

THE INTENTIONAL LIFE STUDIO

Mindful Break

108 calm puzzles and 12 quiet questions

Sudoku, word searches and cryptograms —
paced from easy to deep, with room to think.

Print it, or type straight into the fillable edition.

PRINT EDITION

START HERE

How to use this book

Not a productivity tool.

This is the opposite. There is nothing to optimise here and no streak to keep. It is a place to put your attention for fifteen minutes so the rest of your day has somewhere to land.

Two ways to use it.

The print edition is made for pencil and paper. The fillable edition lets you type directly into every sudoku square on a tablet or computer — no printer needed. Both files are yours.

Paced on purpose.

Puzzles move from Easy to Deep. The reflection pages between sections are optional. Skip them, or sit with one for a minute. Neither is wrong.

If you get stuck.

Every solution is in the back. Looking is not cheating — being stuck for twenty minutes is not restful, and rest is the point.

“A small shift kept daily beats a large one abandoned.”

Leo · The Intentional Life Studio

SUDOKU

Easy

Wide open grids. Made for the first ten minutes of a break, when your head is still busy.

One number per square

6	8		9	5	4			
	5			1		6		3
	1			8	3		5	4
5	4		1	7		8	3	
8							7	9
	7	9		3			4	6
4	6		7	9			2	1
	9	5	3	2	1			
3	2		4		8		9	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

				3				
	3	1	8	5	7	4		9
8		7	6	4	9	3		1
				1				2
5		2	4			1		6
		6	5	7				8
	8	5	1	6	4		7	3
7	2		9	8			1	
	6		7	2	3	8	9	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

				3	1	2	5	4
5			6		9	7	3	
3		1		5		6		9
	8		3	9	7			2
1		2	8			3		7
9	3		5	1		8		
6	9	3	1			4		8
		8		6	3	1	7	
7	1							3

Fill every row, column and 3×3 box with 1 to 9.

One number per square

		2	4	8	5	9	6	3
	4	5	9			1	7	2
6	9				2	4		5
	3	7	2		8			
4	5			9			1	8
1		8			6			
3	7	1		2			5	9
	6				1	8		
2	8			5	9	7		

Fill every row, column and 3×3 box with 1 to 9.

One number per square

3	7				8			9
	8	6	2		4	7		5
		9				8	1	6
	9			3	5	6	4	1
	5		4	1	6	9	7	
	6					5		
		4	5	7		3		8
6	3	8	9		1			7
5				8	3		9	4

Fill every row, column and 3×3 box with 1 to 9.

One number per square

8	1	6		4	5		2	
3	2	7		6		5	9	4
			2	7	3	8	1	
4			8		7	6	5	
		1	3		4			2
			5	1			3	9
				8				5
1	4	5	7				6	
2			4	5	1	9	7	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

7	4	2			3	5		
	5	9	7		4			8
		6	1	9				
4			3	7				5
3	2	7	5					4
5	6	8	4	1	9		7	
	7	3	9	5	8	1		
		4	6		7		5	9
				4	1		3	6

Fill every row, column and 3×3 box with 1 to 9.

One number per square

1		7	8	2			3	
4		3	1		6	5	2	
		2	4			6	7	
5	2	4	9		3		8	6
	7		5	4		3		9
				8	7		4	
	4	9		6				
3	1		7	5		4	9	
		5			4	1	6	3

Fill every row, column and 3×3 box with 1 to 9.

One number per square

					5		8	1
	3	9		1	8		4	
		6	7	2	4			
	6	5		7		4		9
3				6	1	8	2	7
	7	8		9			1	6
6		3			7		9	4
7		1	2		9			
9	4	2	3	5	6			8

Fill every row, column and 3×3 box with 1 to 9.

One number per square

2	9	3				4		
6		5			1	3	9	
	1	4	2	3	9	5	7	
5	6	9	4	7	8			
3	2	1		9	6	7	8	
		7		1	2			5
	4	6				2		
			9	2			4	
		2			4	8	3	1

Fill every row, column and 3×3 box with 1 to 9.

One number per square

			3		6	5	1	7
		3	5		1	4		9
7		5				3		
		1	2		8	6	7	3
3	7	6	1	5				4
		2				1		5
				6	5		4	1
	5		9	1	4	8	3	2
1	4		8	2			5	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	1	6	2		7		3	4
5		7					1	6
9				8	6			
2					5		4	
		9		2	8		7	5
3	7	5	4		9			
6	9	1	8	7	2	4		
7		2				6	9	1
4	5	3	9	6	1			

Fill every row, column and 3×3 box with 1 to 9.

One number per square

5			4	7	9	1		8
4		9	2	8				
	8	1	5	6		9	4	
	2							4
	4		3	2	8	6		5
9		6		4				
7				1	4	2	6	
	3	2	7	9	5	4		1
8			6	3			7	9

Fill every row, column and 3×3 box with 1 to 9.

One number per square

8			4					
	4			7			2	8
			2			3		1
7	1	5	6			4		3
9	6	2	8	4	3	5	1	7
3		4	1		7		6	
4	9	8	3		5		7	
	3			6	2	8	9	4
	7	6			4			

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	5			3	8	6	7	
	1			7	2	5		4
7	6			9	4			8
2	3	1			6		8	5
	7	6		8	5	3		
				2	1	7		6
	4		8					
1	8		2	6		4		7
6	2	3		5			1	9

Fill every row, column and 3×3 box with 1 to 9.

Before you begin

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REFLECTION 2

On finishing

What did you close today that had been open too long?

No wrong answer. Skip it if today isn't the day.

SUDOKU

Gentle

A little more space to fill. Still forgiving, still quiet.

One number per square

		3		9				
			7	4	8			
		8	5	2		9	6	1
			3					
5	3	4	1	6	2		8	9
6		2	8		9	5		
				1				6
1	2	5			6	3		
8		6	4	3			2	5

Fill every row, column and 3×3 box with 1 to 9.

One number per square

8	5	2	3		6	4	7	
					7			
4		7	5		2		6	
3	7	9		1	4	5		
		4					9	7
	6		7	3				2
	4				1	6	5	9
					3			8
2		1	9		5		3	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

			2		7			4
	4	3	6	1		8	7	2
7	2			3	9			
					1	2	8	9
	7			2		4	3	
		2		4				7
	1	5	8	7				3
6					2	5		1
			1		4	7		8

Fill every row, column and 3×3 box with 1 to 9.

One number per square

3	8					7		
1				6			5	3
6		4	5	3		9	2	1
4	1				6			
5	6				3		7	
	3		7			6	8	5
	4			9	5	2	1	
	2	1	6	8	4	5		9

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	5		9		1	4	7	
1	9	8	7		4			6
4		3		6				
	4	9		7	6	8	1	
		7	1	5		3		9
			4					
7	6			2				1
			6		7			2
5	8				9	7	6	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

				3				6
			6		5	4	9	
5	8		1		4			2
	2	7	5				1	4
9		5		1	3			
3	1		7	2				5
	5			4	2	6		
	4	3	8			1	5	
			9	5	1	2		

Fill every row, column and 3×3 box with 1 to 9.

One number per square

7	1	3		5	6			
9	4	8						
2	5	6	9					1
			3		5		6	2
		5	6		4		8	
6		4		9				
				6	9			8
	6	9	1	8	7		5	3
1	8					9		6

Fill every row, column and 3×3 box with 1 to 9.

One number per square

			3			4		8
	8			5		7		
			8	2	4		5	
3	2		5	4	8		1	9
6		1	2	7		8	4	5
	5		9	1			7	
	7			3				
5	1	8		6		2	3	
2								7

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	2			1			8	4
					9			3
	8	4	2		6	5	7	
	5	7			3		6	
		8	6	2				7
1		2	5			3		
8				9	2	7	1	6
2			1	6	7	8	4	5
		6						

Fill every row, column and 3×3 box with 1 to 9.

One number per square

3		8						2
7		6		4	2		8	
	2	4			9	7		
5	8							
2		7				5		8
9				3	8		7	6
	3	5			7		9	
8	1		6		3		2	
4	7	2	8	9			5	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

9		2						
		6	5		7			2
			3	2		8		6
8	2		6	1				7
	6	1	4	7		2		9
		7	2		8		5	
	1	5		3				8
			9	8	6			
6	9		1	5			2	3

Fill every row, column and 3×3 box with 1 to 9.

One number per square

3	7			6	9			
				2				8
					8	5		
		4	6	8			9	5
	8		2				1	4
2	9	5	7		4	6		3
	4	7		3		1	5	
	5	2	8		7	9		6
		6			2	8		

Fill every row, column and 3×3 box with 1 to 9.

One number per square

								4
1		2				8	5	
6	3	4	7	5	8		1	2
		9			5	1		
				7	1		2	
7	1		9			5	4	3
9	4	6						1
		1		9	4	7		
3	7					4	9	6

Fill every row, column and 3×3 box with 1 to 9.

One number per square

4	5		3			7	9	
7	9				5			
1	6	3			9	4	5	2
		1	7		2	6		
5			4	6		9	8	
6			1		8	5		
	4							9
	1		9	2				
2			5			8	1	6

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	6	5	8		9		1	
	8		3	4		6	5	7
4		1			5			
9					3		6	5
			4			7		
	7			5	6			9
6		2		8	4	5	7	
8	1			3	7		2	
3		7			2			

Fill every row, column and 3×3 box with 1 to 9.

On attention

36

On enough

37

SUDOKU

Steady

These take a while. That is the point — somewhere for your attention to rest.

One number per square

	1		9		5			3
9			2			1		
		3		1		4		
				6				7
5		4	3	9	7	2		
			8		1	6		4
				8	6			
4			7			3		
	5	9		3	2		4	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

		9	4					3
1	7	3				8		
2					1	5		9
				9		4	8	6
5		1		4			7	2
						9	5	
		5					9	7
	1		5			2		
3			7	1			4	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

		5	3	8	2			
		4	5		6			3
2		3			1	6	9	
								7
4	6			2				8
3		8	7	6	4			
			6		7			
			2				4	
9	3					7	5	6

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	4		3		8	5		2
	7	5						
	3	1						6
	2	3			5	4		
5	6				9		2	
	8				1	7		5
			5			6		
3	5		9	6			1	4
7						2		

Fill every row, column and 3×3 box with 1 to 9.

One number per square

6	1		4			8		
							4	
3	9		2		7		5	6
				6	2	3	1	5
			1		5	7	9	
								2
9		7				4		1
		6	3	4	1			
1					9	5		

Fill every row, column and 3×3 box with 1 to 9.

One number per square

				3	4			
4			1					6
	8				2		3	9
9		5			1		2	
				2			4	
	2	8	5	4	9		7	
5	9			1				7
	1			6				
8			2	9	5			4

Fill every row, column and 3×3 box with 1 to 9.

One number per square

4	9	2		8			1	
	6	8		5		9	4	
8	4	6						
	1	9		6				
		3	1		2			
6			8					1
	5	1	2	4		8	3	
		7				2	6	4

Fill every row, column and 3×3 box with 1 to 9.

One number per square

7		9		4			3	
3	6	1				2	8	
					3		7	
6			7	1			4	
5		7				3		2
	7		6		2	5		
	3	5	4	7	9		2	
				3			9	7

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	7			5	9	2		
		5	4	2			7	
								3
			9					6
	5	4	7		2			
	8		6	4		1		7
5		6		7				
		7	8			6	3	
8	1			6	3			2

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	3							
8	6	7	5	3	1		4	
9	4	2			7			
	9		1		6	2	5	
					4		8	
		6				7	9	
	1	8				6		
		9			8			5
4	2		6				1	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

								1
3				7			8	9
5		8	1		4	7		2
6					1			3
4						8	1	
8	5		3		2		9	
			6		5		3	8
				2			5	
				1		2	7	4

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	7		8					4
		3	1	5		7	6	
		4						3
		8			1		9	6
	2	1						8
			5	4	8			1
		7			9			
	8		2	1		6		
	1	5		6			4	9

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	5	3	7		9		8	
		2		3			7	
		6	8					1
	9		4				1	
		7			3			
3			9	5	6	7	4	
8					5	9	2	
	2					1	6	
		1			7		3	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

5	4	9	2	8	7		1	
		3						
8			3	1	6	9		
	1		7	9	5	6	2	
						7		
9	5		6			4		
						5		3
						1	6	
6	2	1		4				

Fill every row, column and 3×3 box with 1 to 9.

One number per square

		6					7	
9		2	8	1			3	
		1	5		3	2		
1		4					5	2
2		3			9			6
	8			3				
	6						1	7
	2	5			1			3
7	1			8			2	

Fill every row, column and 3×3 box with 1 to 9.

REFLECTION 5

On pace

Which part of this week felt rushed for no real reason?

No wrong answer. Skip it if today isn't the day.

REFLECTION 6

On keeping

Which small habit survived a bad week? Why did that one hold?

No wrong answer. Skip it if today isn't the day.

SUDOKU

Deep

Fewer clues, slower going. Bring tea. There is no hurry and no timer.

One number per square

								3
3	4				6		7	2
					1	6	9	
						7		5
	3		8		4			
6	2							
9	5				3		6	4
7				4		2	5	
	6		5	9				

Fill every row, column and 3×3 box with 1 to 9.

One number per square

6					4			
	3	1						7
	5	8		2		4		
			9	3	1			
				5		2		
		5	4	7	2			9
5			1	4				
							4	1
7				9	3			2

Fill every row, column and 3×3 box with 1 to 9.

One number per square

			2	9			5	4
1		9	4					
8	4			7		1		
5						9		
			1				4	8
7		4	6				2	
	5			8	3			
	7		9				1	
2	9							

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	8							
4			1					7
		3		2	4		1	
			7					
		4			9	6	7	
2	6			1	8	3		
6	7	9				5		
3	5	8	9					
	4							6

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	1	7					5	
			8				9	
5		8			1			2
	9	2					8	
	6	3						9
			2	7	9			6
		5	9		8			
	7	6		3			1	
							3	4

Fill every row, column and 3×3 box with 1 to 9.

One number per square

3						2		8
5	8			4		6		1
7					5	4	3	
4						9		5
	7	8			2			
		3						
			6			3	9	
8	6		2	3		7	1	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

4	2					9		
		9			3			7
			8					
			7		1		6	
7	9	1		3	8			5
			2					9
		6	5		2	7		8
9					6			
5	1				7			

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	9			7				
4			8		2	7		
3		1					2	
5	3		2					
2		9	1	8	7			5
	8	7						
			6		3			9
	1			5				
9		4				1		

Fill every row, column and 3×3 box with 1 to 9.

