



MINDFUL MOMENTS

LIFE QUOTES WORD SEARCH

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

INSTRUCTIONS

- 1. Objective:** The aim is to find all the hidden words within a grid of letters. Words might be arranged horizontally, vertically, diagonally, and they could appear forwards or backwards.
- 2. Familiarize with the Word List:** Begin by reviewing the list of words you're searching for. Knowing what you're looking for will make it easier to spot these words in the grid.
- 3. Start Your Search:** Look for the first letter of a word from the list within the grid, then check the surrounding letters to see if they form the word you're seeking.
- 4. Look in Every Direction:** Words can be oriented in any direction. Make sure to check horizontally, vertically, diagonally, and both forwards and backwards.
- 5. Words placement in the grid:** Words can overlap and letters can be shared but letters can't be skipped. Spaces between compound words will be removed. For example, "WORD SEARCH" would be found as "WORDSEARCH"
- 6. Mark Found Words:** When you locate a word, circle it or highlight it. This visual cue helps you keep track of your progress.

WORD SEARCH 01

"Life is what we make it, always has been, always will be."

— Grandma Moses

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

CREATION

CHOICE

RESPONSIBILITY

AGENCY

DETERMINATION

ACTION

PURPOSE

INFLUENCE

POSITIVITY

CONTROL

FULFILLMENT

INITIATIVE

WORD SEARCH 02

"Keep your face always toward the sunshine—and shadows will fall behind you." — Walt Whitman



POSITIVITY

HOPE

BRIGHTNESS

OPTIMISM

JOY

ATTITUDE

FOCUS

RESILIENCE

DETERMINATION

LIGHT

FORWARD

PERSPECTIVE

WORD SEARCH 03

"The best way out is always through." — Robert Frost



PERSEVERANCE

RESILIENCE

STRENGTH

COURAGE

ENDURANCE

FORTITUDE

DETERMINATION

RESOLVE

PERSISTENCE

OVERCOME

COMMITMENT

TRIUMPH

WORD SEARCH 04

"Life is made of ever so many partings welded together."

— Charles Dickens

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

CONNECTIONS

RELATIONSHIPS

EXPERIENCES

MEMORIES

CONTINUITY

CHANGE

UNITY

BOND

JOURNEYS

MOMENTS

INTERWOVEN

TRANSITIONS

WORD SEARCH 05

"Your time is limited, so don't waste it living someone else's life." — Steve Jobs

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

AUTHENTICITY

FREEDOM

AMBITION

INDIVIDUALITY

CHOICE

DETERMINATION

PURPOSE

SELF-EXPRESSION

FOCUS

FULFILLMENT

COURAGE

PRIORITIES

WORD SEARCH 06

"The unexamined life is not worth living." — Socrates



REFLECTION

AWARENESS

INTROSPECTION

INSIGHT

UNDERSTANDING

PURPOSE

MEANINGFULNESS

GROWTH

LEARNING

CONSCIOUSNESS

SELF-DISCOVERY

CLARITY

WORD SEARCH 07

"The longer I live, the more I realize the impact of attitude on life." — Charles R. Swindoll



ATTITUDE

IMPACT

POSITIVITY

MINDSET

PERSPECTIVE

INFLUENCE

RESILIENCE

CHOICE

CONTROL

REACTION

RESPONSE

DETERMINATION

WORD SEARCH 08

"Life is about making an impact, not making an income."

— Kevin Kruse

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

IMPACT
CONTRIBUTION
PURPOSE
LEGACY

INFLUENCE
MEANINGFUL
CHANGE
SIGNIFICANCE

FULFILLMENT
SERVICE
POSITIVITY
ACHIEVEMENT

WORD SEARCH 09

"You have within you right now, everything you need to deal with whatever the world can throw at you." — Brian Tracy



STRENGTH
RESILIENCE
CAPABILITY
RESOURCEFULNESS

CONFIDENCE
POTENTIAL
ADAPTABILITY
COURAGE

DETERMINATION
EMPOWERMENT
ENDURANCE
FORTITUDE

WORD SEARCH 10

"Life isn't about finding yourself. Life is about creating yourself." — George Bernard Shaw



CREATION

IDENTITY

GROWTH

DEVELOPMENT

PURPOSE

INNOVATION

TRANSFORMATION

SELF-DISCOVERY

EMPOWERMENT

REINVENTION

EXPRESSION

FULFILLMENT

WORD SEARCH 11

"Don't watch the clock; do what it does. Keep going."

