valuable
Blessing
Content
Kindness
Thank



EASY

MINDFULNESS

A	B	A	W	A	R	E	S
C	E	N	T	E	R	S	E
R	S	A	V	O	R	L	N
E	C	A	L	M	P	F	S
L	R	X	P	R	E	O	E
A	E	S	N	E	A	C	U
X	E	A	C	E	C	U	Z
P	A	U	S	E	E	S	Y

WORD BANK

Aware

Calm

Focus

Pause

Peace

Relax

Savor

Sense

Center

MEDIUM

MINDFULNESS

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

WORD BANK

Accept

Relax

Moment

Calm

Center

Savor

Peace

Ground

Intune

Aware

Present

Notice

Pause

Focus

Sense

HARD

MINDFULNESS

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

WORD BANK

Accept
Calm
Focus
Meditate
Observe

Present
Savor
Moment
Aware
Center

Ground
Pause
Reflect
Peace
Relax

Notice
Breathe
Experience
Intune
Sense

EASY

RESPECT

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

WORD BANK

Admire

Honor

Listen

Polite

Praise

Trust

Value

MEDIUM

RESPECT

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

WORD BANK

Admire

Tolerate

Kindness

Dignity

Empathy

Polite

Trust

Fairness

Honor

Courtesy

Praise

Listen

Patience

Equality

Value

HARD

RESPECT

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

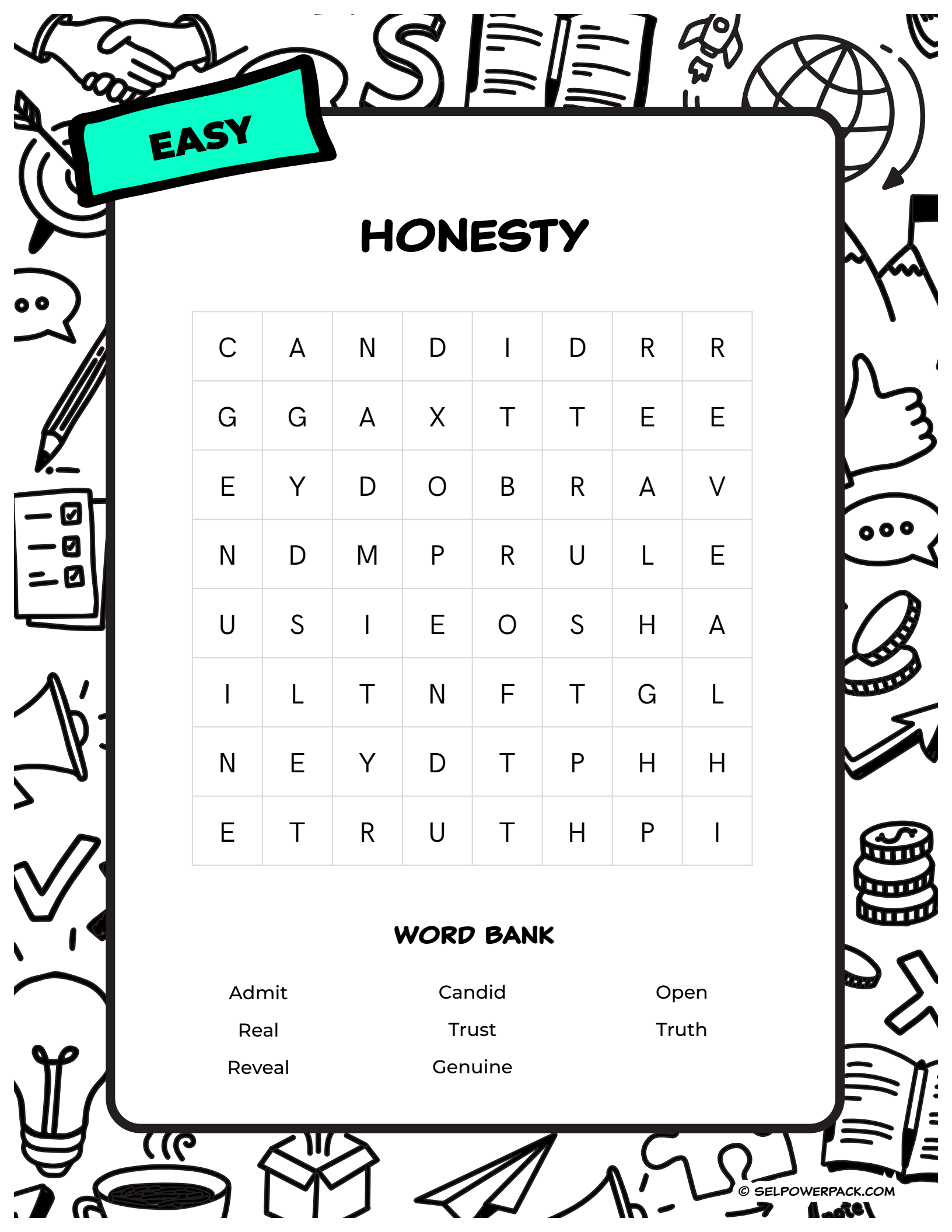
WORD BANK

Acknowledge
Celebrate
Generosity
Memory
Gratitude

Journal
Heartfelt
Warmth
Appreciate
Cherish

Gift
Recognize
Joy
Grateful
Honor

Valuable
Blessing
Content
Kindness
Thank



EASY

HONESTY

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

WORD BANK

Admit

Candid

Open

Real

Trust

Truth

Reveal

Genuine



MEDIUM

HONESTY

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

WORD BANK

Admit
Confess
Open
Reliable

Trust
Truth
Real
Genuine

Promise
Reveal
Sincere
Upright

Candid
Integrity



HARD

HONESTY

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

WORD BANK

Accountable
Candid
Forthright
Open
Reliable

Transparent
Upright
Sincere
Admit
Genuine

Promise
Truth
Reveal
Trust
Real

Authentic
Confess
Integrity

EASY

ACTIVE LISTENING

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

WORD BANK

Engage

Nod

Hear

Empathy

Respond

Focus

Reflect

Clarify

MEDIUM

ACTIVE LISTENING

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

WORD BANK

Clarify	Summarize	Nod	Encourage
Engage	Reflect	Validate	Focus
Hear	Empathy	Respond	
Question	Feedback	Patience	

HARD

ACTIVE LISTENING

