The Art Of Slowing Down

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

UNWIND
PAUSE
BREATHE
RESTFUL
GENTLE
LEISURE
TRANQUIL
SLOWNESS
DAYDREAM
STILLNESS
COMFORT
EASE
QUIET
REFRESH
UNHURRIED

MINDFUL REMINDER

Give yourself permission to pause. You don't have to fill every moment, be kind to yourself.

© 2026 PG Adams Press · pgadamspress.com

A Peaceful Afternoon

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

SUNSHINE
GARDEN
HAMMOCK
TEACUP
BREEZE
BLANKET
BOOKWORM
BIRDSONG
CUSHION
DROWSY
MEADOW
WARMTH
SHADOW
VERANDA
CONTENT

MINDFUL REMINDER

There's no need to rush through a peaceful moment. Let the sensations arise and enjoy the nothingness.

© 2026 PG Adams Press · pgadamspress.com

Mindfulness Now

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

PATIENCE
CALMNESS
GROUNDING
SILENCE
REFLECTION

HARMONY
GRATITUDE
FOCUS
SERENITY
OBSERVE

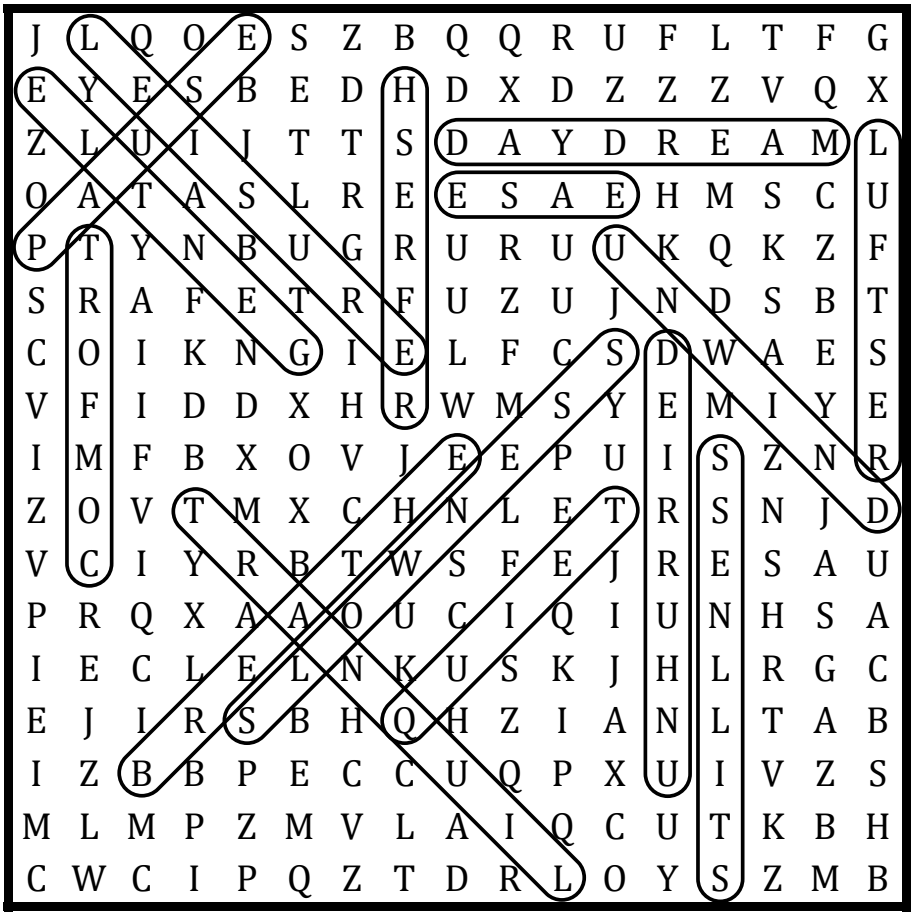
PRESENCE
AWARENESS
NOTICE
ACCEPTANCE
BALANCE

MINDFUL REMINDER

There's no need to change this moment. Notice what's here, without needing to alter it.