One number per square

		2	5	8	6		1	
1	4							6
6				9		5		
7		4	2		3	1		8
					8			
		5						9
8	7				9	6	3	
				6			8	1

Fill every row, column and 3×3 box with 1 to 9.

One number per square

7					3		2	4
		3	4	2	9	6		1
		9						
			5		8	4		
	5			3	4			
	2						6	
4	9					2		3
					7		1	
	6					7	4	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	6	9			3			1
				5				
1				9		2		3
			3		9			
	3	6					7	
4			8	7				9
			9	8	7		3	6
	4		5				8	7
				3				

Fill every row, column and 3×3 box with 1 to 9.

One number per square

4			1					9
			5		2		4	
		9			4	1		8
8			6					3
	6		2	3				
7		3		1	8			
5	8							4
		2					5	
					5	9	3	

Fill every row, column and 3×3 box with 1 to 9.

One number per square

				2	4	9	3	1
			9	3				
		9			7	5	2	
7				4		3		6
		3	8	7				9
	9							5
6		1						
	2			9				
		4			8	7		

Fill every row, column and 3×3 box with 1 to 9.

One number per square

	1		9			5		
			4	2	5		7	8
							6	
	4				8		5	
3				5	9		1	2
		6		1				
		5	1		2		9	
9							8	
	2	1			7			

Fill every row, column and 3×3 box with 1 to 9.

One number per square

8					4	3		7
		1						2
5				9	8			
		4		1	6			
			8	7		2	9	4
								5
7		9					1	3
			3	5			7	
		3		8		4		

Fill every row, column and 3×3 box with 1 to 9.

REFLECTION 7

On saying no

What did you agree to that you already knew you didn't want?

No wrong answer. Skip it if today isn't the day.

REFLECTION 8

On rest

When did you last stop without reaching for a screen?

No wrong answer. Skip it if today isn't the day.

WORD SEARCHES

Find the quiet words

Twelve grids, ten words each. Any direction, including backwards and diagonally.

WORD SEARCH 1

Slow Morning



FIND

Stillness
Daylight
Window
Quiet

Unhurried
Sunrise
Warmth

Porridge
Kettle
Linen

WORD SEARCH 2

The Shutdown



FIND

Lamplight
Finished
Evening
Rest

Tidydesk
Boundary
Release

Tomorrow
Closing
Logoff

WORD SEARCH 3

Deep Work

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

FIND

Singletask
Immersed
Clarity
Flow

Attention
Patience
Focus

Progress
Silence
Craft

WORD SEARCH 4

Less, Better



FIND

Essential
Decline
Choose
Prune

Spacious
Lighter
Margin

Simplify
Enough
Fewer

WORD SEARCH 5

The Weekly Review



FIND

Nextweek
Pattern
Adjust
Begin

Reflect
Notice
Honest

Learned
Gather
Close

WORD SEARCH 6

Small Systems

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

FIND

Practice
Anchor
Gentle
Build

Compound
Repeat
Return

Routine
Steady
Habit

On progress

What is further along than it was a month ago, even slightly?

No wrong answer. Skip it if today isn't the day.

WORD SEARCH 7

Saying No



FIND

Boundary
Decline
Notnow
Guard

Politely
Protect
Honest

Capacity
Reserve
Choose

WORD SEARCH 8

The Inbox

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

FIND

Unsubscribe
Triage
Sorted
Draft

Archive
Folder
Reply

Cleared
Snooze
Brief

WORD SEARCH 9

Deep Rest



FIND

Daydream
Recover
Sleep
Ease

Slowdown
Unplug
Pause

Breathe
Linger
Quiet

WORD SEARCH 10

The First Hour

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

FIND

Thinking
Guarded
Nobody
Focus

Clearest
Unread
Early

Protect
Before
Begin

WORD SEARCH 11

Finding Things

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

FIND

Oneplace
Capture
System
Tidy

Findable
Archive
Label

Retrieve
Search
Named

Enough



FIND

Sufficient
Grateful
Plenty
Less

Satisfied
Content
Steady

Stopping
Measure
Whole

REFLECTION 10

On the next step

What is the very next physical action — not the project, the action?

No wrong answer. Skip it if today isn't the day.

CRYPTOGRAMS

One letter for another

Twelve sentences worth keeping, each hidden behind a simple letter swap.

CRYPTOGRAM 1

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

U X S U P P X C O K H W M L H F U O P I
— ————— ————— ————— —————

Q M U H X U P U E B M N A M U Q U A F N A M F
————— — ————— ————— —————

CRYPTOGRAM 2

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

Y R N B G E N V Q G S A X R I V N X Y Y R N

Y I Q I E A X Y A X I D Y A Z A X Y A B

CRYPTOGRAM 3

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

X D H D O F O Q R Y C F D H P J Y X Q Z Y V Q G

O C U Z C O Q R Y C F D H P

CRYPTOGRAM 4

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

J U C F A C E S F F O U C P X U F O A E K

P C R A C F J P G F A S E

CRYPTOGRAM 5

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

W I T H R Z F G T R H X F N K W Z K F R G Y K

J I Z N K F H G K Z T I R M F Z C K Z

CRYPTOGRAM 6

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

E V X D U L M F C L M U E N N Q F M D B F D M

I L U C D A G F

On noise

What could you close, mute, or leave unopened tomorrow?

No wrong answer. Skip it if today isn't the day.

CRYPTOGRAM 7

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

U Y C Q R M Q Q O R A F Y X Q O C S Y J B I

Q O R Y R X Q A C G G C N X

CRYPTOGRAM 8

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

X F U F R S Q F B A K Y K S F X W X N I S S J

X F R A S X J N T S F E T R

CRYPTOGRAM 9

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

C G G Y O G E Q O E P G V Y Q O U S W K X Z Y G

S Q K N C O O Q G W Q I I Q F C Z C E O P G

CRYPTOGRAM 10

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

J H I Q D J D L R H L I P J G P H Q J

J D G P L R Y Q E

CRYPTOGRAM 11

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

L D C O Z J Q H S C J G Z O C M C Z Q Y Q C D

O G C E C S L D C Y

CRYPTOGRAM 12

Every letter stands for another

One letter is swapped for another, consistently. Crack it and the sentence appears.

F L N Y Q T Y X O D T L Z Y B G C P

U Q O Z S O P S U Z G Q A C U Q B G C P Q O U I

REFLECTION 12

On the week ahead

What are you protecting time for, and what will you let go?

No wrong answer. Skip it if today isn't the day.

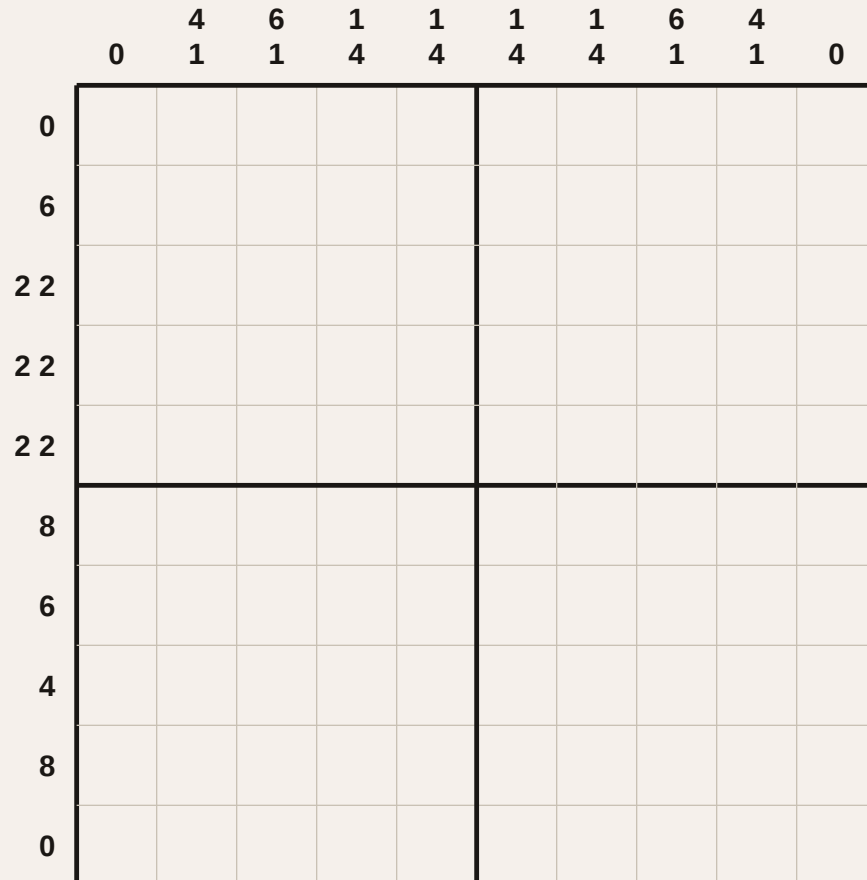
NONOGRAMS

Picture logic

Numbers tell you the runs of filled squares in each row and column.
Work the lines and an image appears.

NONOGRAM 1

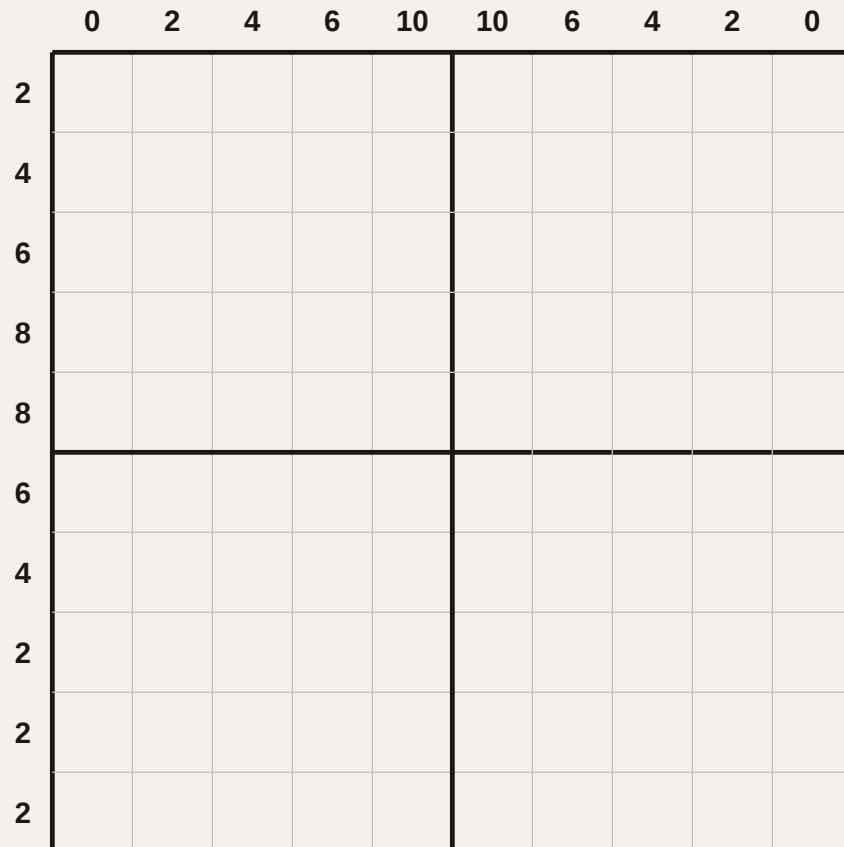
Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 2

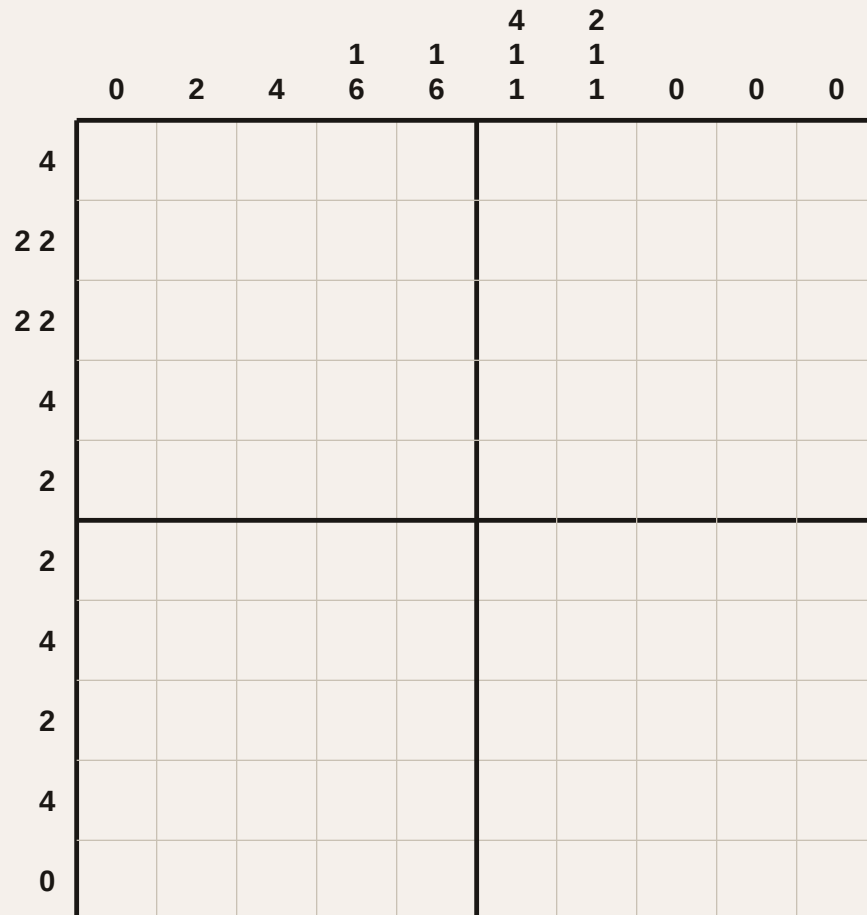
Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 3