— Sam Levenson

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

PERSISTENCE

RESILIENCE

MOMENTUM

CONTINUITY

ENDURANCE

DRIVE

PROGRESS

FOCUS

EFFORT

DETERMINATION

CONSISTENCY

COMMITMENT

WORD SEARCH 12

"In the end, we only regret the chances we didn't take."

— Lewis Carroll

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

REGRET
OPPORTUNITY
COURAGE
RISK

EXPERIENCE
BOLDNESS
FEARLESSNESS
ADVENTURE

CHOICES
GROWTH
POTENTIAL
DECISIONS

WORD SEARCH 13

"The best time to plant a tree was 20 years ago. The second best time is now." — Chinese Proverb

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

ACTION
INITIATIVE
PRESENT
OPPORTUNITY

EFFORT
START
COMMITMENT
GROWTH

INVESTMENT
TIMING
PURPOSE
PROACTIVITY

WORD SEARCH 14

"Life is ten percent what happens to you and ninety percent how you respond to it." — Lou Holtz



RESPONSE

ATTITUDE

PERSPECTIVE

RESILIENCE

REACTION

CONTROL

MINDSET

ADAPTABILITY

OUTLOOK

POSITIVITY

DETERMINATION

INFLUENCE

WORD SEARCH 15

"The only impossible journey is the one you never begin."

— Tony Robbins

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

JOURNEY

START

INITIATIVE

ACTION

BEGINNING

EFFORT

COURAGE

BOLDNESS

EXPLORATION

COMMITMENT

ADVENTURE

PROGRESS

WORD SEARCH 16

"Your life does not get better by chance, it gets better by change." — Jim Rohn



CHANGE

IMPROVEMENT

GROWTH

ADAPTABILITY

TRANSFORMATION

ACTION

EFFORT

INITIATIVE

DEVELOPMENT

PROGRESS

DETERMINATION

EVOLUTION

WORD SEARCH 17

"Happiness is not something you postpone for the future; it is something you design for the present." — Jim Rohn

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

HAPPINESS

PRESENT

DESIGN

CHOICE

CREATION

FULFILLMENT

JOY

CONTENTMENT

POSITIVITY

INTENTION

PLANNING

RESPONSIBILITY

WORD SEARCH 18

"The purpose of our lives is to be happy." — Dalai Lama



HAPPINESS

PURPOSE

FULFILLMENT

JOY

CONTENTMENT

WELL-BEING

POSITIVITY

MEANING

SATISFACTION

PEACE

SERENITY

GRATITUDE

WORD SEARCH 19

"If you want to live a happy life, tie it to a goal, not to people or things." — Albert Einstein



GOAL

ASPIRATION

DETERMINATION

PURPOSE

ACHIEVEMENT

SUCCESS

FULFILLMENT

DRIVE

SATISFACTION

AMBITION

FOCUS

MOTIVATION

WORD SEARCH 20

"The greatest glory in living lies not in never falling, but in rising every time we fall." — Nelson Mandela



