

CRYPTOGRAM PUZZLE BOOK FOR ADULTS
(LARGE PRINT): 365 EASY, MEDIUM & HARD
CRYPTOQUOTES FOR ANXIETY RELIEF, CALM
FOCUS & MINDFULNESS | WITH HINTS & FULL
SOLUTIONS

Cryptogram Puzzle Book for Adults (Large Print): 365 Easy, Medium & Hard Cryptoquotes

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HOW TO SOLVE

EACH PUZZLE IS A SHORT QUOTE WRITTEN WITH A **MONO-ALPHABETIC**

EVERY LETTER HAS BEEN SWAPPED FOR ANOTHER LETTER. THE KEY IS **UNIQUE FOR EACH PUZZLE**, AND **NO LETTER EVER MAPS TO ITSELF** (IF YOU SEE “K”, IT CAN’T STAND FOR “K”).

THE 5 GOLDEN RULES:

1. ONE CIPHER, ONE KEY. MAPPINGS DON’T CARRY OVER TO THE NEXT PUZZLE.
2. NO SELF-MAPPING. ELIMINATE GUESSES WHERE A LETTER WOULD DECODE TO ITSELF.
3. START SMALL. SHORT WORDS (I, A, AN, TO, OF, IN, IS, IT, WE, ME) AND REPEATED WORDS ARE EASIEST TO CRACK.
4. SPOT PATTERNS.
 - DOUBLE LETTERS: LL, EE, SS, OO ARE COMMON.
 - ENDINGS: -ING, -ED, -ER, -LY SHOW UP A LOT.
 - THE 3-LETTER PATTERN T-H-E IS FREQUENT.
5. USE FREQUENCY. IN ENGLISH, COMMON LETTERS ≈ E T A O I N S H R; RARE ≈ Q Z J X K. COMPARE WHAT YOU SEE IN THE PUZZLE.

STEP-BY-STEP (WORKS FOR EVERY DIFFICULTY)

1. CIRCLE THE SHORTEST WORDS AND GUESS LIKELY MATCHES (I/A/TO/OF/IN/IS/IT/WE/ME).
2. MARK REPEATS (THE SAME CIPHER WORD APPEARS TWICE → LIKELY THE SAME PLAIN WORD).
3. CHECK DOUBLES (A CIPHER WORD LIKE LZQQ PROBABLY HIDES ...LL OR ...EE).
4. FILL A MINI KEY (WRITE A-Z AND PENCIL IN YOUR BEST GUESSES ABOVE EACH LETTER).
5. APPLY THE “NO SELF” RULE TO THROW OUT WRONG GUESSES FAST.
6. USE LETTER FREQUENCY TO TEST CANDIDATES (A VERY COMMON CIPHER LETTER PROBABLY STANDS FOR E/T/A).
7. TRY ONE OR TWO LETTERS, THEN REREAD. REAL WORDS WILL START APPEARING; FOLLOW THEM.
8. STUCK? USE THE HINTS, THEN KEEP DECODING.
9. CHECK THE SOLUTION ONLY AFTER YOU’VE HAD A FAIR TRY—SAVE THAT “AHA!” MOMENT!

WHERE TO FIND HINTS & SOLUTIONS IN THIS BOOK

AFTER THE EASY CHAPTER:

“HINTS 1 – RARE LETTERS.” YOU’LL SEE, FOR PUZZLES #001–#365, TWO *RARE* CIPHER LETTERS REVEALED (E.G., Q = ..., Z = ...). USE THESE WHEN YOU’RE GENTLY WARMING UP.

AFTER THE MEDIUM CHAPTER:

“HINTS 2 – COMMON LETTERS.” AGAIN FOR #001–#365, BUT THIS TIME TWO *COMMON* LETTERS ARE REVEALED (E.G., E = ..., T = ...). USE THESE WHEN YOU NEED A STRONGER NUDGE.