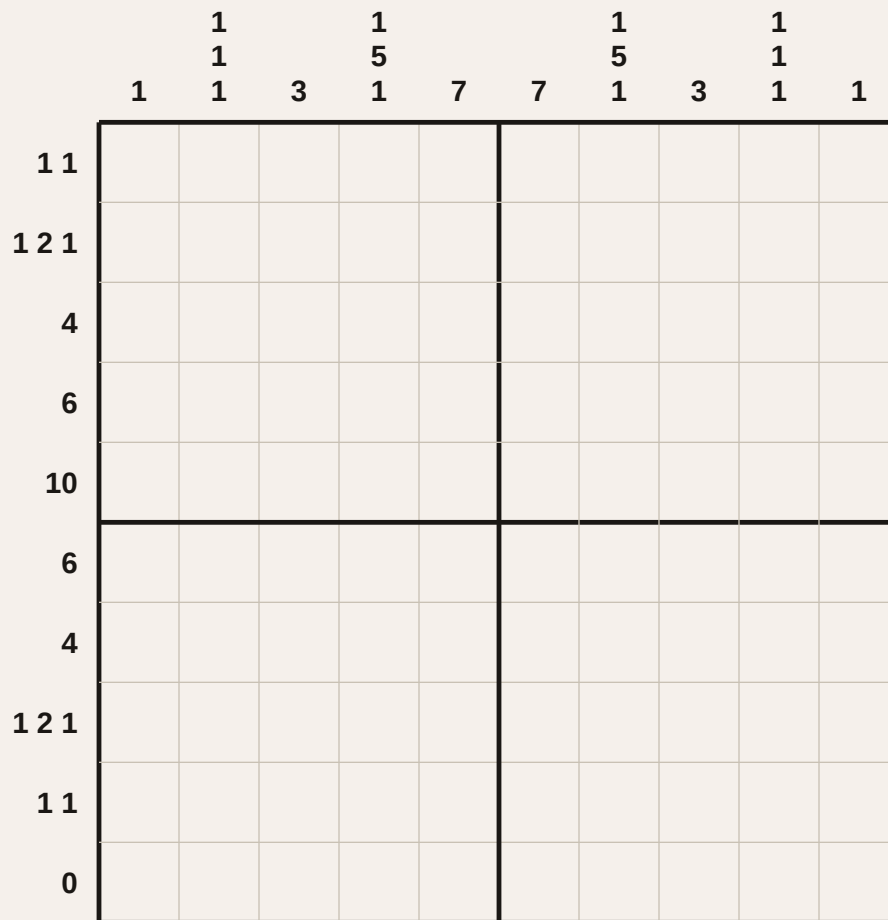
Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 4

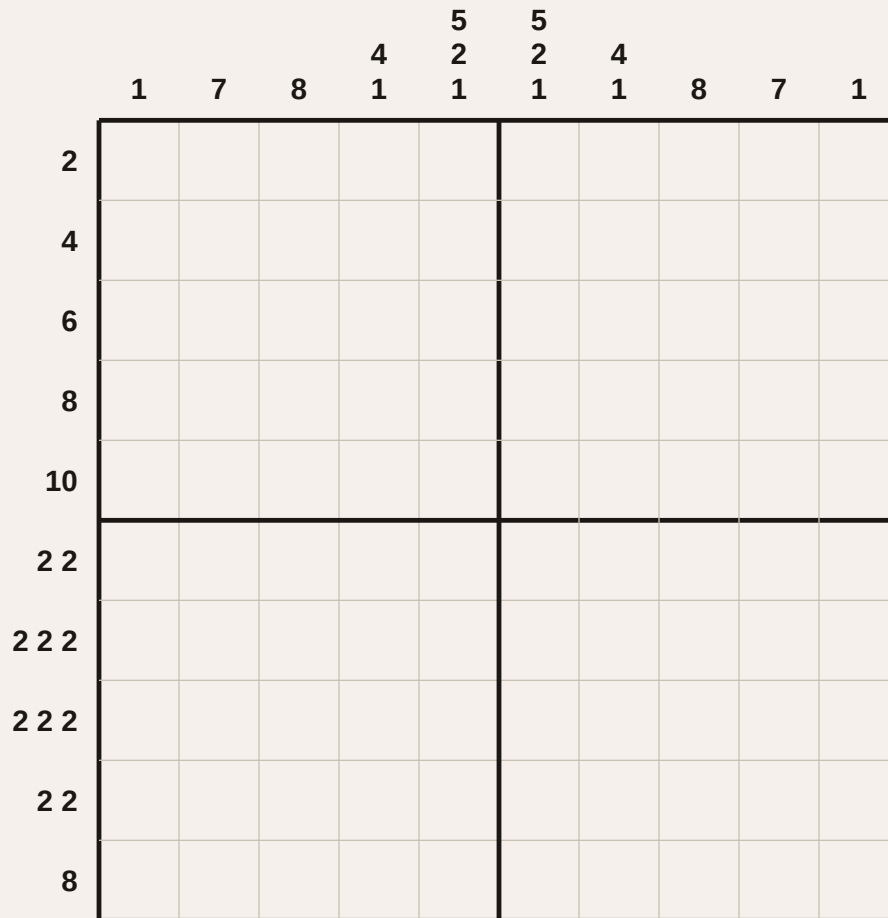
Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 5

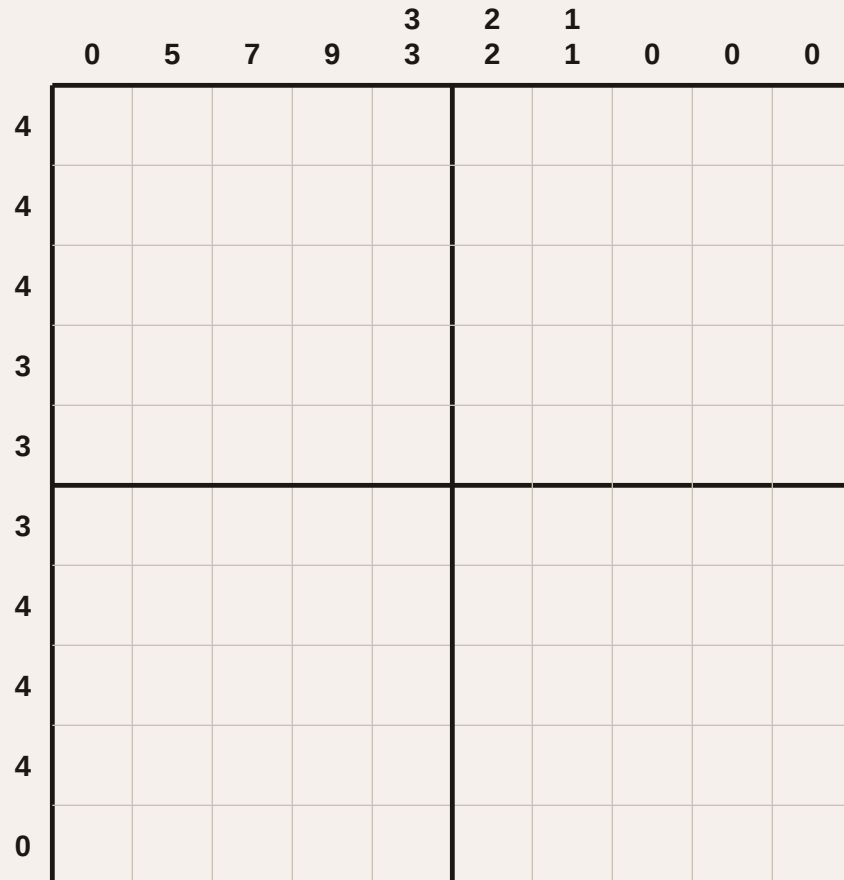
Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 6

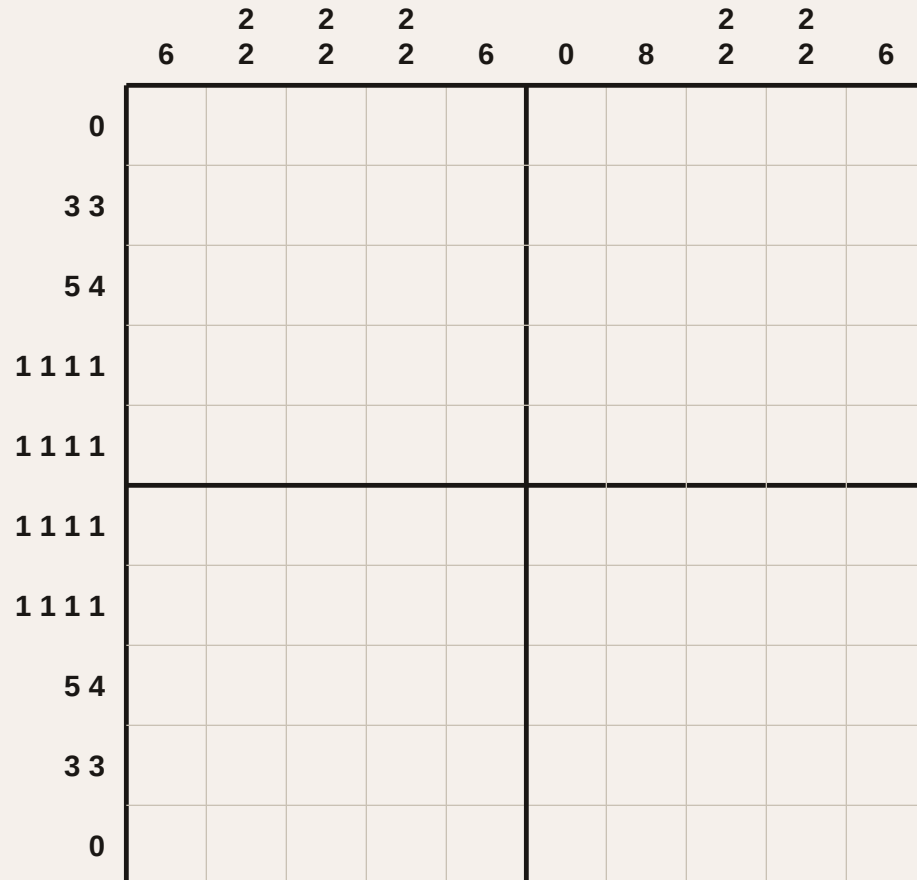
Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 7

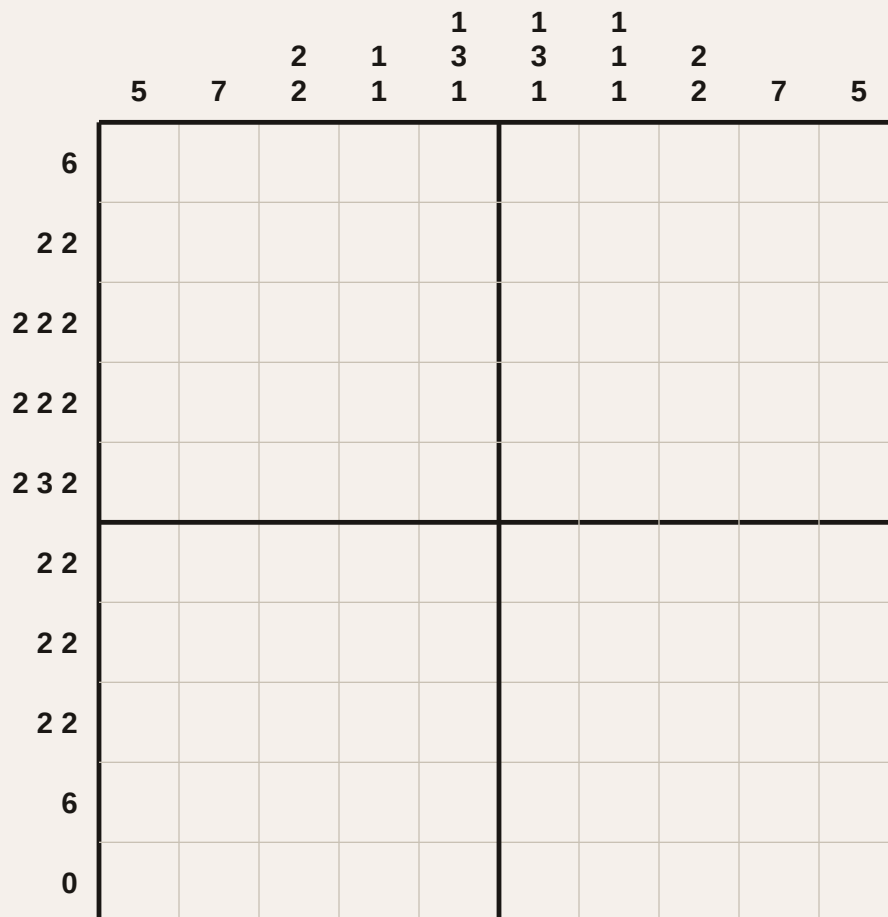
Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 8

Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 9

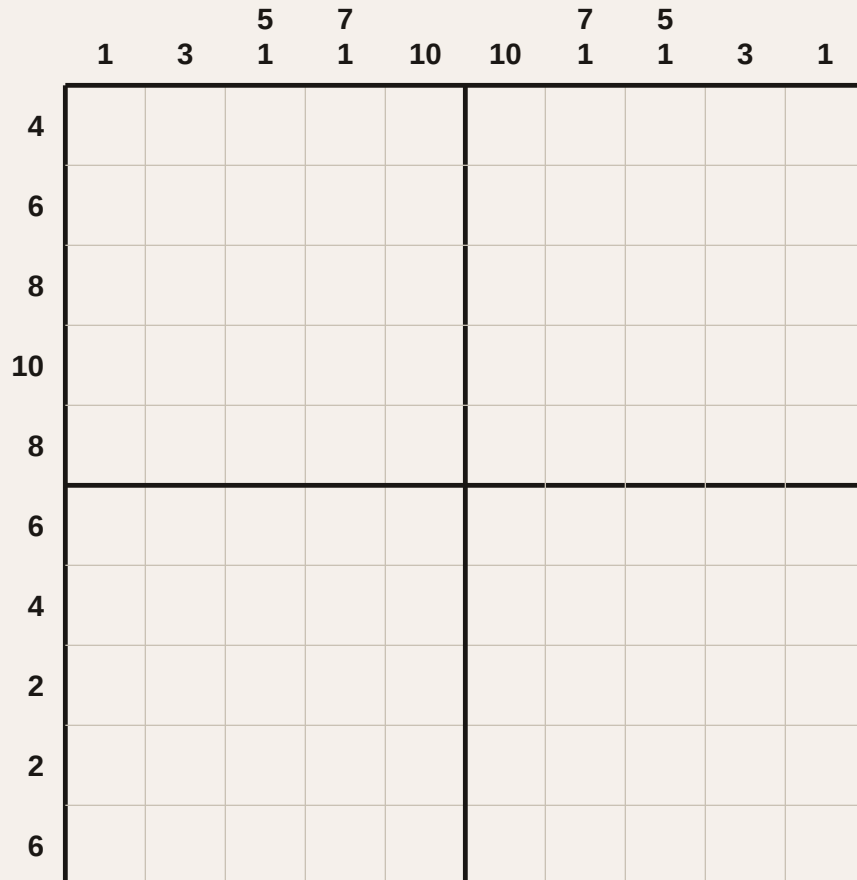
Fill the squares, find the picture

	1	3	5 1	7	7	7	9	3 1	1	0
2										
4										
7										
7										
7										
6										
5										
2 1										
2 2										
0										

Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 10

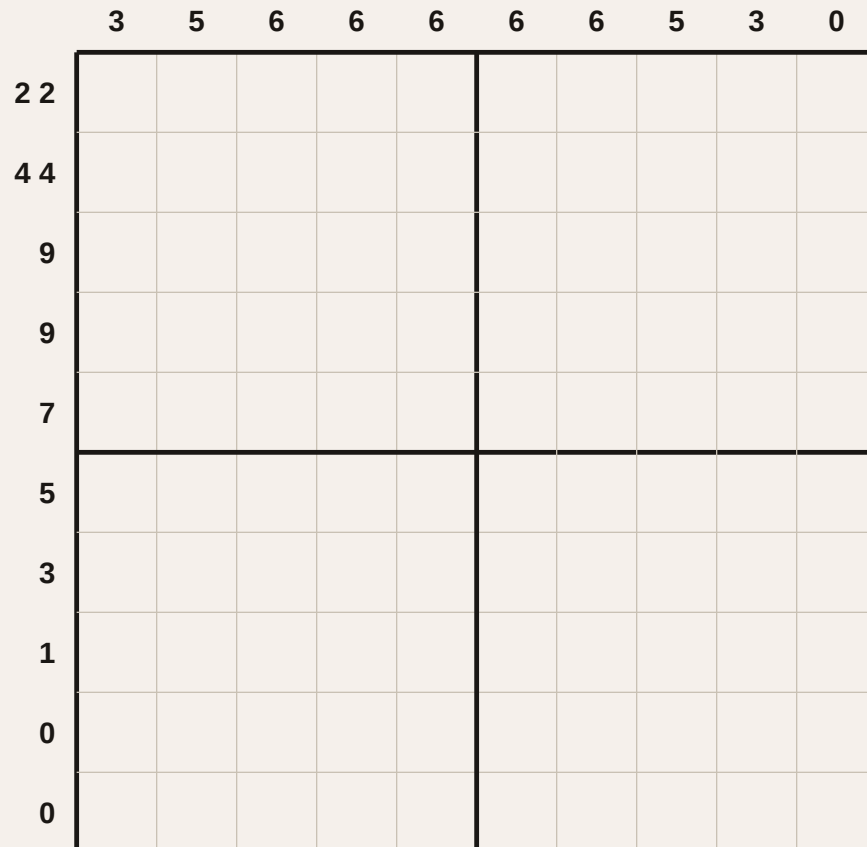
Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 11

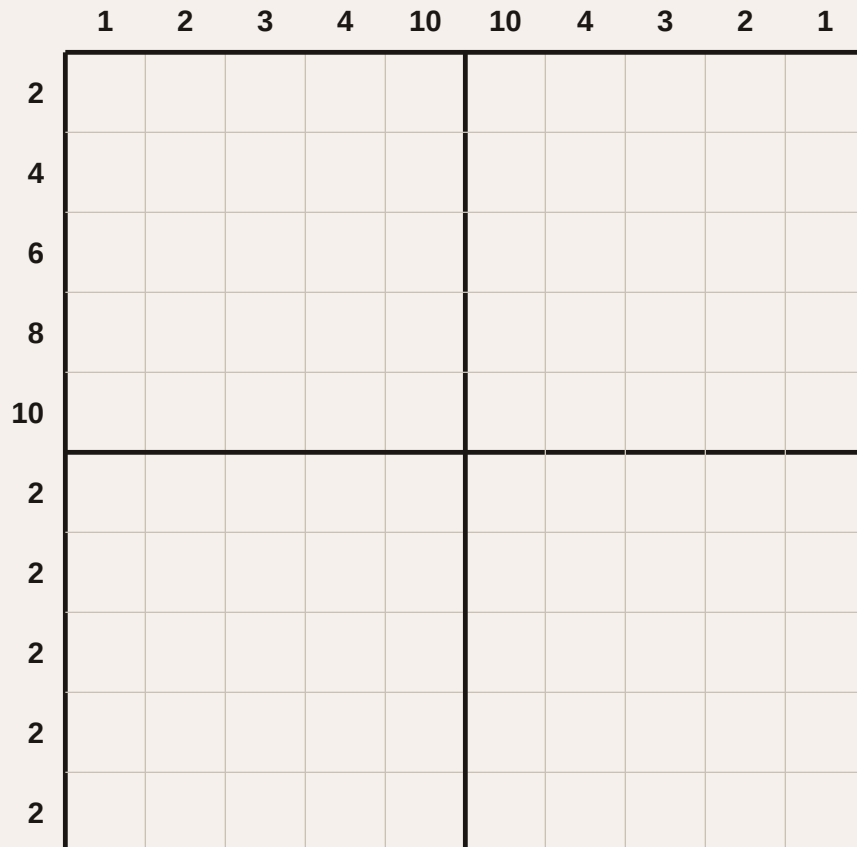
Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

NONOGRAM 12

Fill the squares, find the picture



Numbers show runs of filled squares, in order, for that row or column.

MAZES

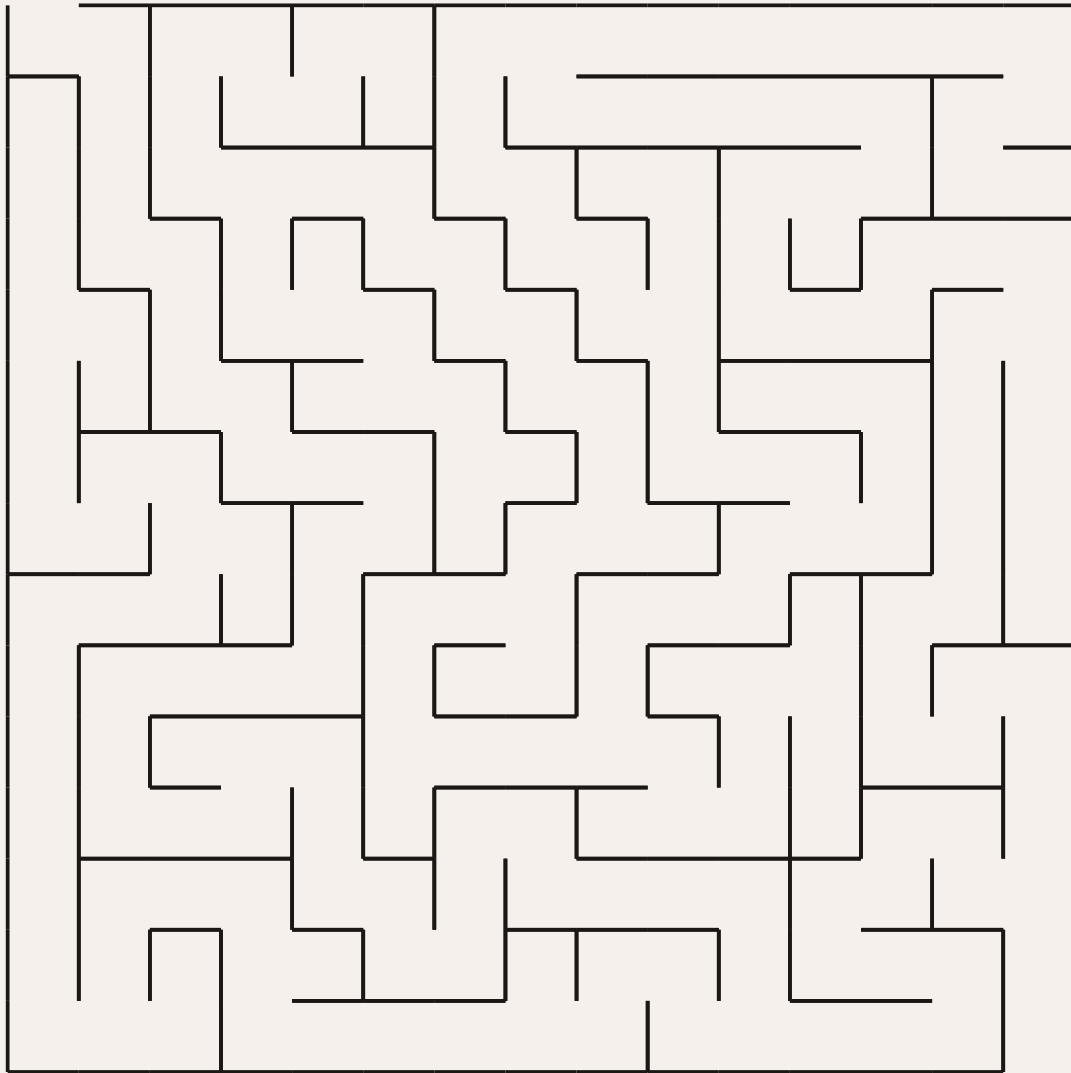
One way through

Twelve perfect mazes — exactly one path from start to finish, no loops, no dead ends that cheat.

MAZE 1

In at the top, out at the bottom

START



FINISH

In at the top, out at the bottom

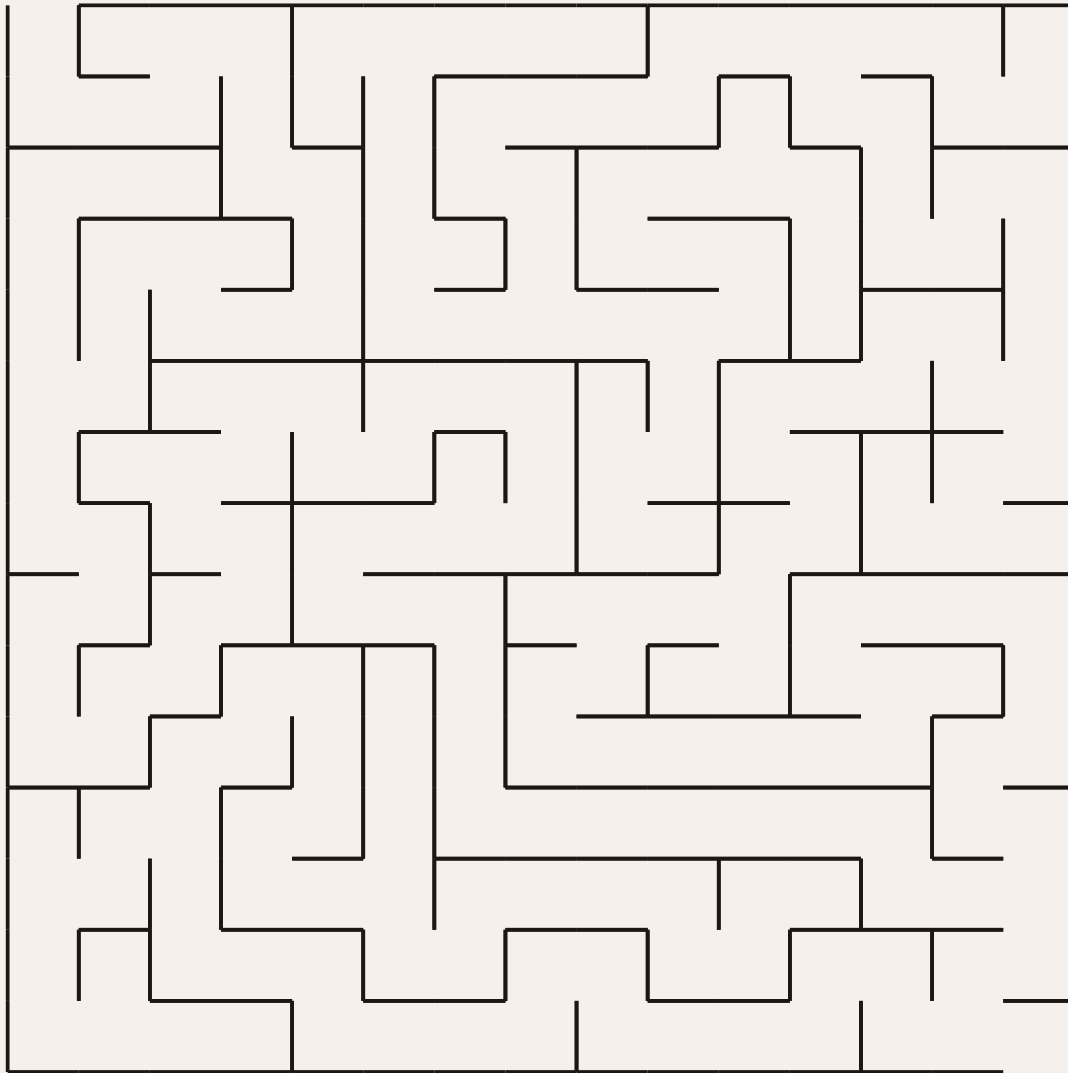
A complex black and white maze with a single entrance and exit. The maze is composed of numerous interconnected paths and dead ends, forming a dense, intricate pattern. The entrance is located at the top center, and the exit is at the bottom center. The maze is designed to be challenging, with many potential paths that lead to dead ends. The overall shape is roughly rectangular, with the entrance and exit positioned at opposite ends. The maze is a single continuous path that winds through the space, with no other openings or exits. The lines are black on a white background, and the paths are of uniform width. The maze is a classic example of a single-path maze, where there is only one way to go from the entrance to the exit. The design is intricate, with many turns and dead ends, making it a challenging puzzle. The entrance is at the top center, and the exit is at the bottom center. The maze is a single continuous path that winds through the space, with no other openings or exits. The lines are black on a white background, and the paths are of uniform width. The maze is a classic example of a single-path maze, where there is only one way to go from the entrance to the exit. The design is intricate, with many turns and dead ends, making it a challenging puzzle.