RESILIENCE

PERSEVERANCE

COURAGE

RECOVERY

STRENGTH

DETERMINATION

FORTITUDE

TRIUMPH

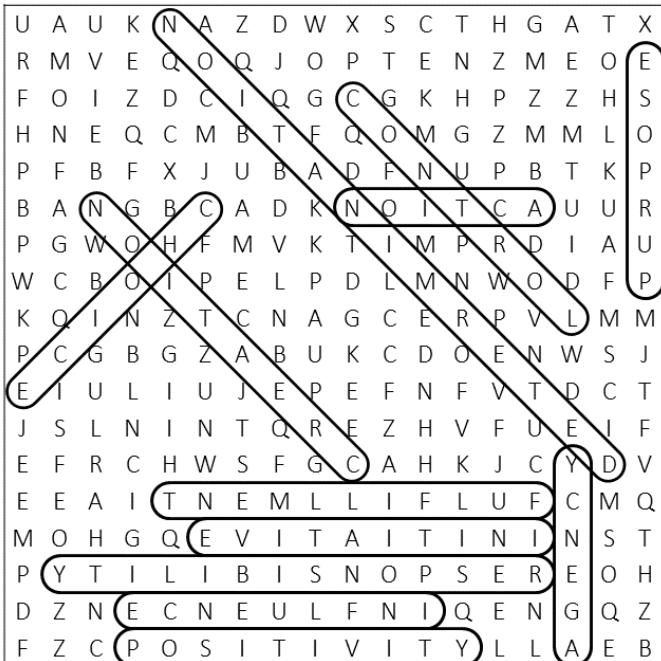
TENACITY

ENDURANCE

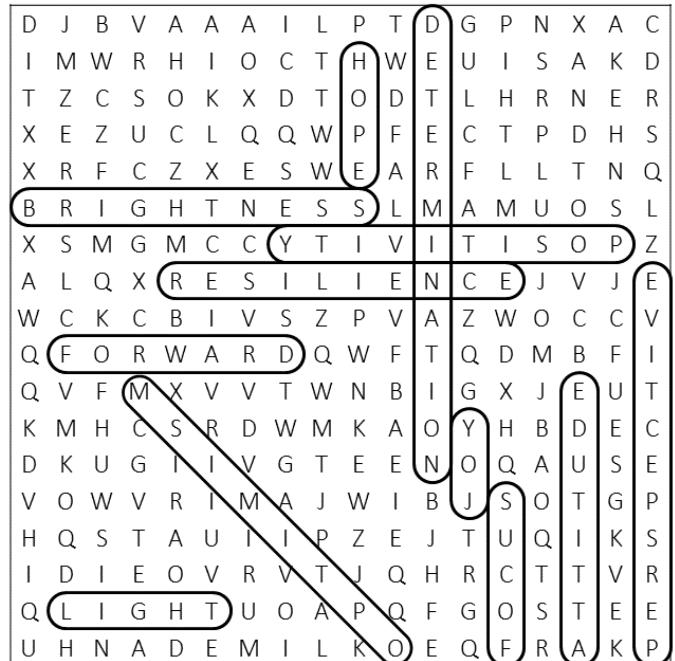
ADAPTABILITY

GROWTH

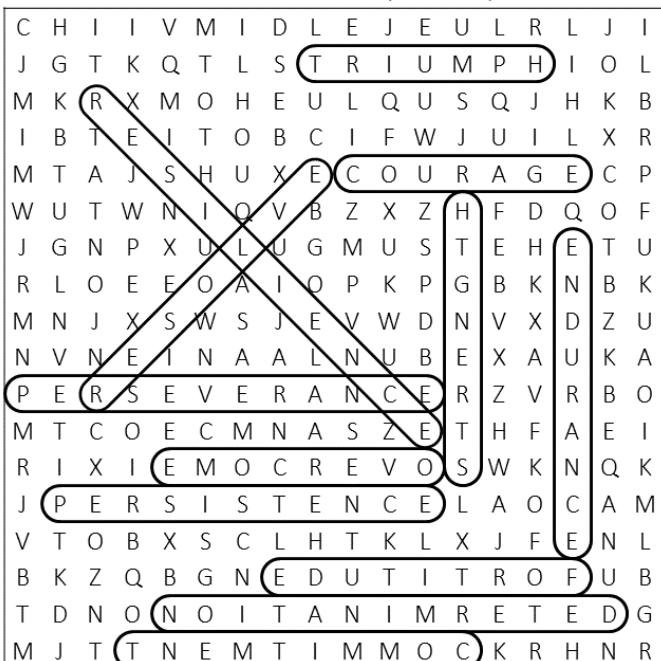
WORD SEARCH 01 (Solution)