AFTER THE HARD CHAPTER:

FULL SOLUTIONS FOR EVERY PUZZLE—CLEAN AND EASY TO SCAN. USE AS A LAST RESORT OR TO VERIFY YOUR WORK.

MAKE IT RELAXING

USE A PENCIL AND WRITE LETTERS ABOVE THE ANSWER LINE AS YOU TEST THEM.

IF NOTHING CLICKS IN 2–3 MINUTES, PEEK AT ONE HINT, THEN TRY AGAIN.

CELEBRATE SMALL BREAKTHROUGHS. THE GOAL IS CALM FOCUS, NOT SPEED.

ENJOY THE PROCESS—EACH SOLVED LINE IS A LITTLE DOSE OF CLARITY. HAPPY DECODING!

EASY

#001 (Easy)

Q C C E T V D B Q O F M F C G G P Z C F

E H N F G U Z N F J C S Z O G A V A C F S .

#002 (Easy)

H N P D C V P X Z C Y X M E P N ; Y P C C V P

H X S K A X T C P M Q G C V R D N P .

#003 (Easy)

F Q C H T M H A A V Q R Q

X A Q Z M T K Q Z .

#004 (Easy)

E J W Y S B E R F B F J M Y R M G Q J N L M

R N R L M Y B G R D .

#005 (Easy)

N P Y T N R T D P M O T K X U N S X Z

G R T Z J X N R G X K Y N R S E O X O T Z N .

#006 (Easy)

Z B M S T H O R H Y C S X N M B E T K D L

G B B A W S R D W D S O .

#007 (Easy)

S T D F G Q L N Y N F T Z M Z M F

S F F Z V B E H J T I F R V Z M

H T Z V F B I F .

#008 (Easy)

R P E X I F X C X X O K R B P R V

S R U O X R U F T D S N H P Z C D N P

Z F K O X .

#009 (Easy)

Y N Z H V M D V V H W B N

M Y V Z H J C V M M Y K J M K B Q N

Y B H Z P .

#010 (Easy)

F R O J E B B F S B E E J W Y R M G

Z U J R E W J J L M N Y B G R D .

#011 (Easy)

A J S T O S U J M I J R D X J S E J C O W
P D Q Z O Q C Z U S E T O S U J M I J .

#012 (Easy)

G T M D X O T E O P M M J K T P Y E P E
E Y S M M J W S M Q S Z H N R S E
O X O T Z N .

#013 (Easy)

M S P X R J P Y P G R A O X G T U J F F C P
R J P G P W R D Q G T C R P K R J Q C
L F L P G R .

#014 (Easy)

V L P P N Q E H D L I P L E Q H
X M I P L E Q N B B E I P T X P U
A E P X L M F L .

#015 (Easy)

F W K B F Y L K G J F S T Y R C D J W Y
T C K I W K B U R C X .

#016 (Easy)

X Z J Z I Z Q P S A Z S P C A J O P N Z Z Q
X Z O O Z I N P I K D J L Q Z .

#017 (Easy)

U O N H O A G E L P Q E O G E B Y A G E L
V G E G U T A G E L N U X Q B K Y C G E .

#018 (Easy)

R G P J K T W M H Y G B K N P G V H V X
P Z K T M Z P B N K R R K F N K W H
F Z S R G .

#019 (Easy)

Z H T J S C X M I J Q G C Y J Z J Y R Q J
E H Y X R J C G P X H J R G C M B N L H Q J .

#020 (Easy)

I A X X Q J O A J D J K O U J Z N L I J
G X W Z V X F G O Z W Q O Q L Q G X W
V J D B K .

#021 (Easy)

Y O N R Z O N L K L Z E M F ; R Z K K L Z

G L B Y R H Z A G H A B W F C K L N M A Z .

#022 (Easy)

Z G D W C Z C M S Q G D P V U K Z C I G D Q

E Z Z M P Z K G P Z C K L B G B M P Z .