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

WORD BANK

Clarify
Encourage
Feedback
Nod
Patience

Respond
Validate
Paraphrase
Concentrate
Engage

Focus
Nonverbal
Question
Summarize
Reflect

Understand
Empathy
Eyecontact
Hear

EASY

CONFLICT RESOLUTION

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

WORD BANK

Agree

Calm

Empathy

Listen

Mediate

Respect

Talk

MEDIUM

CONFLICT RESOLUTION

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

WORD BANK

Agree	Respect	Calm	Empathy
Fairness	Solution	Feedback	Listen
Mediate	Patience	Negotiate	Patience

HARD

CONFLICT RESOLUTION

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

WORD BANK

Acknowledge
Communicate
Fairness
Patience
Mediate

Perspective
Talk
Solution
Agree
Compromise

Feedback
Negotiate
Respect
Understand

Calm
Empathy
Listen

EASY

TIME MANAGEMENT

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

WORD BANK

Balance

Break

Focus

List

Plan

Routine

Schedule

MEDIUM

TIME MANAGEMENT

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

WORD BANK

Allocate

Punctual

Deadline

Break

Calendar

Schedule

Organize

Focus

List

Balance

Reminder

Plan

Routine

HARD

TIME MANAGEMENT

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

WORD BANK

Allocate
Calendar
Efficient
Goals
Organize

Punctual
Schedule
Multitask
Balance
Deadline

Estimate
Prioritize
List
Plan
Reminder

Routine
Break
Delegate
Focus

EASY

STRESS MANAGEMENT

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

WORD BANK

Hobby

Laugh

Limit

Music

Relax

Sleep

Talk

Yoga

MEDIUM

STRESS MANAGEMENT

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

WORD BANK

Breathe

Sleep

Exercise

Hobby

Journal

Talk

Laugh

Limit

Music

Yoga

Nature

Relax

HARD

STRESS MANAGEMENT

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

WORD BANK

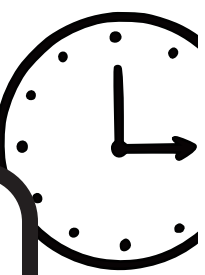
Breathe
Hobby
Limit
Sleep
Music

Prioritize
Talk
Yoga
Delegate

Meditate
Nature
Relax
Timeout

Exercise
Laugh
Mindfulness
Journal

TO DO



EASY

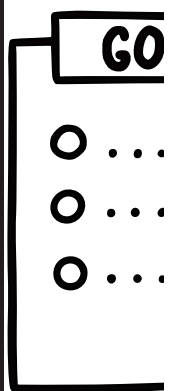
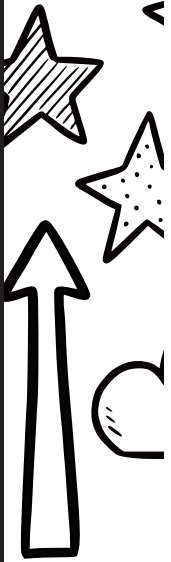
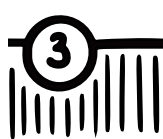
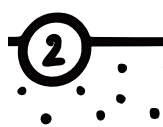
ORGANIZATIONAL SKILLS

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

Done



...