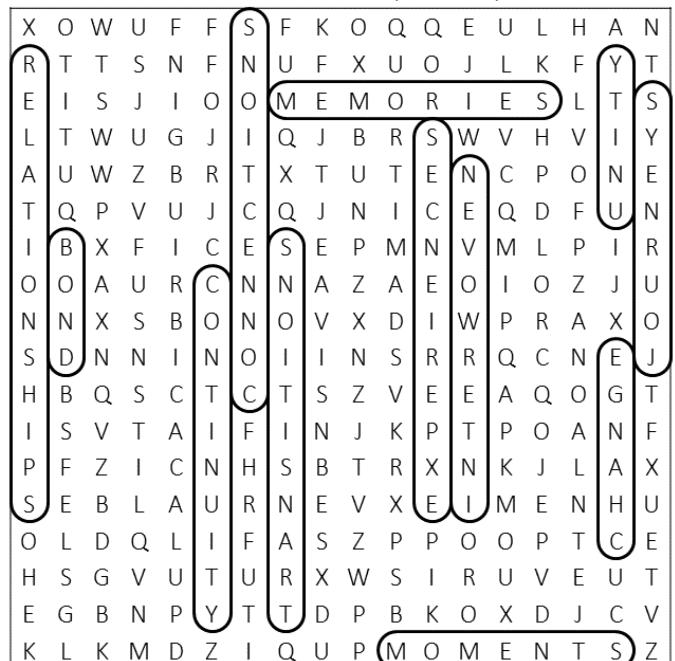
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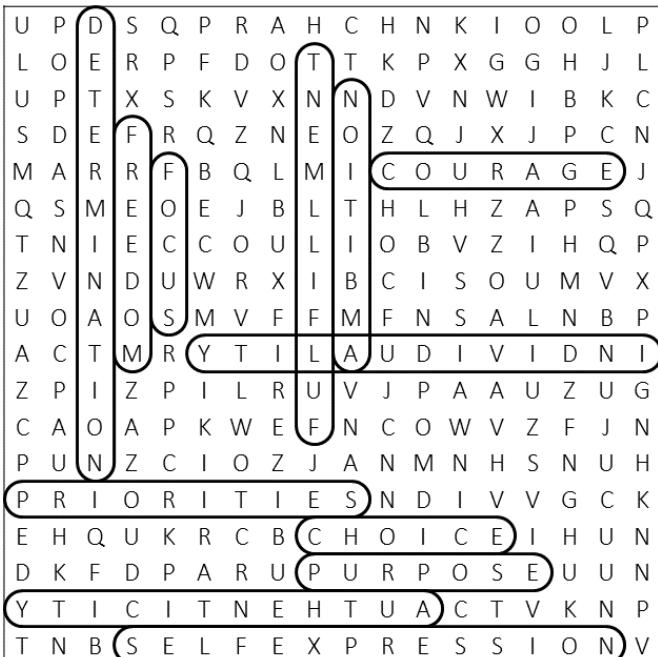
WORD SEARCH 03 (Solution)