#023 (Easy)

H X D V X G X Z T M G J X X C W G X W Q P

H G X W C V X D N C V L W C N X Q I X .

#024 (Easy)

S W N L M U D L Q N U M K S Q V M X M U

U R M F S P E L U R I S U L M Q K M .

#025 (Easy)

F G E C H S C U E J G V E S J T B N C W

T A R P P F R J T H T B W H I U E J S R I .

#026 (Easy)

M D R X M H R Q Z Q X M E Q U Z K H U R C D
Y G H U V K W Y P N Q M K L C G W D .

#027 (Easy)

O G C Z U O O I N H G C G L H L N I X T U
A N W U F R U L C N Q T G L .

#028 (Easy)

P C R R A N P V I K E Q L A M M C N Y
P C R R A N V D V Q Y Y R S .

#029 (Easy)

Q D H I J I N M C L S T M E D U B N C
T M V U C H M I Q P L N V Q D H U M V .

#030 (Easy)

X E C R I C R Y M Y I E H L D C V B
L Q C V S Q L X X H L L E H L Q A X
J C J H Y L .

#031 (Easy)

S B Z K S X Z D N D K S W B X W B W M X H

W Q R O U Q T N Z D H M N .

#032 (Easy)

X F O F Z C T F E P C A C A F M I Y C G

C A I C I K A F C N W I H .

#033 (Easy)

Q Z O B P C I S Z I R P C F F B F O Z E

N Z Z Q F K N Z S P D K F B P C X Z A L S .

#034 (Easy)

T Y H P T Q H E G S C O Y R Y Q F V

D C E Z C L Q E Z .

#035 (Easy)

G Z Z N F A X O I G V U O I N I U G T R

F X I R N Q I O R G A X L Y B N W G

F R X Z U .

#036 (Easy)

Y J A S C Y H A Y A P T T L S Q N X Y Y K
H A Y H T P H A Q E Z .

#037 (Easy)

Z D D Q F R M H R D B Q A M J X B D M E D
H R D K D A H H P X M T .

#038 (Easy)

V Q Y Y O R K R O O Z L Y C V R Z C W
N Y G R J G R O R C V R E Q R C I Y S V Z C .

#039 (Easy)

N X E K M S Z Y P K G A H K Y U X P P X S R
D S U S E K U S Y K P G S L G M Z R D X G
I Q G U Y K D Z Y R P .

#040 (Easy)

P N S C B S Z C Z N W O S V X E N S O C F S
N S S C F S O V F S Z O G A V A C F S .

#041 (Easy)

E B O X Q N M C G C S Y N Y

B D D Y U D W M U O B U J G G M Z D O H

U M C .

#042 (Easy)

E A K S C N N D F N Y A F U D F N K W ;

Z D K D C X D H D Z P D B N Y A F N E Y X

I A I D F N .

#043 (Easy)

Y X Z D Y L F F N K F F W Q Z P T F Z Z C

W C K D J I F Z K C X Z V L F K Y X W G Z .

#044 (Easy)

I N M D F X E Z Q B H ; V Y F Z F U V D V F I

G E B B N I I F N L G Y F Z H T M O N Z .

#045 (Easy)

D Z U V D C U F P K J E A Z W C L P Z Z

M B W U D Z J W K C P U B K P J F J Z C U .

#046 (Easy)

O C D T N P J L R E E I ; U Q E E I N J F I
P L Q D L C F Y O P H D L U Q E C .

#047 (Easy)

O H W V Y B I C F A J P B F L E N W E J B X
M P B D E W N V B F E J .

#048 (Easy)

H P X W W P M V E U W P O V P O S F K
I W U H S A A S R F Q S O V M P U W .

#049 (Easy)

P W S Y I Q B A E J Q R K M V E W Q V
M W J E B M A J B A E J U B J E S K X F .

#050 (Easy)

I R P P A D I G K W P A W H T
F R D J D E D K L D M K W A B P G X
H P X M T .