Today

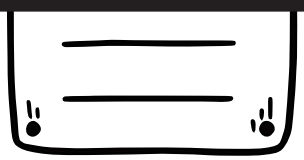
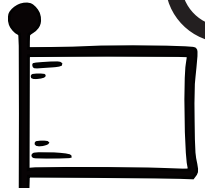


WORD BANK

File
Order

Label
Plan

List
Sort



TO DO

MEDIUM

ORGANIZATIONAL SKILLS

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

WORD BANK

Allocate

Review

Declutter

Plan

File

Order

Folder

Delegate

List

Schedule

Sort

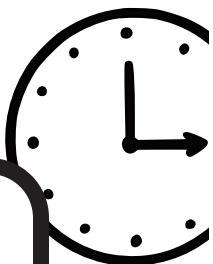
Label

GO

Today



TO DO



HARD

ORGANIZATIONAL SKILLS

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

WORD BANK

Allocate
Consistency
Delegate
Label

Plan
Schedule
Prioritize
Sort

Categorize
Deadlines
File
Order

List
Checklist
Declutter
Folder

Done

GO

Today



EASY

COMMUNICATION

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

WORD BANK

Ask
Message
Write

Clear
Speak

Listen
Tone

MEDIUM

COMMUNICATION

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

WORD BANK

Ask	Tone	Clarify	Clear
Express	Write	Gesture	Listen
Message	Speak	Respond	

HARD

COMMUNICATION

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

WORD BANK

Articulate
Clear
Feedback
Understand

Listen
Speak
Write
Ask

Empathize
Gesture
Message
Tone

Respond
Clarify
Express
Interact

EASY

DIVERSITY

E	B	E	L	I	E	F	S
Q	L	I	R	T	N	G	V
U	X	I	I	Z	C	A	S
I	T	U	L	D	F	U	G
T	Q	G	E	N	D	E	R
Y	C	U	L	T	U	R	E
R	E	S	P	E	C	T	F
S	C	E	I	L	E	B	Y

WORD BANK

Age
Equity

Beliefs
Gender

Culture
Respect

MEDIUM

DIVERSITY

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

WORD BANK

Age	Respect	Beliefs	Culture
Equity	Language	Gender	Identity
Inclusion	Tolerance	Religion	Tradition