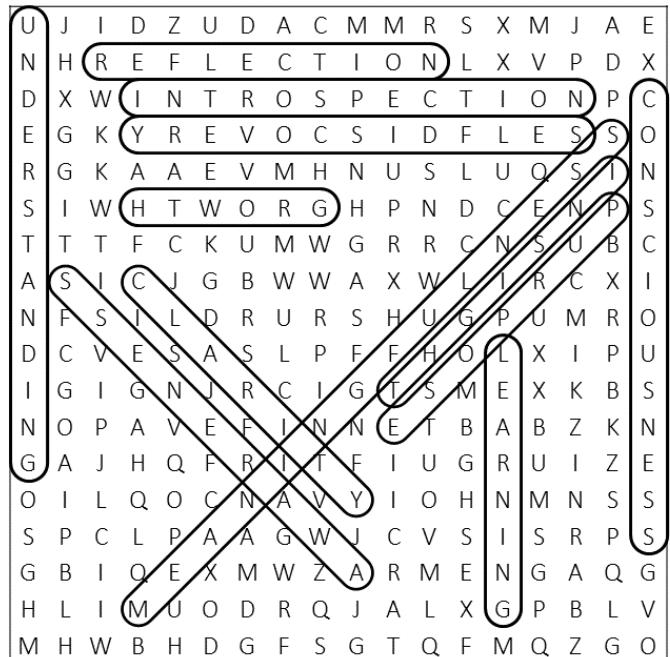
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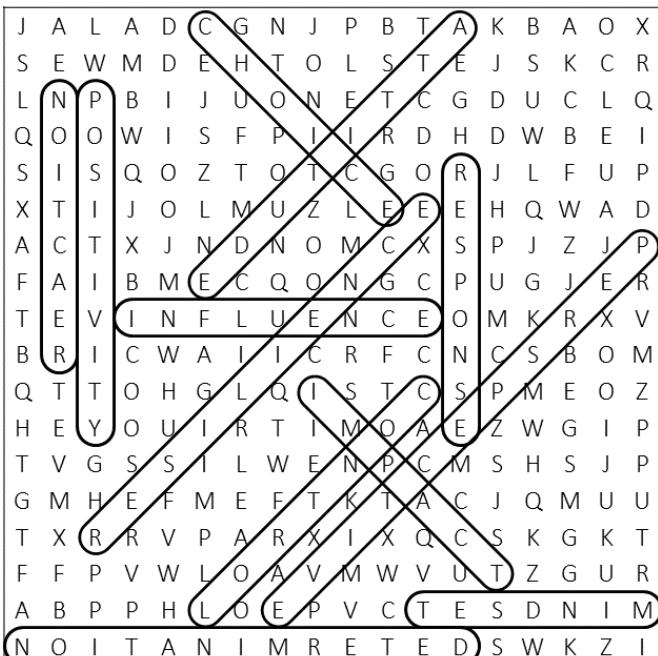
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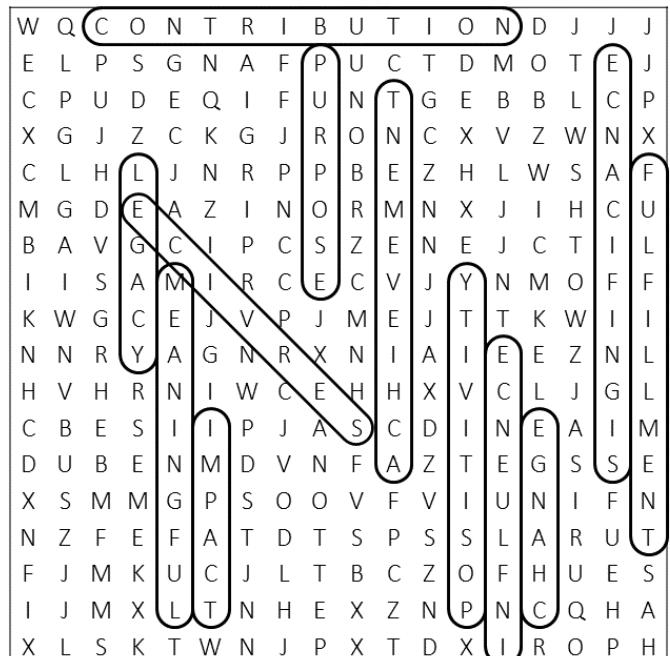
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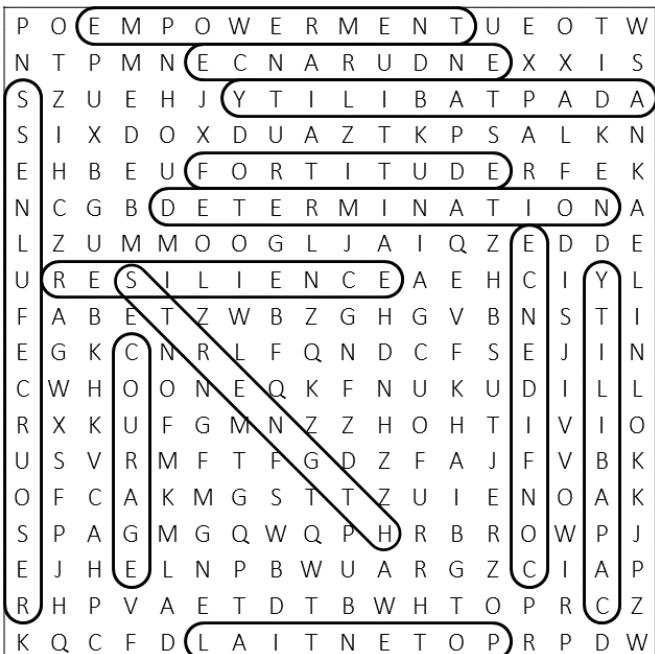
WORD SEARCH 07 (Solution)



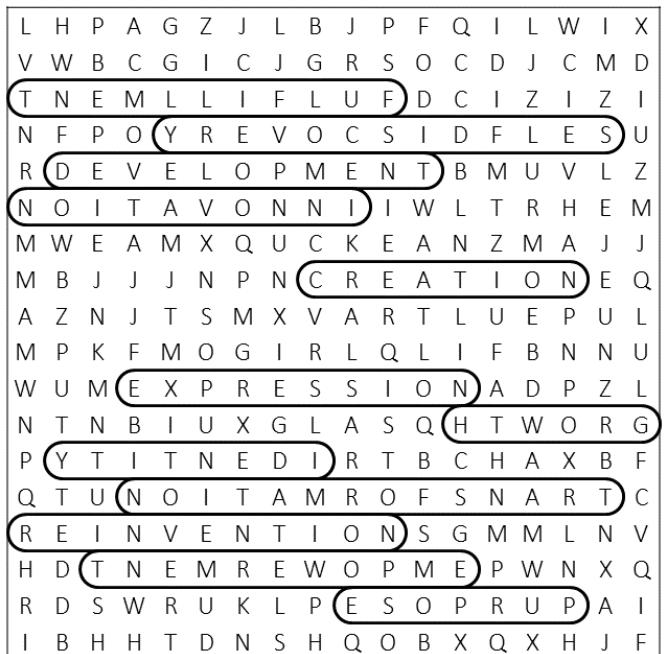
WORD SEARCH 08 (Solution)



