Smith Relaxation States Inventory 3 (SRSI3)

The Smith Relaxation States Inventory 3 (SRSI3) is a revised and expanded version of the Smith Relaxation States Inventory. It assesses 19 relaxation states (R-States) hypothesized to be associated with relaxation. These are divided into four categories loosely based on factor analytic research (Smith, Wedell, Kolotylo, Lewis, Beyers, and Segin, 2000): Basic Relaxation (R-States Sleepiness, Disengagement, Physical Relaxation, Rested / Refreshed, and Mental Relaxation); Core Mindfulness (Mindful Acceptance, Mindful Quiet, Mindful Centering, Mindful Awareness, Mindful Awakening, and Mindful Innocence); Mindful Doing (Trust, Energized, and Happy); Mindful Giving (Thankful and Loving, Prayerful); and Deep Mindfulness (Awe and Wonder, Deep Mystery, and Timeless, Boundless, Infinite, At One). In addition three stress states are measured: Somatic Stress, Worry, and Negative Emotion. SRSI3 includes all items present in previous R-State inventories. Three items hypothesized by the author to depict the experience of mindfulness, or full meditative awareness, were added (R-States Mindful Acceptance, Mindful Centering, Mindful Awakening). These three R-States, along with previously defined R-States of Mental Quiet (Mindful Quiet) and Aware (Mindful Awareness) are loosely organized in the a-priori category of Core Mindfulness.

The SRSI3 consists of 38 items. The state version (SRSI3s) asks how one “feels right now” on 6-point likert scale (1 = “not at all, 6 = maximum). The disposition version asks how often each item has been experienced (6 = “A LOT, more than ONCE A DAY,” 5 = “ONCE A DAY,” 4 = “About once EVERY OTHER DAY,” 3 = “About ONCE A WEEK,” 2 = “About ONCE A MONTH , less than once a week,” and 1 = “RARELY or NEVER, less than once a month.”

Reliability for the SRSI3 has yet to be determined. Chronbach alpha reliabilities for previous versions of this inventory (excluding three new mindfulness items) range from .60 to .88 (Smith, 2001).


Relaxation, Meditation, and Mindfulness

SRSI3* The Smith Relaxation States Inventory 3. Measures 18 Relaxation States (R-States) and three stress states (somatic stress, worry, negative emotion). State (“How do you feel right now?”) format.

SRSI3d* The Smith Relaxation States Inventory 3d. Disposition version of the SRSI3 that taps how often one experiences R-States and stress states (how many times a day, week, month, year)

SRRAI3* The Smith Relaxation Recalled Activity Inventory 3. Taps R-States and stress states recalled for one’s “most effective relaxation and renewal activity” practiced during the prior two weeks.

SRSI3b * The Smith Relaxation States Inventory 3b. Short version of the SRSI3 for client and workshop use.

SRAI** The Smith Relaxation Attitudes Inventory (copyright owned by Springer Publishing Company). Measures eight negative beliefs hypothesized to interfere with considering or practicing relaxation, meditation, or mindfulness techniques.

SRBI** The Smith Relaxation Beliefs Inventory. (Copyright owned by Springer Publishing Company). Measures eight beliefs hypothesized to support the practice of relaxation, meditation, and mindfulness techniques.

Technique Evaluation

SRES* The Smith Relaxation Evaluation Scale. Three-item scale for quickly assessing the overall effectiveness of a just-practiced technique.

Stress

SSSI* The Smith Stress Symptoms Inventory. Measures Worry, Negative Emotion, Autonomic Arousal/Anxiety, Striated Muscle Tension, Depression, Interpersonal Conflict / Anger. State Version (“How do you feel right how?”).

SSSI* Dispositional (“How do you generally feel?”) version of the SSSI.

SJSI* The Smith Job Stress Inventory. Personal Symptoms, Sources of Job Stress (Design of Work Tasks, Management Style, Interpersonal Relationships, Work Roles, Career Concerns, Environmental Conditions, Feedback), and “What I Think this Job Needs.” Scales based on categories delineated by the National Institute of Occupational Safety and Health (NIOSH).