HARD

DIVERSITY

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

WORD BANK

Acceptance
Beliefs
Equity
Perspective

Inclusion
Religion
Tradition
Tolerance

Age
Culture
Gender
Language

Respect
Uniqueness
Background
Differences
Identity

EASY

PROBLEM SOLVING

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

WORD BANK

Adapt
Outcome

Analyze
Reflect

Logical
Solution

MEDIUM

PROBLEM SOLVING

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

WORD BANK

Adapt

Solution

Analyze

Approach

Decision

Strategy

Evaluate

Feedback

Innovate

Resource

Logical

Reflect

Outcome

Obstacle

HARD

PROBLEM SOLVING

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

WORD BANK

Adapt
Brainstorm
Evaluate
Obstacle

Innovate
Outcome
Resource
Reflect

Analyze
Collaborate
Feedback
Strategy
Logical

Perspective
Solution
Approach
Decision
Hypothesis

EASY

CURIOSITY

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

WORD BANK

Engage

Explore

Learn

Ponder

Seek

Wonder

MEDIUM

CURIOSITY

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

WORD BANK

Discover

Ponder

Engage

Explore

Inquire

Seek

Insight

Interest

Learn

Wonder

Mystery

Novelty

Research

Question

HARD

CURIOSITY

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

WORD BANK

Adventure
Experiment
Insight
Learn
Ponder

Seek
Question
Wonder
Discover

Interest
Engage
Inquire
Investigate

Research
Novelty
Mystery
Explore

EASY

RECOGNIZING EMOTIONS

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

WORD BANK

Anger

Aware

Fear

Feel

Joy

Mood

MEDIUM

RECOGNIZING EMOTIONS

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

WORD BANK

Anger

Sadness

Feel

Comfort

Disgust

Reflect

Mood

Express

Fear

Aware

Surprise

Joy

Empathy

Identify

HARD

RECOGNIZING EMOTIONS

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

WORD BANK

Anger
Disgust
Express
Identify
Joy

Reflect
Surprise
Mood
Aware
Empathy

Fear
Sensation
Intuition
Loneliness
Sadness

Validate
Comfort
Excitement
Feel
Jealousy

EASY

SELF-ESTEEM

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

WORD BANK

Growth

Love

Proud

Unique

Value

Worth

MEDIUM

SELF-ESTEEM

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

WORD BANK

Achieve	Validate	Proud	Encourage
Growth	Value	Worth	Love
Positive	Believe	Unique	Respect
Strengths	Identity	Talents	

HARD

SELF-ESTEEM

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

WORD BANK

Achieve
Comfortable
Growth
Worth
Positive

Recognition
Talents
Value
Affirmation
Confidence

Identity
Potential
Respect
Unique
Strengths

Proud
Believe
Encourage
Love
Validate



ANSWER KEY

GOAL SETTING ANSWERS

EASY PUZZLE

F	T	A	R	G	E	T	X
O	T	T	C	R	S	E	E
C	M	A	P	L	A	N	F
U	V	S	M	X	A	X	F
S	E	K	X	M	C	O	O
P	U	R	S	U	E	R	R
F	C	O	M	M	I	T	T
U	N	T	X	G	O	A	L

MEDIUM PUZZLE

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

HARD PUZZLE

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

KINDNESS ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

GROWTH MINDSET ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

RESILIENCE ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

POSITIVE THINKING ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

KNOWING MYSELF ANSWERS

EASY PUZZLE

D	S	K	I	L	L	S	P
E	P	R	O	U	D	U	A
S	N	S	A	O	R	N	S
I	V	K	L	A	F	I	S
R	T	A	M	E	N	Q	I
E	D	R	E	A	M	U	O
T	A	L	E	N	T	E	N
U	N	I	Q	U	E	Y	S

MEDIUM PUZZLE

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

HARD PUZZLE

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

EMPATHY ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

FRIENDSHIP ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

SOCIAL SMARTS ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

SMART CHOICES ANSWERS

EASY PUZZLE

O	A	W	A	R	E	I	D
P	W	S	I	P	W	N	E
T	V	A	T	E	I	F	C
I	F	F	R	K	S	O	I
O	O	E	Z	E	E	R	D
N	R	I	S	K	S	M	E
H	R	T	H	I	N	K	E
A	D	V	I	C	E	O	F

MEDIUM PUZZLE

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

HARD PUZZLE

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

MINDFULNESS ANSWERS

EASY PUZZLE

A	B	A	W	A	R	E	S
C	E	N	T	E	R	S	E
R	S	A	V	O	R	L	N
E	C	A	L	M	P	F	S
L	R	X	P	R	E	O	E
A	E	S	N	E	A	C	U
X	E	A	C	E	C	U	Z
P	A	U	S	E	E	S	Y

MEDIUM PUZZLE

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

HARD PUZZLE

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

GRATITUDE ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

RESPECT ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

HONESTY ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

ACTIVE LISTENING ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

CONFLICT RESOLUTION ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

TIME MANAGEMENT ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

STRESS MANAGEMENT ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

ORGANIZATIONAL SKILLS ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

COMMUNICATION ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

DIVERSITY ANSWERS

EASY PUZZLE

E	B	E	L	I	E	F	S
Q	L	I	R	T	N	G	V
U	X	I	I	Z	C	A	S
I	T	U	L	D	F	U	G
T	Q	G	E	N	D	E	R
Y	C	U	L	T	U	R	E
R	E	S	P	E	C	T	F
S	C	E	I	L	E	B	Y

MEDIUM PUZZLE

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

HARD PUZZLE

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

PROBLEM SOLVING ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

CURIOSITY ANSWERS

EASY PUZZLE

E	N	G	A	G	E	L	P
P	G	E	M	D	E	E	I
O	R	S	E	E	K	A	N
N	U	E	G	K	R	R	P
D	G	R	P	N	N	N	I
E	Q	O	R	X	E	C	G
R	E	X	P	L	O	R	E
W	O	N	D	E	R	K	K

MEDIUM PUZZLE

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

HARD PUZZLE

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

RECOGNIZING EMOTIONS ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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

SELF-ESTEEM ANSWERS

EASY PUZZLE

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

MEDIUM PUZZLE

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

HARD PUZZLE

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