

# Calm, Confident, & In-Control

## Word Search Puzzle #1

### Instructions:

- Read all instructions before you start.
- Be in a relaxed, plenty-of-time setting and read the word list out loud slowly.
- Read word list again from the bottom up out loud slowly.
- Scan the block of letters across one row at a time, then back right-to-left.
- Word groups have spaces removed and can go in any of 8 directions.
- Your sub-conscious will already be solving the puzzle. Circle the words that appear.
- Scan down one column and then back up, one column at a time.
- Read the word list again, focusing on the ones still missing.
- With a straight-edge examine each diagonal in both directions.
- Memorize words still missing and put puzzle aside for a day.
- Next day look for letter-pairs for any remaining words. All words are present!

**EASY TO LET GO**

**APPRECIATE**

**CALM SPIRIT**

**EASY IS CONTAGIOUS**

**EFFORTLESSLY**

**EMBRACE SIMPLICITY**

**ETERNALLY SAFE**

**FULLY SUPPORTED**

**HARMONIOUS INSIDE**

**I AM HEALING POWER**

**I AM I AM I AM**

**I DESERVE PEACE**

**LET GO**

**OKAY TO JUST BE**

**PEACE AND JOY**

**RADIANT BEING**

**RELAX**

**RELAXED AND CALM**

**SIMPLICITY**

**SURRENDER**

**THANKS FOR FEELINGS**

**I AM THE LIGHT**

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