SIRBI** The Smith Irrational Beliefs Inventory. Measures 24 categories of irrational thinking frequently mentioned in cognitive therapy literature. (copyright owned by Springer Publishing Company)

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4. All those who complete any inventory must be informed that information related to the inventory can be accessed at one of the following websites:

   www.lulu.com/stress
   http://drsmith.deltalprinting.com
# Right Now, I Feel This

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
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<tbody>
<tr>
<td></td>
<td>Not at All</td>
<td>A Little</td>
<td>Moderately</td>
<td>A Lot</td>
<td>Maximum</td>
<td></td>
</tr>
</tbody>
</table>

- [ ] 1. My mind is SILENT and calm (I am not thinking about anything).
- [ ] 2. My muscles feel TIGHT and TENSE (clenched fist or jaw; furrowed brow).
- [ ] 3. I feel AT PEACE.
- [ ] 4. I feel DROWSY and SLEEPY.
- [ ] 5. Things seem AMAZING, AWESOME, and EXTRAORDINARY.
- [ ] 6. Right now I recognize the wisdom of sometimes ACCEPTING things as they are.
- [ ] 7. My muscles are SO RELaxed that they feel LIMP.
- [ ] 8. I am HAPPY.
- [ ] 9. I am WORRYING.
- [ ] 10. I feel AT EASE.
- [ ] 11. I feel DISTANT and FAR AWAY from my cares and concerns.
- [ ] 12. I feel ENERGIZED, CONFIDENT, and STRENGTHENED.
- [ ] 13. I am DOZING OFF or NAPPING.
- [ ] 14. I feel THANKFUL.
- [ ] 15. I feel like I am living fully and SIMPLY in the PRESENT, not distracted by past or future concerns.
- [ ] 16. Things seem TIMELESS, BOUNDLESS, or INFINITE
- [ ] 17. I feel IRRITATED or ANGRY.
- [ ] 18. I feel JOYFUL.
- [ ] 19. I feel SAD, DEPRESSED, or BLUE.
- [ ] 20. I feel AWARE, FOCUSED, and CLEAR.
- [ ] 21. My hands, arms, or legs are SO RELAXED that they feel WARM and HEAVY.
- [ ] 22. I feel INNOCENT and CHILDLIKE.
- [ ] 23. My BREATHING is NERVOUS and UNEVEN (Or shallow and hurried).
- [ ] 24. I feel LOVING.
- [ ] 25. Things seem FRESH and NEW, as if I am seeing them for the first time.
- [ ] 26. I feel INDIFFERENT and DETACHED from my cares and concerns.
- [ ] 27. I feel PRAYERFUL or REVERENT.
- [ ] 28. I feel PHYSICAL DISCOMFORT or PAIN (backaches, headaches, fatigue)
- [ ] 29. My mind is QUIET and STILL.
- [ ] 30. I feel ANXIOUS.
- [ ] 31. I sense the DEEP MYSTERY of things beyond my understanding.
- [ ] 32. I feel RESTED and REFRESHED.
- [ ] 33. I feel CAREFREE.
- [ ] 34. TROUBLESOME THOUGHTS are going through my mind.
- [ ] 35. My body is PHYSICALLY RELAXED.
- [ ] 36. Presently I feel there’s no need to try to change things that simply can’t be changed.
- [ ] 37. I feel fully focused and ABSORBED in what I am doing.
- [ ] 38. I feel trusting; I feel I can rely on someone or something.

Your age: _______ Gender: □ M □ F

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SRSI3d

Below are feelings people sometimes have.

HOW OFTEN HAVE YOU FELT THIS WAY?

1. My mind was SILENT and calm (I wasn’t thinking about anything).
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

2. My muscles felt TIGHT and TENSE (clenched fist or jowls; furrowed brow).
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

3. I felt AT PEACE.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

4. I felt DROWSY and SLEEPY before taking a nap or retiring for sleep.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

5. Things seemed AMAZING, AWESOME, and EXTRAORDINARY.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

6. I recognized the wisdom of sometimes ACCEPTING things as they are.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

7. My muscles were SO RELAXED that they felt LIMP.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

8. I was HAPPY.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

9. I WORRIED
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

10. I felt AT EASE.
    - A LOT, more than ONCE A DAY
    - ONCE A DAY
    - About once EVERY OTHER DAY
    - About ONCE A WEEK
    - About ONCE A MONTH (less than once a week)
    - RARELY or NEVER, less than once a month