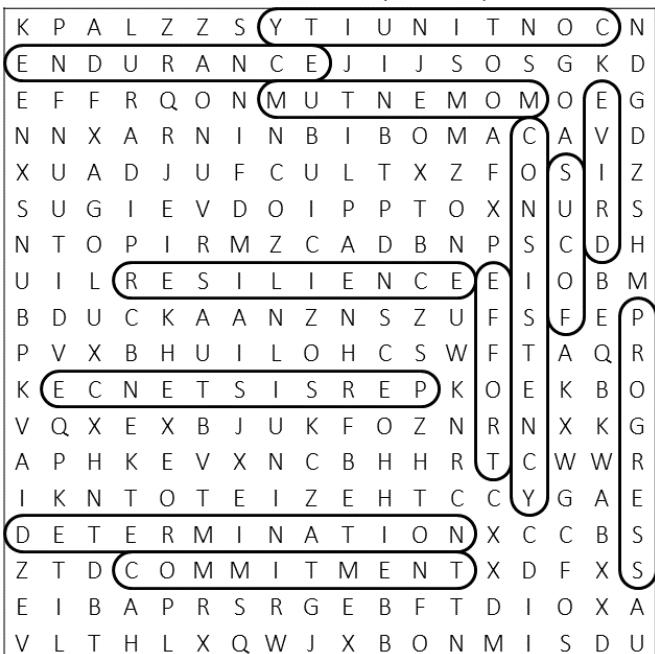
WORD SEARCH 09 (Solution)



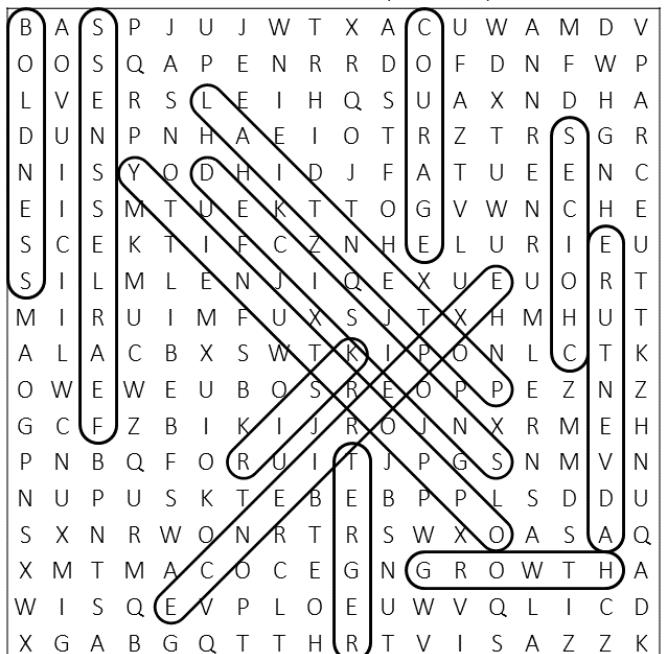
WORD SEARCH 10 (Solution)



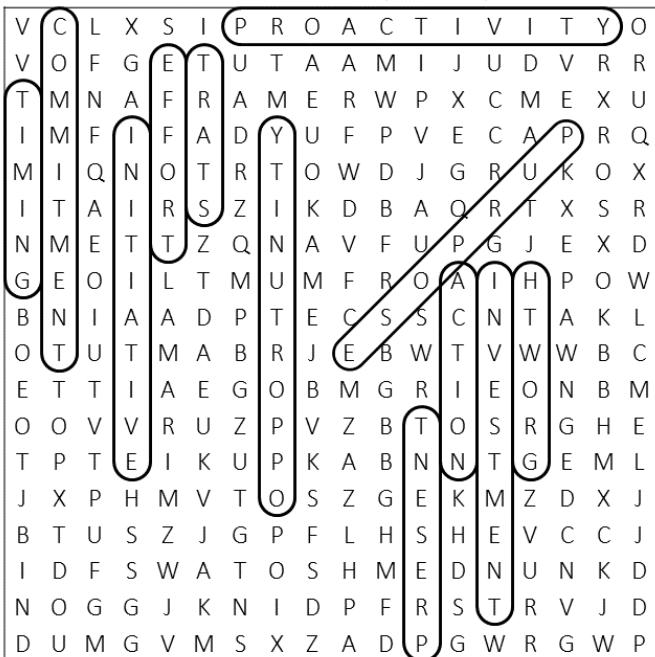
WORD SEARCH 11 (Solution)



