

## Hack 6 - Balance

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

Find the following words in the puzzle.

Words are hidden     and .

ACHIEVEMENT  
BODY IMAGE  
HEALTHY BALANCE  
HEALTHY EATING  
HYGIENE  
IMPROVEMENTS  
LEARNING

MAKE AMENDS  
ORGANISATION  
PAYING ATTENTION  
POSITIVE  
POSITIVE TALK  
REALISTIC  
REWARDS

SCREEN TIME  
SELF-APPRECIATION  
SELF-PRIDE  
SELF-WORTH  
WILLPOWER  
WRONGDOING

SOLUTION

**Hack 6 - Balance**

. E V I T I S O P . . . . .  
. . A C H I E V E M E N T . . . . .  
. . . . . K L A T E V I T I S O P . .  
N . . . S T N E M E V O R P M I . . . . .  
O . R E A L I S T I C . E G A M I Y D O B . .  
I S E L F A P P R E C I A T I O N . . . . .  
T . E . . P A Y I N G A T T E N T I O N . . G  
A . N . . . . . N  
S G E . E M I T N E E R C S . . . . . I  
I N I E D I R P F L E S . . . . . O  
N I G . . . . . R E W O P L L I W . . . . D  
A N Y S E L F W O R T H . . . . . G  
G R H . H E A L T H Y E A T I N G . . . . N  
R A . . . . . R E W A R D S . . . . O  
O E . . . . S D N E M A E K A M . . . . R  
. L . . . . . H E A L T H Y B A L A N C E W

Word directions and start points are formatted: (Direction, X, Y)

ACHIEVEMENT (E,3,2)  
BODY IMAGE (W,21,5)  
HEALTHY BALANCE (E,9,16)  
HEALTHY EATING (E,5,13)  
HYGIENE (N,3,13)  
IMPROVEMENTS (W,16,4)  
LEARNING (N,2,16)

MAKE AMENDS (W,16,15)  
ORGANISATION (N,1,15)  
PAYING ATTENTION (E,6,7)  
POSITIVE (W,9,1)  
POSITIVE TALK (W,21,3)  
REALISTIC (E,3,5)  
REWARDS (E,12,14)

SCREEN TIME (W,14,9)  
SELF-APPRECIATION (E,2,6)  
SELF-PRIDE (W,12,10)  
SELF-WORTH (E,4,12)  
WILLPOWER (W,18,11)  
WRONGDOING (N,23,16)