FINISH

MAZE 3

In at the top, out at the bottom

START

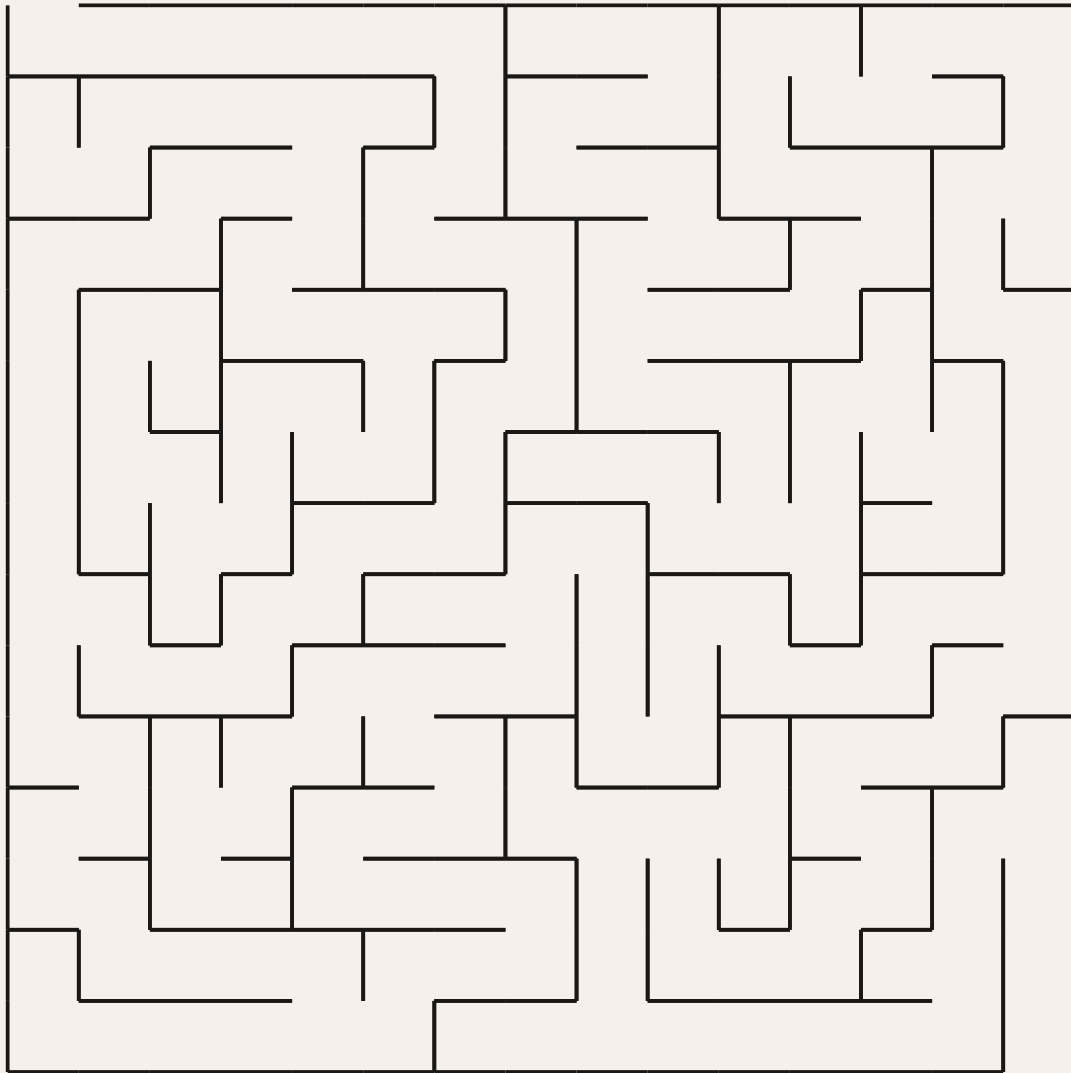


FINISH

MAZE 4

In at the top, out at the bottom

START



FINISH

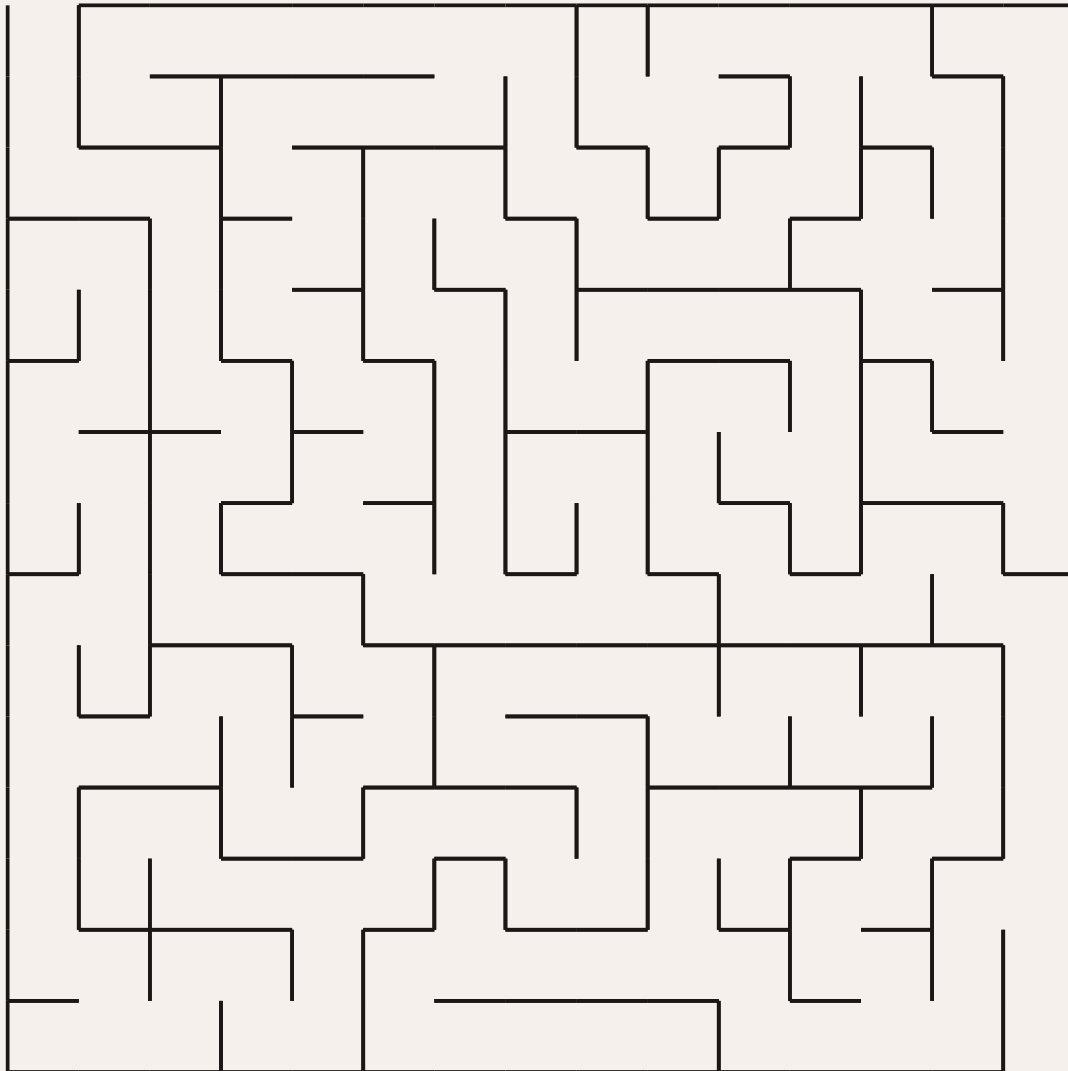
In at the top, out at the bottom



MAZE 6

In at the top, out at the bottom

START

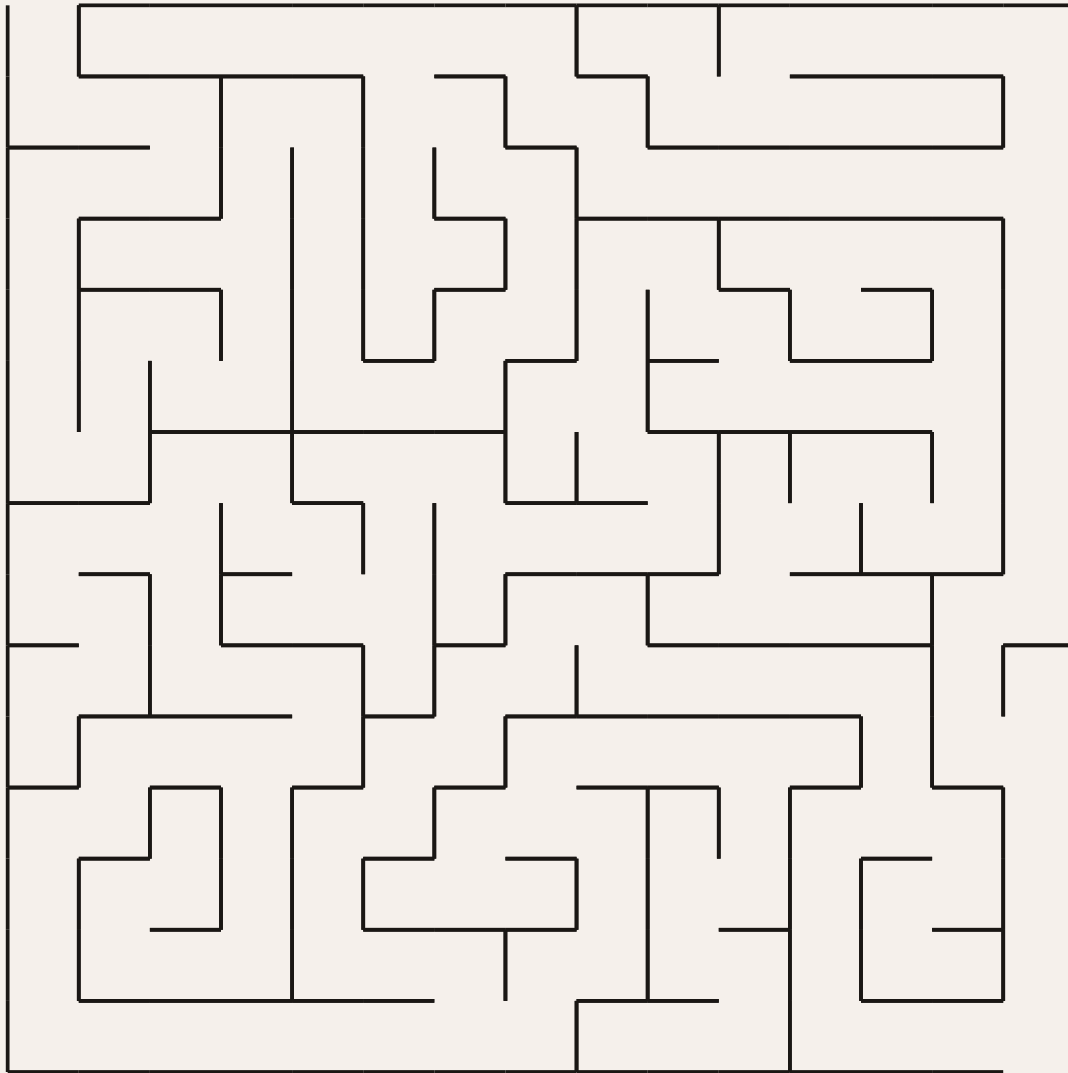


FINISH

MAZE 7

In at the top, out at the bottom

START

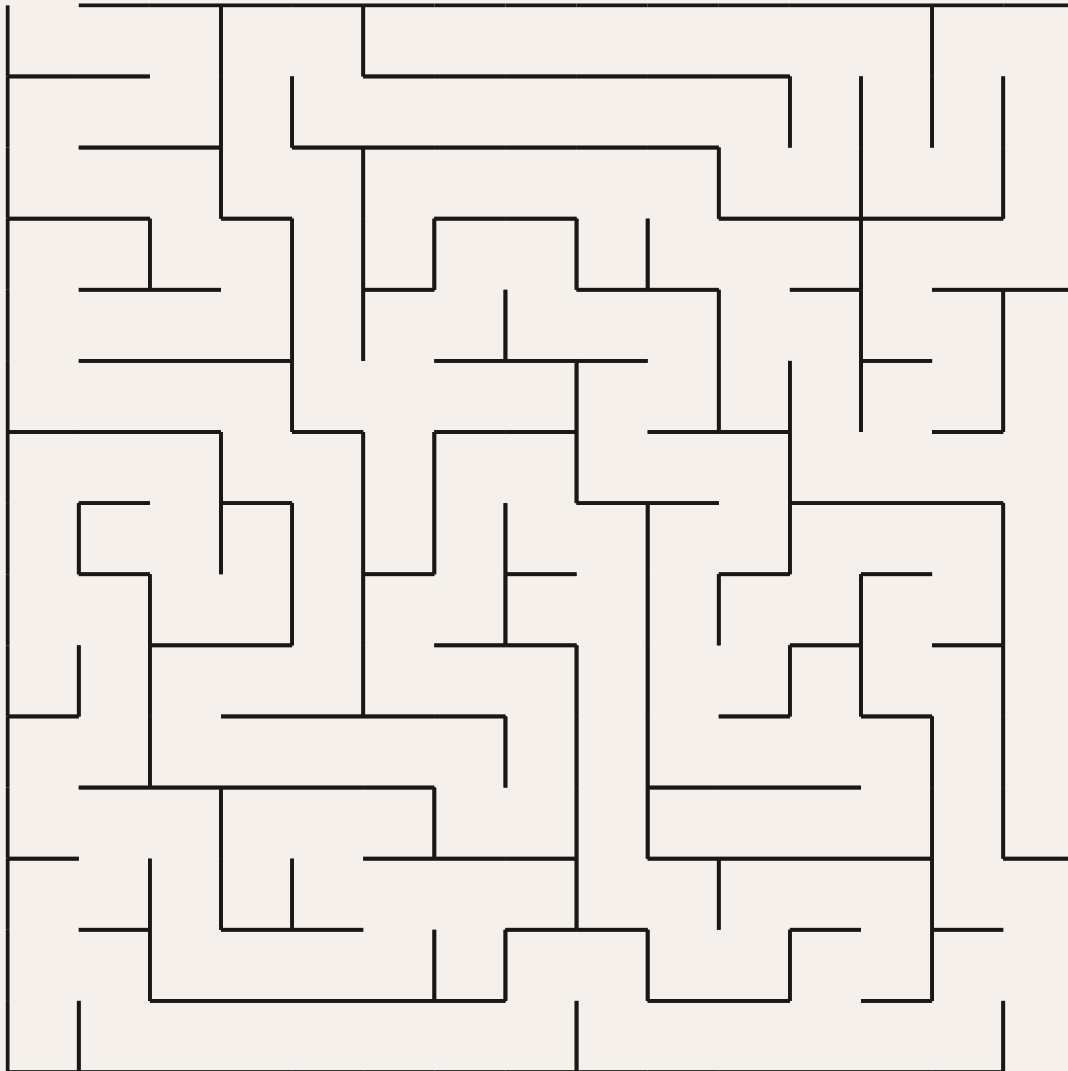


FINISH

MAZE 8

In at the top, out at the bottom

START

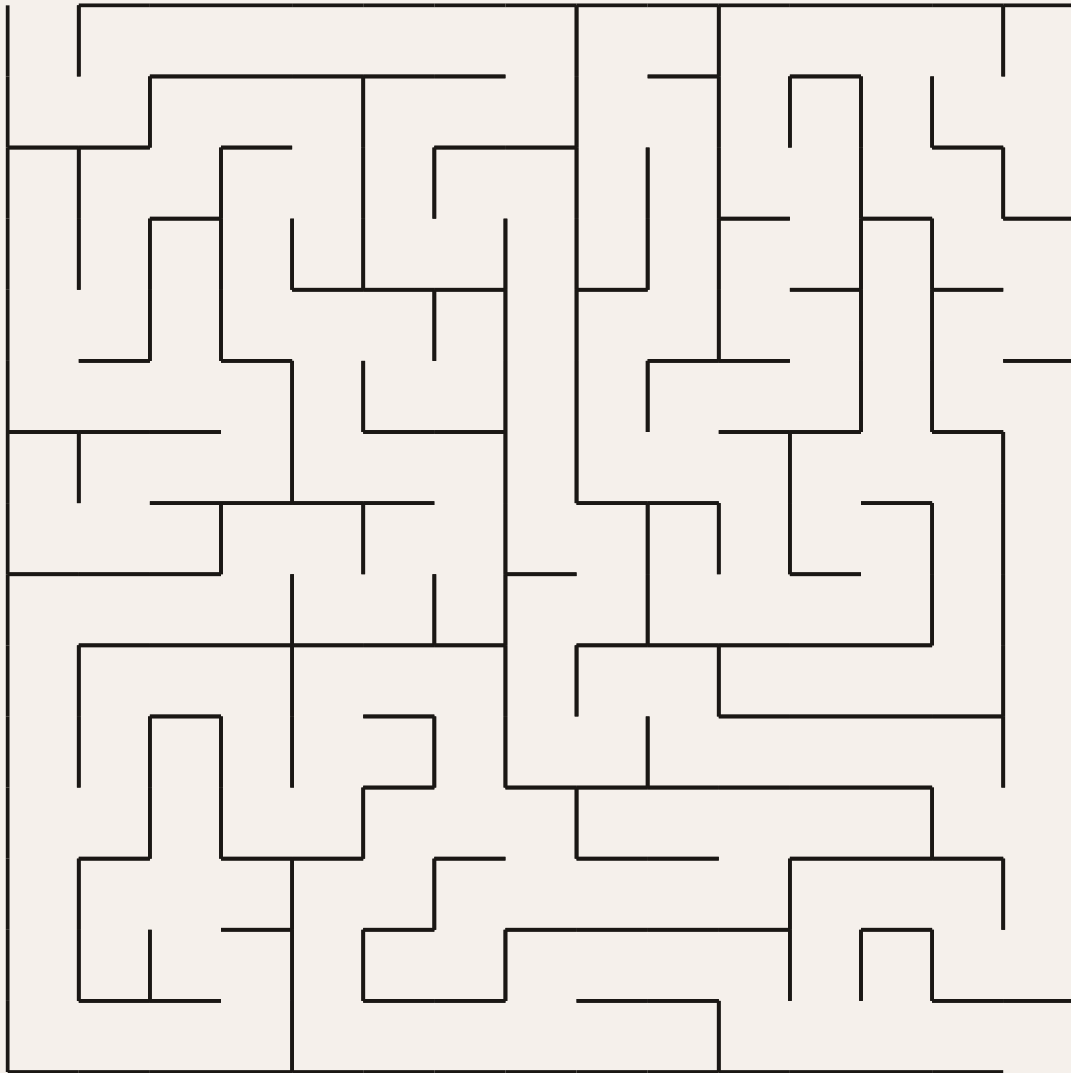


FINISH

MAZE 9

In at the top, out at the bottom

START

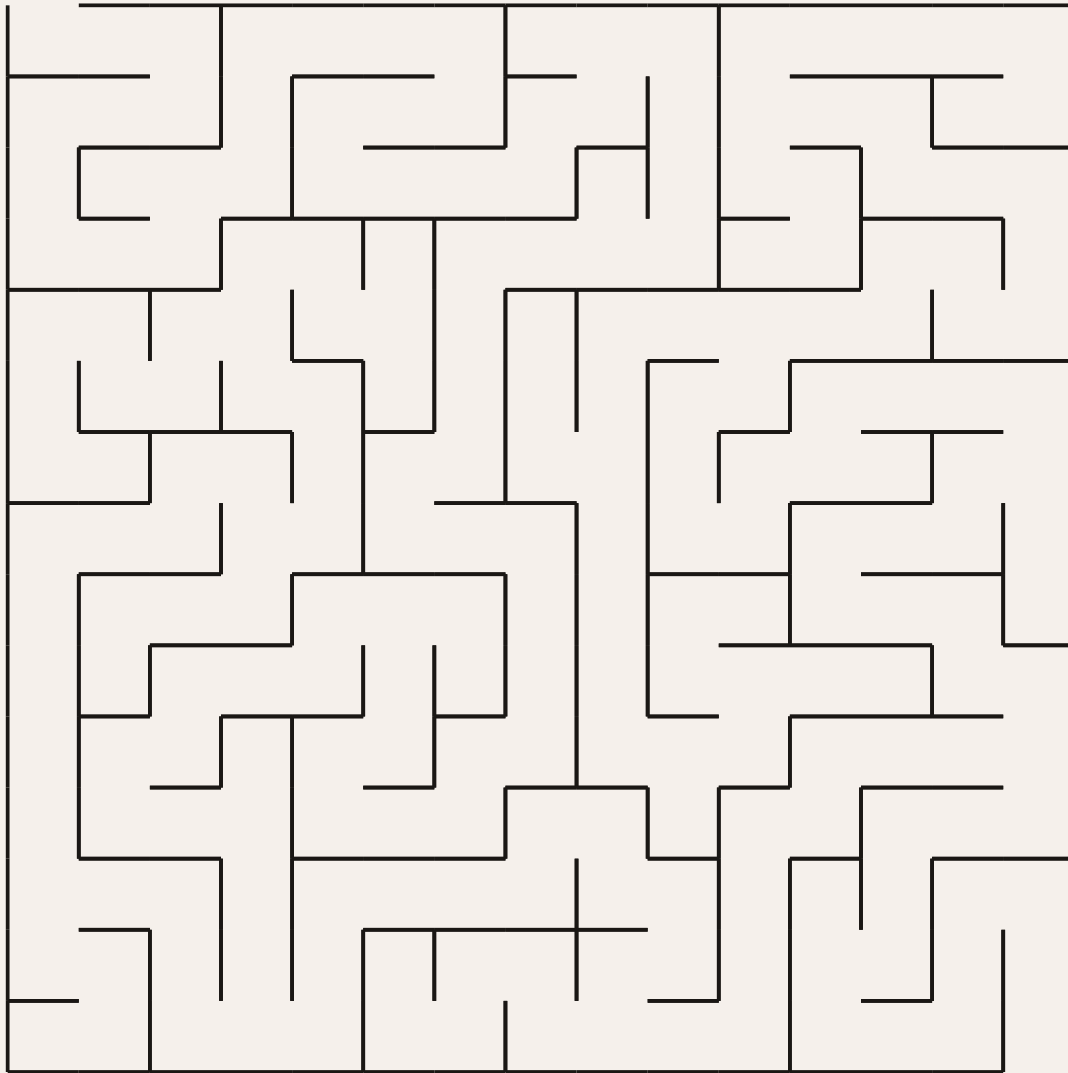


FINISH

MAZE 10

In at the top, out at the bottom

START

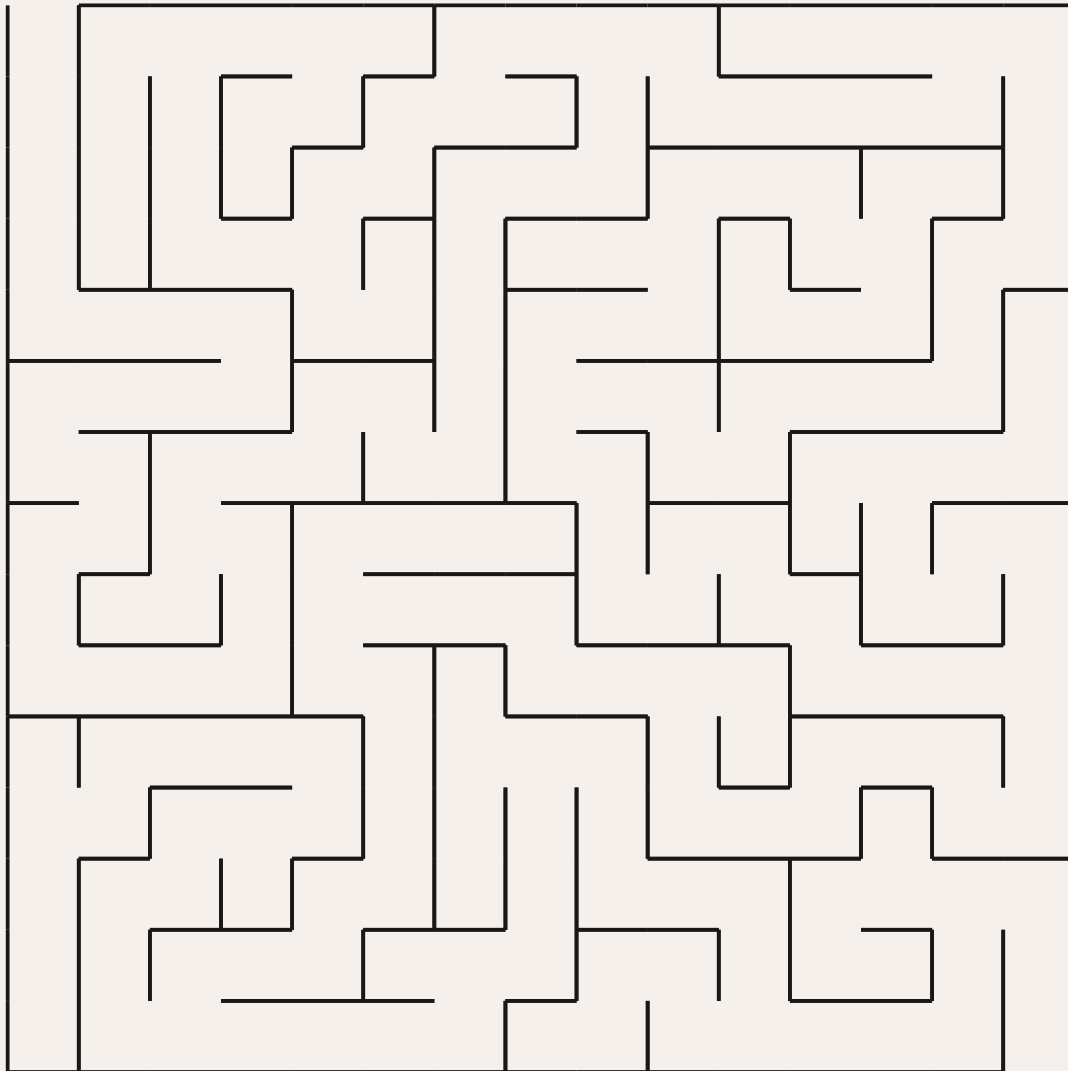


FINISH

MAZE 11

In at the top, out at the bottom

START



FINISH

In at the top, out at the bottom



THE BACK OF THE BOOK

Solutions

Looking is not cheating. Being stuck for twenty minutes is not restful, and rest is the point.

SOLUTIONS

Sudoku 1–6

6	8	3	9	5	4	2	1	7