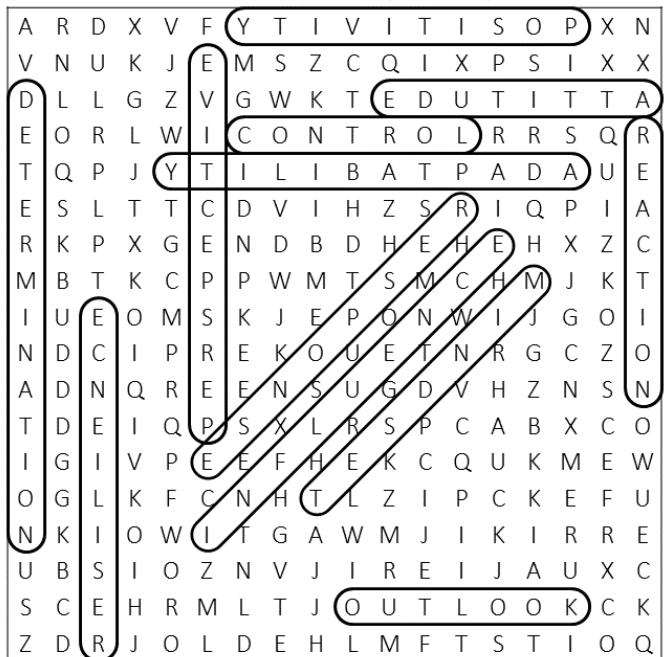
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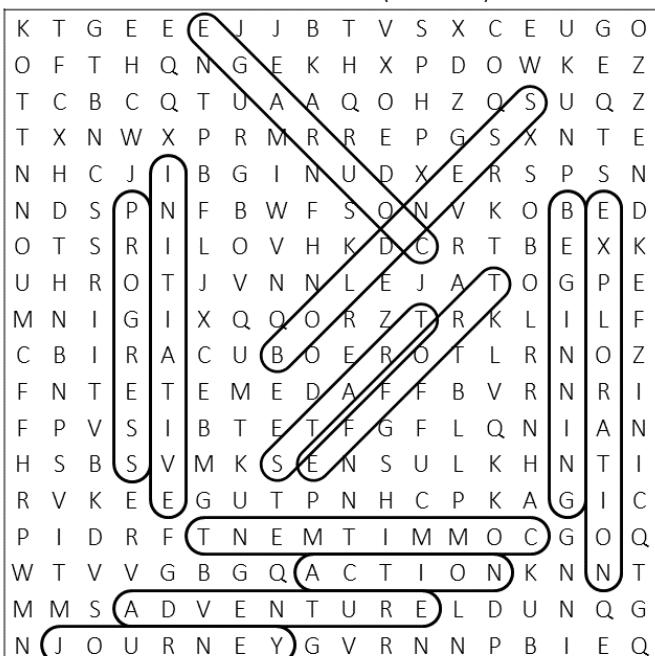
WORD SEARCH 13 (Solution)



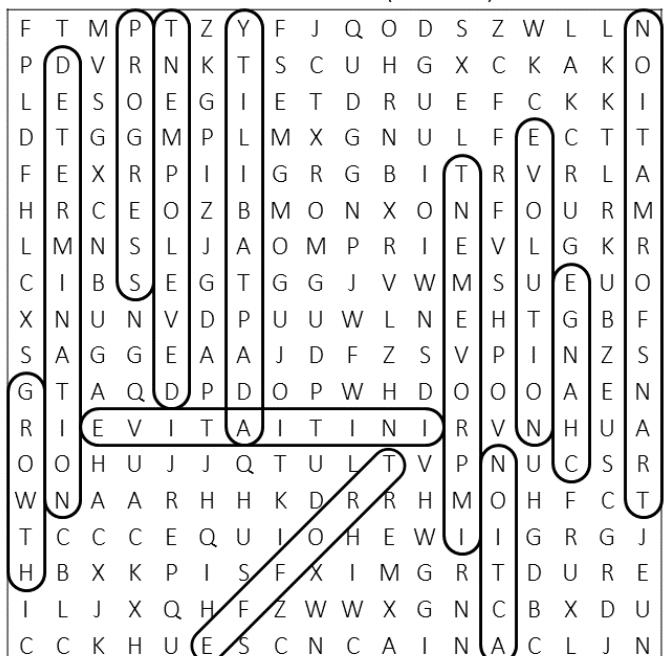
WORD SEARCH 14 (Solution)



