PRACTICE NOT PERFECTION

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

AFFIRMATIONS
ATTENTION
AWARENESS
BELIEFS
CONCENTRATION
CONTENTMENT
EXERCISE
HEALING
INTENTION
JOURNALING
MEDITATION
MENTORSHIP
NUTRITION
PRINCIPLES
PROMISES
SERVICE
TRADITIONS
TWELVE STEPS
VALUES

Like skilled navigators we continue to re-align ourselves with our values and our purpose.