9	5	4	2	1	7	6	8	3
2	1	7	6	8	3	9	5	4
5	4	6	1	7	9	8	3	2
8	3	2	5	4	6	1	7	9
1	7	9	8	3	2	5	4	6
4	6	8	7	9	5	3	2	1
7	9	5	3	2	1	4	6	8
3	2	1	4	6	8	7	9	5

Sudoku 1

6	4	9	2	3	1	5	8	7
2	3	1	8	5	7	4	6	9
8	5	7	6	4	9	3	2	1
4	9	8	3	1	6	7	5	2
5	7	2	4	9	8	1	3	6
3	1	6	5	7	2	9	4	8
9	8	5	1	6	4	2	7	3
7	2	3	9	8	5	6	1	4
1	6	4	7	2	3	8	9	5

Sudoku 2

8	6	9	7	3	1	2	5	4
5	2	4	6	8	9	7	3	1
3	7	1	2	5	4	6	8	9
4	8	6	3	9	7	5	1	2
1	5	2	8	4	6	3	9	7
9	3	7	5	1	2	8	4	6
6	9	3	1	7	5	4	2	8
2	4	8	9	6	3	1	7	5
7	1	5	4	2	8	9	6	3

Sudoku 3

7	1	2	4	8	5	9	6	3
8	4	5	9	6	3	1	7	2
6	9	3	1	7	2	4	8	5
9	3	7	2	1	8	5	4	6
4	5	6	3	9	7	2	1	8
1	2	8	5	4	6	3	9	7
3	7	1	8	2	4	6	5	9
5	6	9	7	3	1	8	2	4
2	8	4	6	5	9	7	3	1

Sudoku 4

3	7	5	1	6	8	4	2	9
1	8	6	2	9	4	7	3	5
2	4	9	3	5	7	8	1	6
7	9	2	8	3	5	6	4	1
8	5	3	4	1	6	9	7	2
4	6	1	7	2	9	5	8	3
9	1	4	5	7	2	3	6	8
6	3	8	9	4	1	2	5	7
5	2	7	6	8	3	1	9	4

Sudoku 5

8	1	6	9	4	5	3	2	7
3	2	7	1	6	8	5	9	4
5	9	4	2	7	3	8	1	6
4	3	9	8	2	7	6	5	1
6	5	1	3	9	4	7	8	2
7	8	2	5	1	6	4	3	9
9	7	3	6	8	2	1	4	5
1	4	5	7	3	9	2	6	8
2	6	8	4	5	1	9	7	3