11. I felt DISTANT and FAR AWAY from my cares and concerns.
    - A LOT, more than ONCE A DAY
    - ONCE A DAY
    - About once EVERY OTHER DAY
    - About ONCE A WEEK
    - About ONCE A MONTH (less than once a week)
    - RARELY or NEVER, less than once a month

12. I felt ENERGIZED, CONFIDENT, and STRENGTHENED.
    - A LOT, more than ONCE A DAY
    - ONCE A DAY
    - About once EVERY OTHER DAY
    - About ONCE A WEEK
    - About ONCE A MONTH (less than once a week)
    - RARELY or NEVER, less than once a month

13. I DOZED off or took a NAP when I wanted to.
    - A LOT, more than ONCE A DAY
    - ONCE A DAY
    - About once EVERY OTHER DAY
    - About ONCE A WEEK
    - About ONCE A MONTH (less than once a week)
    - RARELY or NEVER, less than once a month

14. I had feelings of THANKFULNESS.
    - A LOT, more than ONCE A DAY
    - ONCE A DAY
    - About once EVERY OTHER DAY
    - About ONCE A WEEK
    - About ONCE A MONTH (less than once a week)
    - RARELY or NEVER, less than once a month

15. I felt like I was living fully and SIMPLY in the PRESENT, not distracted by past or future concerns.
    - A LOT, more than ONCE A DAY
    - ONCE A DAY
    - About once EVERY OTHER DAY
    - About ONCE A WEEK
    - About ONCE A MONTH (less than once a week)
    - RARELY or NEVER, less than once a month

16. Things seemed TIMELESS, BOUNDLESS, or INFINITE
    - A LOT, more than ONCE A DAY
    - ONCE A DAY
    - About once EVERY OTHER DAY
    - About ONCE A WEEK
    - About ONCE A MONTH (less than once a week)
    - RARELY or NEVER, less than once a month

17. I felt IRRITATED or ANGRY.
    - A LOT, more than ONCE A DAY
    - ONCE A DAY
    - About once EVERY OTHER DAY
    - About ONCE A WEEK
    - About ONCE A MONTH (less than once a week)
    - RARELY or NEVER, less than once a month

18. I felt JOYFUL.
    - A LOT, more than ONCE A DAY
    - ONCE A DAY
    - About once EVERY OTHER DAY
    - About ONCE A WEEK
    - About ONCE A MONTH (less than once a week)
    - RARELY or NEVER, less than once a month

PLEASE CONTINUE ON OTHER SIDE!
19. I felt SAD, DEPRESSED, or BLUE.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

20. I felt AWARE, FOCUSED, and CLEAR.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

21. My hands, arms, or legs were SO RELAXED that they felt WARM and HEAVY.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

22. I felt INNOCENT and CHILDLIKE.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

23. My BREATHING was NERVOUS and UNEVEN (Or shallow and hurried).
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

24. I felt LOVING.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

25. Things seemed FRESH and NEW, like seeing them for the first time.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

26. I felt INDIFFERENT and DETACHED from my cares and concerns.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

27. I felt PRAYERFUL or REVERENT.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

28. I felt PHYSICAL DISCOMFORT or PAIN (backaches, headaches, fatigue)
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

29. My mind was QUIET and STILL.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

30. I felt ANXIOUS.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

31. I sensed the DEEP MYSTERY of things beyond my understanding.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

32. I felt RESTED and REFRESHED.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

33. I felt CAREFREE.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

34. TROUBLESOME THOUGHTS were going through my mind.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

35. My body was PHYSICALLY RELAXED.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

36. I felt there’s no need to try to change things that simply can’t be changed.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

37. I felt fully focused and ABSORBED in what I was doing.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month

38. I felt trusting; I felt I could rely on someone or something.
   - A LOT, more than ONCE A DAY
   - ONCE A DAY
   - About once EVERY OTHER DAY
   - About ONCE A WEEK
   - About ONCE A MONTH (less than once a week)
   - RARELY or NEVER, less than once a month
The Smith Relaxation States Inventory 3rd Edition (SRSI3) has both a traditional and experimental scoring key. The traditional scoring key targets the same scales addressed by all earlier versions of the Smith Relaxation States Inventory. It is based only on common items. This scoring key is presented below:

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<tr>
<th>SCALE</th>
<th>ITEMS (Add and divide by number of items)</th>
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</thead>
<tbody>
<tr>
<td>Sleepiness</td>
<td>4 + 13</td>
</tr>
<tr>
<td>Disengagement</td>
<td>11 + 26</td>
</tr>
<tr>
<td>Rested / Refreshed</td>
<td>32</td>
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<tr>
<td>Energized</td>
<td>12</td>
</tr>
<tr>
<td>Physical Relaxation</td>
<td>7 + 21</td>
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<tr>
<td>At Ease / Peace</td>
<td>3 + 10 + 33</td>
</tr>
<tr>
<td>Joy</td>
<td>8 + 18</td>
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<tr>
<td>Mental Quiet</td>
<td>1 + 29</td>
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<tr>
<td>Childlike Innocence</td>
<td>22</td>
</tr>
<tr>
<td>Thankfulness and Love</td>
<td>14 + 24</td>
</tr>
<tr>
<td>Deep Mystery</td>
<td>31</td>
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<tr>
<td>Awe and Wonder</td>
<td>5</td>
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<tr>
<td>Prayerfulness</td>
<td>27</td>
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<tr>
<td>Timeless/Boundless/Infinite</td>
<td>16</td>
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<tr>
<td>Aware</td>
<td>20</td>
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<tr>
<td>Somatic Stress</td>
<td>2 + 23 + 28</td>
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<tr>
<td>Emotional Stress</td>
<td>17 + 19 + 30</td>
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<tr>
<td>Cognitive Stress</td>
<td>9 + 34</td>
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SRSI3 introduces several refinements over previous versions. The 4-point Likert scale has been expanded to a 6-point scale to increase sensitivity. Both verbal and visual (like cell-phone battery indicators) anchors are presented. Most importantly, SRSI3 is closely coordinated with new thinking on relaxation, meditation, and mindfulness. Specifically, the concept of mindfulness has been extensively incorporated in item content. The new key for this experimental inventory is:
## RELAXATION, MEDITATION, MINDFULNESS SCORING KEY

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<th>NEW SCALES</th>
<th>TRADITIONAL SCALES</th>
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<tr>
<td><strong>BASIC RELAXATION</strong></td>
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<tr>
<td>SLEEPINESS</td>
<td>Sleepiness</td>
<td>4 + 13</td>
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<tr>
<td>DISENGAGEMENT</td>
<td>Disengagement</td>
<td>11 + 26</td>
</tr>
<tr>
<td>PHYSICAL RELAXATION</td>
<td>Physical Relaxation</td>
<td>7 + 21 + 35</td>
</tr>
<tr>
<td>RESTED / REFRESHED</td>
<td>Rested / Refreshed</td>
<td>31</td>
</tr>
<tr>
<td>MENTAL RELAXATION</td>
<td>At ease / Peace</td>
<td>3 + 10 + 33</td>
</tr>
<tr>
<td><strong>CORE MINDFULNESS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MINDFUL ACCEPTANCE</td>
<td></td>
<td>6 + 36</td>
</tr>
<tr>
<td>MINDFUL QUIET</td>
<td>Mental Quiet</td>
<td>1 + 29</td>
</tr>
<tr>
<td>MINDFUL CENTERING</td>
<td></td>
<td>15 + 37</td>
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<tr>
<td>MINDFUL AWARENESS</td>
<td>Aware</td>
<td>20</td>
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<td>MINDFUL AWAKENING</td>
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<tr>
<td>MINDFUL INNOCENCE</td>
<td>Childlike Innocence</td>
<td>22</td>
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<td><strong>MINDFUL DOING</strong></td>
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<tr>
<td>TRUST</td>
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<td>ENERGIZED</td>
<td>Energized</td>
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<tr>
<td>HAPPY</td>
<td>Joyful</td>
<td>8 + 18</td>
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<td><strong>MINDFUL GIVING</strong></td>
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<tr>
<td>THANKFUL AND LOVING</td>
<td>Thankful, Loving</td>
<td>14 + 24</td>
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<tr>
<td>PRAYERFUL</td>
<td>Prayerful</td>
<td>27</td>
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<tr>
<td><strong>DEEP MINDFULNESS</strong></td>
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<td>DEEP MYSTERY</td>
<td>Deep Mystery</td>
<td>31</td>
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<tr>
<td>TIMELESS, BOUNDLESS, INFINITE</td>
<td>Timeless . . .</td>
<td>16</td>
</tr>
</tbody>
</table>