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1. helps us to be _____ (ACROSS)

2. improves _____ alertness (ACROSS)

3. A way to _____ your mind (ACROSS)

4. Provides additional _____ (ACROSS)

5. improves _____ (ACROSS)

6. Improves _____ (DOWN)

7. boosts our self-_____ (DOWN)

8. improves _____ skills (DOWN)

9. Strengthens your _____ relationships (DOWN)

10. improves _____ skills (DOWN)

11.	O	N	F	🟨	D	E	N	12.	E				
								A					
			13.	X	P	E	R	I	🟨	N	C	E	
								E					
	14.		15.	H	A	P	E	R					
	U		T					R					
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			E					A					
		18.	O	C	I	🟨		L					
		S						E					
								N					
19.	M	A	G	I	🟨	A	T	I	🟨	N			

11. increase _____ (ACROSS)

12. boost your _____ (DOWN)

13. broaden your _____ (ACROSS)

14. a way to have _____ (DOWN)

15. keep in _____ (ACROSS)

15. reduce _____ (DOWN)

16. increase _____ level (ACROSS)

17. explore your _____ (DOWN)

18. broaden _____ life (ACROSS)

19. enhance _____ (ACROSS)