Sudoku 6

SOLUTIONS

Sudoku 7–12

7	4	2	8	6	3	5	9	1
1	5	9	7	2	4	3	6	8
8	3	6	1	9	5	4	2	7
4	9	1	3	7	2	6	8	5
3	2	7	5	8	6	9	1	4
5	6	8	4	1	9	2	7	3
6	7	3	9	5	8	1	4	2
2	1	4	6	3	7	8	5	9
9	8	5	2	4	1	7	3	6

Sudoku 7

1	6	7	8	2	5	9	3	4
4	9	3	1	7	6	5	2	8
8	5	2	4	3	9	6	7	1
5	2	4	9	1	3	7	8	6
6	7	8	5	4	2	3	1	9
9	3	1	6	8	7	2	4	5
2	4	9	3	6	1	8	5	7
3	1	6	7	5	8	4	9	2
7	8	5	2	9	4	1	6	3

Sudoku 8

4	2	7	9	3	5	6	8	1
5	3	9	6	1	8	7	4	2
8	1	6	7	2	4	9	5	3
1	6	5	8	7	2	4	3	9
3	9	4	5	6	1	8	2	7
2	7	8	4	9	3	5	1	6
6	5	3	1	8	7	2	9	4
7	8	1	2	4	9	3	6	5
9	4	2	3	5	6	1	7	8

Sudoku 9

2	9	3	6	5	7	4	1	8
6	7	5	8	4	1	3	9	2
8	1	4	2	3	9	5	7	6
5	6	9	4	7	8	1	2	3
3	2	1	5	9	6	7	8	4
4	8	7	3	1	2	9	6	5
7	4	6	1	8	3	2	5	9
1	3	8	9	2	5	6	4	7
9	5	2	7	6	4	8	3	1

Sudoku 10

9	2	4	3	8	6	5	1	7
8	6	3	5	7	1	4	2	9
7	1	5	4	9	2	3	6	8
5	9	1	2	4	8	6	7	3
3	7	6	1	5	9	2	8	4
4	8	2	6	3	7	1	9	5
2	3	8	7	6	5	9	4	1
6	5	7	9	1	4	8	3	2
1	4	9	8	2	3	7	5	6

Sudoku 11

8	1	6	2	5	7	9	3	4
5	2	7	3	9	4	8	1	6
9	3	4	1	8	6	5	2	7
2	6	8	7	3	5	1	4	9
1	4	9	6	2	8	3	7	5
3	7	5	4	1	9	2	6	8
6	9	1	8	7	2	4	5	3
7	8	2	5	4	3	6	9	1
4	5	3	9	6	1	7	8	2

Sudoku 12

SOLUTIONS

Sudoku 13–18

5	6	3	4	7	9	1	2	8
4	7	9	2	8	1	3	5	6
2	8	1	5	6	3	9	4	7
3	2	8	9	5	6	7	1	4
1	4	7	3	2	8	6	9	5
9	5	6	1	4	7	8	3	2
7	9	5	8	1	4	2	6	3
6	3	2	7	9	5	4	8	1
8	1	4	6	3	2	5	7	9

Sudoku 13

8	2	9	4	3	1	7	5	6
1	4	3	5	7	6	9	2	8
6	5	7	2	9	8	3	4	1
7	1	5	6	2	9	4	8	3
9	6	2	8	4	3	5	1	7
3	8	4	1	5	7	2	6	9
4	9	8	3	1	5	6	7	2
5	3	1	7	6	2	8	9	4
2	7	6	9	8	4	1	3	5

Sudoku 14

9	5	4	1	3	8	6	7	2
3	1	8	6	7	2	5	9	4
7	6	2	5	9	4	1	3	8
2	3	1	7	4	6	9	8	5
4	7	6	9	8	5	3	2	1
8	9	5	3	2	1	7	4	6
5	4	7	8	1	9	2	6	3
1	8	9	2	6	3	4	5	7
6	2	3	4	5	7	8	1	9

Sudoku 15

2	5	3	6	9	1	4	7	8
9	6	1	7	4	8	2	5	3
4	7	8	5	2	3	9	6	1
7	8	9	3	5	4	6	1	2
5	3	4	1	6	2	7	8	9
6	1	2	8	7	9	5	3	4
3	4	7	2	1	5	8	9	6
1	2	5	9	8	6	3	4	7
8	9	6	4	3	7	1	2	5

Sudoku 16

8	5	2	3	9	6	4	7	1
9	3	6	1	4	7	8	2	5
4	1	7	5	8	2	9	6	3
3	7	9	2	1	4	5	8	6
1	2	4	6	5	8	3	9	7
5	6	8	7	3	9	1	4	2
7	4	3	8	2	1	6	5	9
6	9	5	4	7	3	2	1	8
2	8	1	9	6	5	7	3	4

Sudoku 17

5	6	1	2	8	7	3	9	4
9	4	3	6	1	5	8	7	2
7	2	8	4	3	9	1	5	6
3	5	4	7	6	1	2	8	9
1	7	6	9	2	8	4	3	5
8	9	2	5	4	3	6	1	7
4	1	5	8	7	6	9	2	3
6	8	7	3	9	2	5	4	1
2	3	9	1	5	4	7	6	8

Sudoku 18

SOLUTIONS

Sudoku 19–24

3	8	5	2	1	9	7	4	6
1	9	2	4	6	7	8	5	3
6	7	4	5	3	8	9	2	1
4	1	7	8	5	6	3	9	2
5	6	8	9	2	3	1	7	4
2	3	9	7	4	1	6	8	5
8	4	6	3	9	5	2	1	7
9	5	3	1	7	2	4	6	8
7	2	1	6	8	4	5	3	9

Sudoku 19

2	5	6	9	8	1	4	7	3
1	9	8	7	3	4	2	5	6
4	7	3	5	6	2	1	9	8
3	4	9	2	7	6	8	1	5
6	2	7	1	5	8	3	4	9
8	1	5	4	9	3	6	2	7
7	6	4	8	2	5	9	3	1
9	3	1	6	4	7	5	8	2
5	8	2	3	1	9	7	6	4

Sudoku 20

4	9	1	2	3	7	5	8	6
7	3	2	6	8	5	4	9	1
5	8	6	1	9	4	7	3	2
8	2	7	5	6	9	3	1	4
9	6	5	4	1	3	8	2	7
3	1	4	7	2	8	9	6	5
1	5	9	3	4	2	6	7	8
2	4	3	8	7	6	1	5	9
6	7	8	9	5	1	2	4	3

Sudoku 21

7	1	3	2	5	6	8	9	4
9	4	8	7	1	3	6	2	5
2	5	6	9	4	8	3	7	1
8	9	1	3	7	5	4	6	2
3	7	5	6	2	4	1	8	9
6	2	4	8	9	1	5	3	7
5	3	2	4	6	9	7	1	8
4	6	9	1	8	7	2	5	3
1	8	7	5	3	2	9	4	6

Sudoku 22

1	6	5	3	9	7	4	2	8
4	8	2	6	5	1	7	9	3
7	3	9	8	2	4	1	5	6
3	2	7	5	4	8	6	1	9
6	9	1	2	7	3	8	4	5
8	5	4	9	1	6	3	7	2
9	7	6	4	3	2	5	8	1
5	1	8	7	6	9	2	3	4
2	4	3	1	8	5	9	6	7

Sudoku 23

6	2	3	7	1	5	9	8	4
5	7	1	8	4	9	6	2	3
9	8	4	2	3	6	5	7	1
4	5	7	9	8	3	1	6	2
3	9	8	6	2	1	4	5	7
1	6	2	5	7	4	3	9	8
8	4	5	3	9	2	7	1	6
2	3	9	1	6	7	8	4	5
7	1	6	4	5	8	2	3	9

Sudoku 24

SOLUTIONS

Sudoku 25–30

3	9	8	7	6	5	1	4	2
7	5	6	1	4	2	3	8	9
1	2	4	3	8	9	7	6	5
5	8	3	2	7	6	9	1	4
2	6	7	9	1	4	5	3	8
9	4	1	5	3	8	2	7	6
6	3	5	4	2	7	8	9	1
8	1	9	6	5	3	4	2	7
4	7	2	8	9	1	6	5	3

Sudoku 25

9	3	2	8	6	1	5	7	4
1	8	6	5	4	7	3	9	2
7	5	4	3	2	9	8	1	6
8	2	9	6	1	5	4	3	7
5	6	1	4	7	3	2	8	9
3	4	7	2	9	8	6	5	1
4	1	5	7	3	2	9	6	8
2	7	3	9	8	6	1	4	5
6	9	8	1	5	4	7	2	3

Sudoku 26

3	7	8	5	6	9	4	2	1
5	6	9	4	2	1	3	7	8
4	2	1	3	7	8	5	6	9
7	1	4	6	8	3	2	9	5
6	8	3	2	9	5	7	1	4
2	9	5	7	1	4	6	8	3
8	4	7	9	3	6	1	5	2
1	5	2	8	4	7	9	3	6
9	3	6	1	5	2	8	4	7

Sudoku 27

5	8	7	2	1	9	3	6	4
1	9	2	4	6	3	8	5	7
6	3	4	7	5	8	9	1	2
2	6	9	3	4	5	1	7	8
4	5	3	8	7	1	6	2	9
7	1	8	9	2	6	5	4	3
9	4	6	5	3	7	2	8	1
8	2	1	6	9	4	7	3	5
3	7	5	1	8	2	4	9	6

Sudoku 28

4	5	2	3	1	6	7	9	8
7	9	8	2	4	5	1	6	3
1	6	3	8	7	9	4	5	2
9	8	1	7	5	2	6	3	4
5	2	7	4	6	3	9	8	1
6	3	4	1	9	8	5	2	7
3	4	5	6	8	1	2	7	9
8	1	6	9	2	7	3	4	5
2	7	9	5	3	4	8	1	6

Sudoku 29

7	6	5	8	2	9	3	1	4
2	8	9	3	4	1	6	5	7
4	3	1	6	7	5	8	9	2
9	4	8	7	1	3	2	6	5
5	2	6	4	9	8	7	3	1
1	7	3	2	5	6	4	8	9
6	9	2	1	8	4	5	7	3
8	1	4	5	3	7	9	2	6
3	5	7	9	6	2	1	4	8

Sudoku 30

SOLUTIONS

Sudoku 31–36

6	1	8	9	4	5	7	2	3
9	4	5	2	7	3	1	6	8
2	7	3	6	1	8	4	9	5
8	2	1	5	6	4	9	3	7
5	6	4	3	9	7	2	8	1
3	9	7	8	2	1	6	5	4
1	3	2	4	8	6	5	7	9
4	8	6	7	5	9	3	1	2
7	5	9	1	3	2	8	4	6

Sudoku 31

6	5	9	4	8	2	7	1	3
1	7	3	9	5	6	8	2	4
2	8	4	3	7	1	5	6	9
7	3	2	1	9	5	4	8	6
5	9	1	6	4	8	3	7	2
8	4	6	2	3	7	9	5	1
4	6	5	8	2	3	1	9	7
9	1	7	5	6	4	2	3	8
3	2	8	7	1	9	6	4	5

Sudoku 32

6	9	5	3	8	2	1	7	4
1	7	4	5	9	6	2	8	3
2	8	3	4	7	1	6	9	5
5	2	9	8	1	3	4	6	7
4	6	7	9	2	5	3	1	8
3	1	8	7	6	4	5	2	9
8	4	1	6	5	7	9	3	2
7	5	6	2	3	9	8	4	1
9	3	2	1	4	8	7	5	6

Sudoku 33

6	4	9	3	1	8	5	7	2
2	7	5	4	9	6	1	3	8
8	3	1	7	5	2	9	4	6
1	2	3	6	7	5	4	8	9
5	6	7	8	4	9	3	2	1
9	8	4	2	3	1	7	6	5
4	1	8	5	2	3	6	9	7
3	5	2	9	6	7	8	1	4
7	9	6	1	8	4	2	5	3

Sudoku 34

6	1	5	4	9	3	8	2	7
7	8	2	5	1	6	9	4	3
3	9	4	2	8	7	1	5	6
4	7	9	8	6	2	3	1	5
2	6	8	1	3	5	7	9	4
5	3	1	9	7	4	6	8	2
9	2	7	6	5	8	4	3	1
8	5	6	3	4	1	2	7	9
1	4	3	7	2	9	5	6	8

Sudoku 35

2	5	6	9	3	4	7	8	1
4	3	9	1	8	7	2	5	6
7	8	1	6	5	2	4	3	9
9	4	5	3	7	1	6	2	8
1	7	3	8	2	6	9	4	5
6	2	8	5	4	9	1	7	3
5	9	2	4	1	3	8	6	7
3	1	4	7	6	8	5	9	2
8	6	7	2	9	5	3	1	4

Sudoku 36

SOLUTIONS

Sudoku 37–42

4	9	2	6	8	7	3	1	5
1	3	5	9	2	4	6	7	8
7	6	8	3	5	1	9	4	2
8	4	6	7	3	5	1	2	9
2	1	9	4	6	8	7	5	3
5	7	3	1	9	2	4	8	6
6	2	4	8	7	3	5	9	1
9	5	1	2	4	6	8	3	7
3	8	7	5	1	9	2	6	4

Sudoku 37

7	5	9	2	4	8	1	3	6
3	6	1	9	5	7	2	8	4
8	4	2	1	6	3	9	7	5
4	9	8	3	2	6	7	5	1
6	2	3	7	1	5	8	4	9
5	1	7	8	9	4	3	6	2
9	7	4	6	8	2	5	1	3
1	3	5	4	7	9	6	2	8
2	8	6	5	3	1	4	9	7

Sudoku 38

1	7	8	3	5	9	2	6	4
3	9	5	4	2	6	8	7	1
4	6	2	1	8	7	5	9	3
7	2	1	9	3	8	4	5	6
6	5	4	7	1	2	3	8	9
9	8	3	6	4	5	1	2	7
5	3	6	2	7	4	9	1	8
2	4	7	8	9	1	6	3	5
8	1	9	5	6	3	7	4	2

Sudoku 39

5	3	1	9	4	2	8	6	7
8	6	7	5	3	1	9	4	2
9	4	2	8	6	7	5	3	1
7	9	4	1	8	6	2	5	3
2	5	3	7	9	4	1	8	6
1	8	6	2	5	3	7	9	4
3	1	8	4	2	5	6	7	9
6	7	9	3	1	8	4	2	5
4	2	5	6	7	9	3	1	8