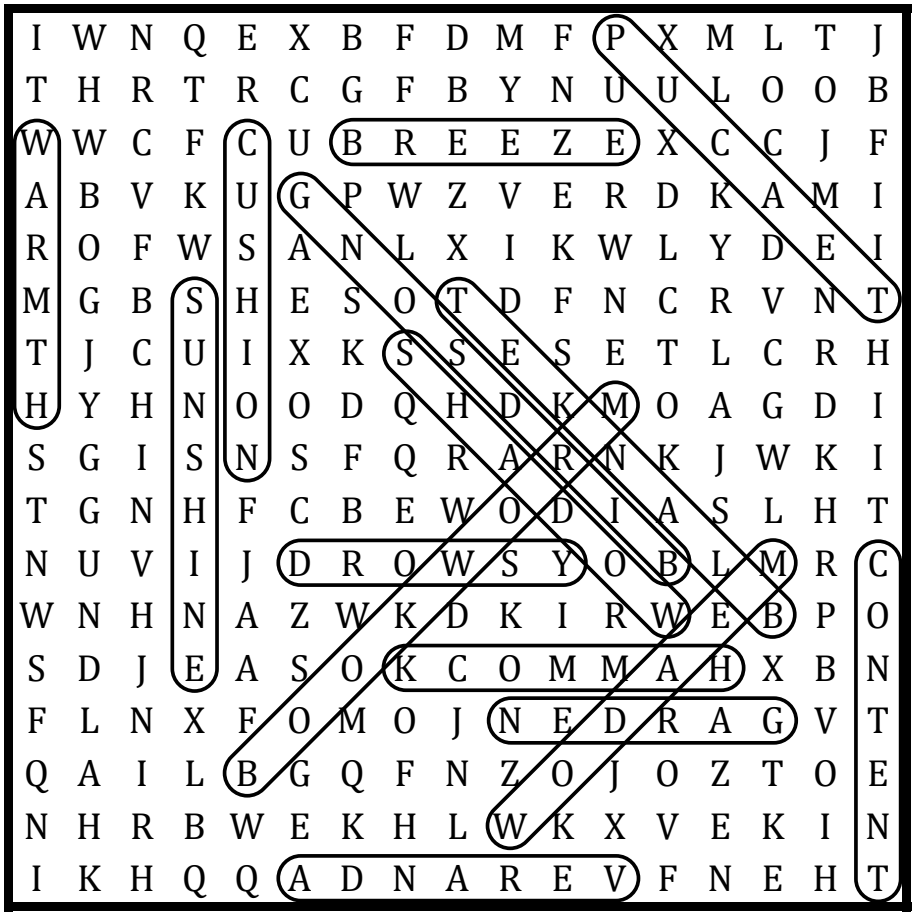
© 2026 PG Adams Press · pgadamspress.com

The Art Of Slowing Down Solution



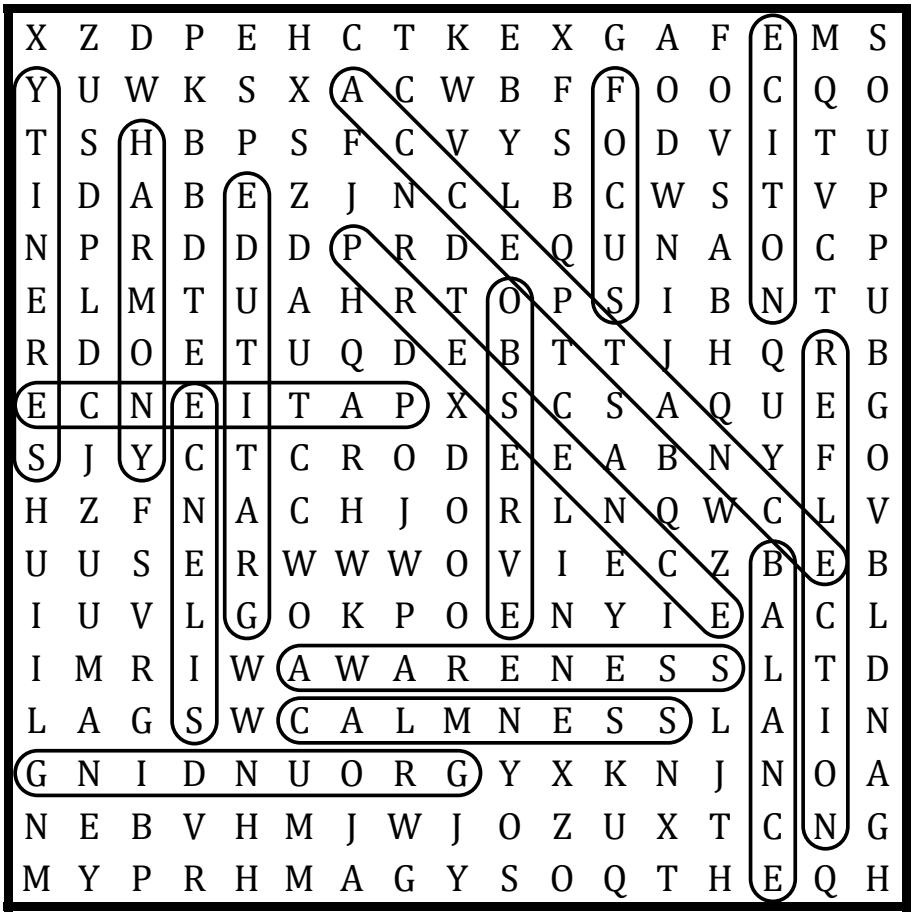
© 2026 PG Adams Press · pgadamspress.com

A Peaceful Afternoon Solution



© 2026 PG Adams Press · pgadamspress.com

Mindfulness Now Solution



© 2026 PG Adams Press · pgadamspress.com