

“If I Live to Be 100” Wordfind

People who’ve lived ten decades have had a lot of time to think about what’s important! Here are 20 words of life advice often offered by these centenarians.



- COMPASSION
- CONNECTION
- EAT YOUR VEGETABLES
- ENJOY LIFE
- FAMILY
- FLEXIBILITY
- FORGIVENESS
- FRIENDSHIPS

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



- GIVING BACK
- GOOD FRIENDS
- INVOLVEMENT
- LAUGHTER
- LOWER STRESS
- NUTRITION

PERSPECTIVE

PURPOSE

STAY ACTIVE

POSITIVE ATTITUDE

SLEEP

VITAMINS