Sudoku 40

7	2	6	9	5	8	3	4	1
3	1	4	2	7	6	5	8	9
5	9	8	1	3	4	7	6	2
6	7	9	5	8	1	4	2	3
4	3	2	7	6	9	8	1	5
8	5	1	3	4	2	6	9	7
2	4	7	6	9	5	1	3	8
1	8	3	4	2	7	9	5	6
9	6	5	8	1	3	2	7	4

Sudoku 41

6	7	2	8	9	3	5	1	4
8	9	3	1	5	4	7	6	2
1	5	4	6	7	2	9	8	3
5	4	8	7	2	1	3	9	6
7	2	1	9	3	6	4	5	8
9	3	6	5	4	8	2	7	1
3	6	7	4	8	9	1	2	5
4	8	9	2	1	5	6	3	7
2	1	5	3	6	7	8	4	9

Sudoku 42

SOLUTIONS

Sudoku 43–48

1	5	3	7	6	9	2	8	4
4	8	2	5	3	1	6	7	9
9	7	6	8	2	4	3	5	1
6	9	5	4	7	2	8	1	3
2	4	7	1	8	3	5	9	6
3	1	8	9	5	6	7	4	2
8	3	4	6	1	5	9	2	7
7	2	9	3	4	8	1	6	5
5	6	1	2	9	7	4	3	8

Sudoku 43

5	4	9	2	8	7	3	1	6
1	6	3	9	5	4	2	8	7
8	7	2	3	1	6	9	5	4
3	1	4	7	9	5	6	2	8
2	8	6	4	3	1	7	9	5
9	5	7	6	2	8	4	3	1
7	9	8	1	6	2	5	4	3
4	3	5	8	7	9	1	6	2
6	2	1	5	4	3	8	7	9

Sudoku 44

5	3	6	9	2	4	1	7	8
9	4	2	8	1	7	6	3	5
8	7	1	5	6	3	2	4	9
1	9	4	6	7	8	3	5	2
2	5	3	1	4	9	7	8	6
6	8	7	2	3	5	4	9	1
3	6	8	4	5	2	9	1	7
4	2	5	7	9	1	8	6	3
7	1	9	3	8	6	5	2	4

Sudoku 45

8	9	6	7	2	5	1	4	3
3	4	1	9	8	6	5	7	2
2	7	5	4	3	1	6	9	8
1	8	4	2	6	9	7	3	5
5	3	7	8	1	4	9	2	6
6	2	9	3	5	7	4	8	1
9	5	2	1	7	3	8	6	4
7	1	3	6	4	8	2	5	9
4	6	8	5	9	2	3	1	7

Sudoku 46

6	7	2	3	1	4	9	8	5
4	3	1	5	8	9	6	2	7
9	5	8	7	2	6	4	1	3
2	4	7	9	3	1	8	5	6
1	9	3	6	5	8	2	7	4
8	6	5	4	7	2	1	3	9
5	2	6	1	4	7	3	9	8
3	8	9	2	6	5	7	4	1
7	1	4	8	9	3	5	6	2

Sudoku 47

6	3	7	2	9	1	8	5	4
1	2	9	4	5	8	6	7	3
8	4	5	3	7	6	1	9	2
5	1	2	8	4	7	9	3	6
9	6	3	1	2	5	7	4	8
7	8	4	6	3	9	5	2	1
4	5	1	7	8	3	2	6	9
3	7	8	9	6	2	4	1	5
2	9	6	5	1	4	3	8	7

Sudoku 48

SOLUTIONS

Sudoku 49–54

5	8	1	3	9	7	2	6	4
4	2	6	1	8	5	9	3	7
7	9	3	6	2	4	8	1	5
9	3	5	7	6	2	1	4	8
8	1	4	5	3	9	6	7	2
2	6	7	4	1	8	3	5	9
6	7	9	2	4	1	5	8	3
3	5	8	9	7	6	4	2	1
1	4	2	8	5	3	7	9	6

Sudoku 49

9	1	7	4	6	2	8	5	3
6	2	4	8	5	3	7	9	1
5	3	8	7	9	1	4	6	2
7	9	2	3	4	6	1	8	5
4	6	3	1	8	5	2	7	9
8	5	1	2	7	9	3	4	6
3	4	5	9	1	8	6	2	7
2	7	6	5	3	4	9	1	8
1	8	9	6	2	7	5	3	4

Sudoku 50

3	9	4	1	6	7	2	5	8
5	8	2	9	4	3	6	7	1
7	1	6	8	2	5	4	3	9
2	5	9	3	1	4	8	6	7
4	3	1	7	8	6	9	2	5
6	7	8	5	9	2	1	4	3
9	2	3	4	7	1	5	8	6
1	4	7	6	5	8	3	9	2
8	6	5	2	3	9	7	1	4

Sudoku 51

4	2	3	1	7	5	9	8	6
8	6	9	4	2	3	5	1	7
1	7	5	8	6	9	3	4	2
2	5	4	7	9	1	8	6	3
7	9	1	6	3	8	4	2	5
6	3	8	2	5	4	1	7	9
3	4	6	5	1	2	7	9	8
9	8	7	3	4	6	2	5	1
5	1	2	9	8	7	6	3	4

Sudoku 52

8	9	2	3	7	1	6	5	4
4	6	5	8	9	2	7	1	3
3	7	1	4	6	5	9	2	8
5	3	6	2	4	9	8	7	1
2	4	9	1	8	7	3	6	5
1	8	7	5	3	6	4	9	2
7	2	8	6	1	3	5	4	9
6	1	3	9	5	4	2	8	7
9	5	4	7	2	8	1	3	6

Sudoku 53

9	3	2	5	8	6	4	1	7
5	8	6	1	4	7	3	9	2
1	4	7	9	3	2	8	5	6
6	1	8	7	9	4	5	2	3
7	9	4	2	5	3	1	6	8
2	5	3	6	1	8	9	7	4
3	6	5	8	7	1	2	4	9
8	7	1	4	2	9	6	3	5
4	2	9	3	6	5	7	8	1

Sudoku 54

SOLUTIONS

Sudoku 55–60

7	1	6	8	5	3	9	2	4
5	8	3	4	2	9	6	7	1
2	4	9	1	7	6	3	5	8
9	7	1	5	6	8	4	3	2
6	5	8	2	3	4	1	9	7
3	2	4	7	9	1	8	6	5
4	9	7	6	1	5	2	8	3
8	3	2	9	4	7	5	1	6
1	6	5	3	8	2	7	4	9

Sudoku 55

8	6	9	2	4	3	7	5	1
3	2	4	7	5	1	6	9	8
1	7	5	6	9	8	2	4	3
5	8	7	3	6	9	1	2	4
9	3	6	1	2	4	8	7	5
4	1	2	8	7	5	3	6	9
2	5	1	9	8	7	4	3	6
6	4	3	5	1	2	9	8	7
7	9	8	4	3	6	5	1	2

Sudoku 56

4	3	7	1	8	6	5	2	9
6	1	8	5	9	2	3	4	7
2	5	9	3	7	4	1	6	8
8	4	1	6	5	9	2	7	3
9	6	5	2	3	7	4	8	1
7	2	3	4	1	8	6	9	5
5	8	6	9	2	3	7	1	4
3	9	2	7	4	1	8	5	6
1	7	4	8	6	5	9	3	2

Sudoku 57

8	7	6	5	2	4	9	3	1
2	4	5	9	3	1	6	8	7
3	1	9	6	8	7	5	2	4
7	5	8	2	4	9	3	1	6
1	6	3	8	7	5	2	4	9
4	9	2	3	1	6	8	7	5
6	8	1	7	5	2	4	9	3
5	2	7	4	9	3	1	6	8
9	3	4	1	6	8	7	5	2

Sudoku 58

7	1	8	9	6	3	5	2	4
6	3	9	4	2	5	1	7	8
2	5	4	8	7	1	3	6	9
1	4	2	7	3	8	9	5	6
3	8	7	6	5	9	4	1	2
5	9	6	2	1	4	8	3	7
4	6	5	1	8	2	7	9	3
9	7	3	5	4	6	2	8	1
8	2	1	3	9	7	6	4	5

Sudoku 59

8	9	2	1	6	4	3	5	7
4	6	1	7	3	5	9	8	2
5	3	7	2	9	8	6	4	1
9	2	4	5	1	6	7	3	8
6	1	5	8	7	3	2	9	4
3	7	8	4	2	9	1	6	5
7	8	9	6	4	2	5	1	3
2	4	6	3	5	1	8	7	9
1	5	3	9	8	7	4	2	6

Sudoku 60

SOLUTIONS

Word searches & cryptograms

WORD SEARCHES

Slow Morning

Stillness, Unhurried, Porridge, Daylight, Sunrise, Kettle, Window, Warmth, Linen, Quiet

The Shutdown

Lamplight, Tidydesk, Tomorrow, Finished, Boundary, Closing, Evening, Release, Logoff, Rest

Deep Work

Singletask, Attention, Progress, Immersed, Patience, Silence, Clarity, Focus, Craft, Flow

Less, Better

Essential, Spacious, Simplify, Decline, Lighter, Enough, Choose, Margin, Fewer, Prune

The Weekly Review

Nextweek, Reflect, Learned, Pattern, Notice, Gather, Adjust, Honest, Close, Begin

Small Systems

Practice, Compound, Routine, Anchor, Repeat, Steady, Gentle, Return, Habit, Build

Saying No

Boundary, Politely, Capacity, Decline, Protect, Reserve, Notnow, Honest, Choose, Guard

The Inbox

Unsubscribe, Archive, Cleared, Triage, Folder, Snooze, Sorted, Reply, Brief, Draft

Deep Rest

Daydream, Slowdown, Breathe, Recover, Unplug, Linger, Sleep, Pause, Quiet, Ease

The First Hour

Thinking, Clearest, Protect, Guarded, Unread, Before, Nobody, Early, Begin, Focus

Finding Things

Oneplace, Findable, Retrieve, Capture, Archive, Search, System, Label, Named, Tidy

Enough

Sufficient, Satisfied, Stopping, Grateful, Content, Measure, Plenty, Steady, Whole, Less

CRYPTOGRAMS

1. A Small Shift Kept Daily Beats A Large One Abandoned

2. The Calendar Is Honest The To Do List Is Optimistic

3. Finish Something Before You Start Something

4. Rest Is Not The Same Thing As Distraction

5. Constraints Make Creative Work Easier Not Harder

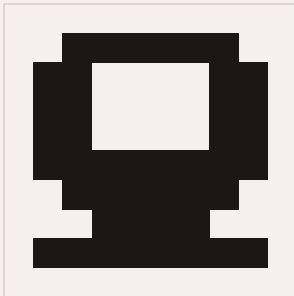
6. Organised Is Not The Same As Findable

7. Protect The First Hour And The Rest Follows

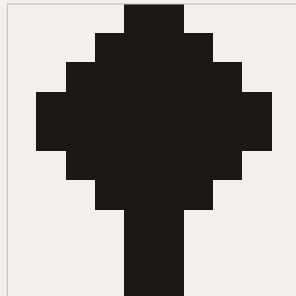
8. A System Survives A Bad Week A Streak Does Not

SOLUTIONS

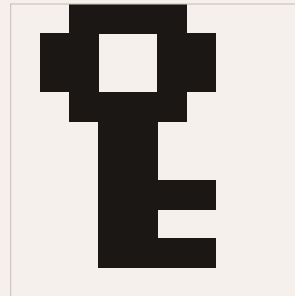
Nonogram pictures



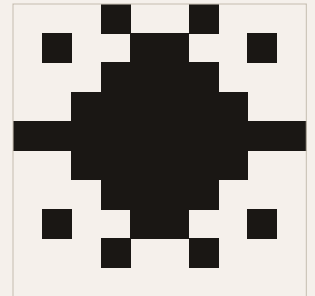
Teacup



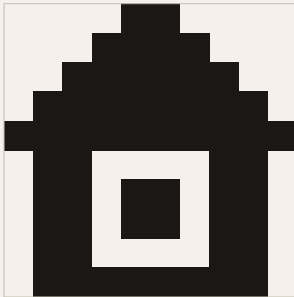
Leaf



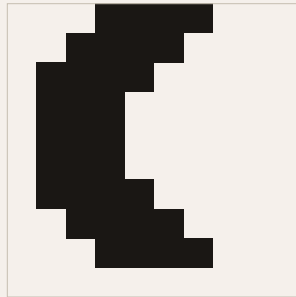
Key



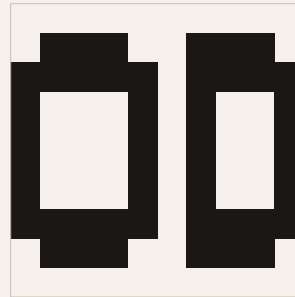
Sun



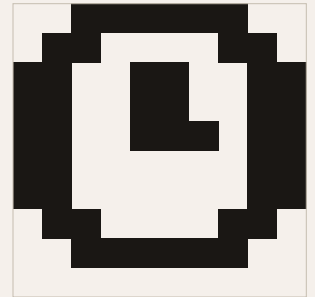
House



Moon



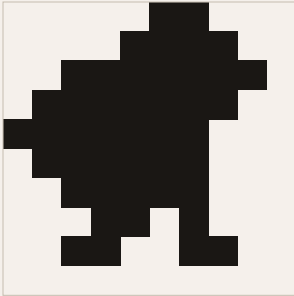
Book



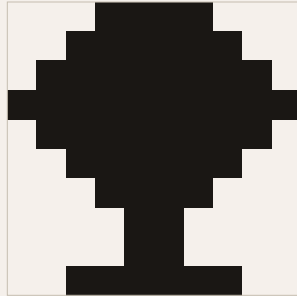
Clock

SOLUTIONS

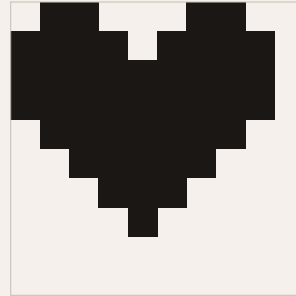
Nonogram pictures



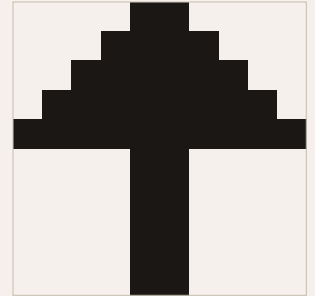
Bird



Tree



Heart



Arrow



That's the break.

Nothing to log. Nothing to score. Nothing to keep up with.
Come back to it whenever the day gets loud.

If this was useful, the Field Notes journal is free to read —
one small idea a week, no pitch.

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