#051 (Easy)

A V Q T W M I S R V H T C M U T L Y V U F
S T R T V Y V J E T P Z Y C R V Y Z T U H T .

#052 (Easy)

A N T W H N D Y I C C F Z C P N Z
T P O A C T H ; T F C K I T Q O Y N E
C N W I H .

#053 (Easy)

A W J A E R T L A R E E D E R U P O M D L
G N R V R W P R S A E O G U E A R W P R .

#054 (Easy)

E X B Y Y C B O E J E N K J B V J R F U
C K W U K J E E B E S W O R J U F I .

#055 (Easy)

A J S S E J C O W V J A U L E S J Q S E O M
P J O Q Z U S E T O S U J M I J .

#056 (Easy)

J F Z I Q S H T W W V Q B E L V P F R M T Z
G Q L W T G R V Z M H T Z V F B I F .

#057 (Easy)

O K W I X R I D W K O X R U X P R V C K R V
W I X P V T C D U S W P W T D S Q X B K R .

#058 (Easy)

O D U D F N K D V E D F W A M C Z D
K D C Z F Y F U N E Y X I A I D F N .

#059 (Easy)

S W C F J H F A C K W Z C W R G R Q Y R I
Q K Y W I A C K W O C H K B R C X .

#060 (Easy)

T J E V B A E W A Z J S L P V U T C Q P
C T S Y A P K A B E E W A N R T E V Q
B C Q N Y A E R Y T P .

HINTS 1

RARE LETTERS

001: Q=K, E=P	002: H=B, E=G	003: R=G, F=Y	004: Q=B, N=G	005: Y=K, J=B
006: G=K, Z=B	007: D=K, Y=B	008: H=J, B=G	009: D=P, P=Y	010: O=K, N=G
011: X=V, T=P	012: Y=K, J=B	013: W=X, D=K	014: D=B, A=P	015: L=Q, D=V
016: X=B, A=G	017: A=K, K=B	018: Y=Z, M=G	019: P=Q, T=V	020: V=B, N=P
021: E=J, W=P	022: S=G, I=Y	023: H=B, L=P	024: W=Q, I=P	025: F=P, U=Y
026: E=B, Z=Y	027: C=Y, G=A	028: D=G, E=F	029: B=K, J=B	030: S=G, D=Y
031: O=P, N=Y	032: X=B, M=P	033: R=V, X=B	034: R=V, L=Y	035: V=K, Y=G
036: J=X, X=K	037: Z=K, E=V	038: J=P, I=Y	039: E=V, H=P	040: W=B, E=P
041: Q=G, H=Y	042: H=P, U=G	043: Q=V, I=B	044: U=X, X=K	045: E=P, W=A
046: Y=P, I=Y	047: D=V, Y=B	048: X=K, E=B	049: A=G, R=Y	050: E=V, T=Y
051: Q=K, J=B	052: O=G, H=Y	053: T=Q, J=V	054: R=B, C=P	055: V=B, T=P
056: H=P, E=G	057: Q=B, B=G	058: O=B, U=G	059: S=P, Q=G	060: Z=B, K=P
061: J=Z, M=K	062: U=X, E=K	063: C=K, O=V	064: Z=Q, Q=X	065: K=Q, Q=V
066: S=K, V=P	067: J=K, L=B	068: W=Z, B=V	069: Z=Q, V=B	070: E=X, X=V
071: A=Q, H=K	072: K=V, H=B	073: C=Q, B=J	074: V=K, K=V	075: P=Z, W=K
076: B=Q, S=X	077: F=X, T=K	078: Q=K, X=V	079: G=Z, M=V	080: B=K, T=V
081: P=Z, B=V	082: E=K, I=V	083: A=X, U=K	084: G=J, P=K	085: D=B, B=P
086: P=X, I=V	087: G=X, E=K	088: E=Z, A=K	089: I=K, A=V	090: V=X, Y=K
091: O=X, M=K	092: P=Z, R=X	093: S=J, B=K	094: D=X, N=B	095: I=K, U=B
096: B=Q, Z=X	097: R=Q, G=K	098: W=Z, E=K	099: G=V, D=B	100: F=Q, W=K
101: J=K, X=B	102: H=Q, Z=V	103: D=Q, M=X	104: P=K, G=B	105: Q=Z, V=K
106: T=J, X=V	107: Z=Q, C=J	108: X=Z, F=K	109: W=V, O=B	110: D=K, J=B
111: W=B, A=P	112: A=K, D=B	113: N=B, O=G	114: E=X, Z=J	115: S=J, G=K
116: Q=K, Z=V	117: I=X, C=K	118: X=Q, Y=K	119: I=X, O=K	120: E=K, H=V
121: I=Q, P=K	122: R=X, Q=K	123: O=X, H=K	124: U=Q, Q=K	125: J=K, F=V
126: N=Z, T=Q	127: P=K, L=B	128: A=Q, M=K	129: S=Q, A=X	130: H=Q, R=K
131: C=J, W=B	132: Z=Q, M=J	133: U=P, D=G	134: S=V, L=B	135: U=K, I=V
136: X=K, R=V	137: N=K, U=B	138: G=K, J=P	139: G=X, J=K	140: K=V, A=B
141: H=V, J=B	142: U=X, W=K	143: U=X, D=K	144: J=X, R=K	145: O=X, L=K
146: R=J, U=V	147: C=K, A=V	148: Z=K, G=B	149: F=J, X=K	150: L=V, D=B
151: E=Q, D=K	152: X=B, Z=P	153: P=K, S=V	154: T=J, B=K	155: U=B, S=P
156: D=K, O=G	157: J=X, N=J	158: E=V, A=P	159: J=X, P=K	160: K=X, P=K
161: K=Z, Q=V	162: F=V, P=B	163: G=J, S=B	164: M=X, H=P	165: Q=V, T=B
166: N=K, X=B	167: S=P, B=G	168: M=Z, Z=V	169: L=J, K=B	170: T=Q, E=V
171: Y=X, U=K	172: X=V, U=B	173: S=K, C=P	174: B=K, C=V	175: V=X, N=K
176: L=V, K=B	177: P=V, N=B	178: H=X, G=J	179: P=K, T=P	180: U=K, J=B
181: N=B, Q=P	182: P=J, B=K	183: Q=Z, G=K	184: T=B, H=P	185: L=X, Y=K