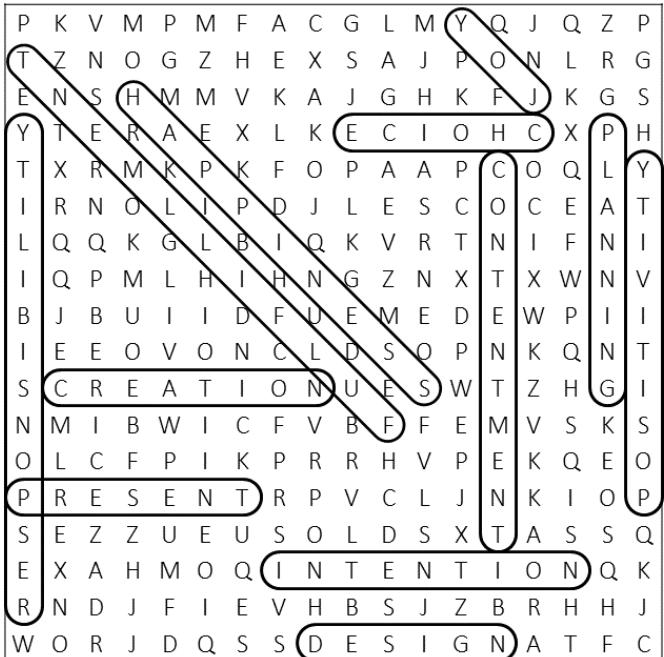
WORD SEARCH 15 (Solution)



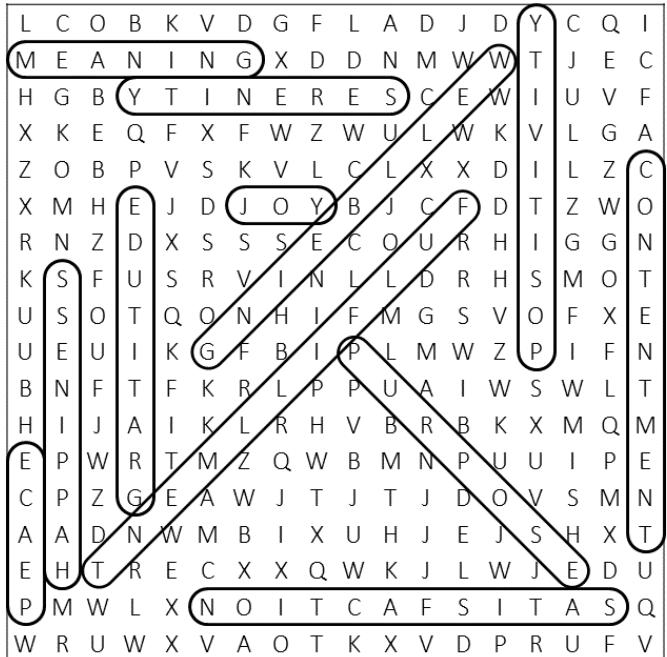
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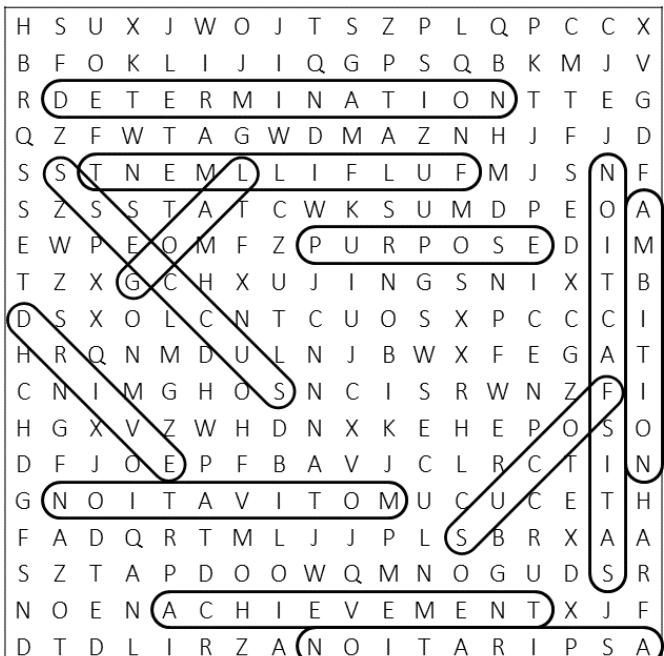
WORD SEARCH 17 (Solution)



WORD SEARCH 18 (Solution)



WORD SEARCH 19 (Solution)



WORD SEARCH 20 (Solution)