186: C=Z, Z=K	187: L=V, U=P	188: A=Z, D=V	189: D=Q, O=X	190: T=Z, E=V
191: V=Z, E=K	192: N=X, B=V	193: T=J, E=V	194: C=K, J=B	195: I=X, Q=K
196: F=V, K=B	197: Y=K, G=V	198: C=K, Z=B	199: H=X, P=B	200: H=X, R=K
201: X=V, R=B	202: W=Q, H=X	203: Q=X, C=K	204: T=K, E=B	205: W=V, S=B
206: V=P, O=G	207: G=P, M=G	208: C=P, Q=G	209: S=B, Q=P	210: U=Q, I=K
211: M=P, X=G	212: R=K, Y=P	213: R=Q, L=K	214: B=X, P=K	215: K=X, U=K
216: G=P, W=G	217: U=X, V=B	218: G=Q, O=K	219: O=B, Y=P	220: U=Q, A=K
221: K=X, Q=P	222: S=J, G=V	223: D=X, N=B	224: A=Q, G=P	225: N=K, A=B
226: J=X, V=K	227: Z=V, T=B	228: G=K, Z=P	229: B=J, N=B	230: H=Q, C=V
231: W=B, V=P	232: G=K, N=V	233: L=K, C=P	234: X=Q, W=X	235: S=V, Z=P
236: D=K, T=B	237: L=K, H=B	238: H=K, P=V	239: G=V, M=P	240: F=X, Y=K
241: U=V, C=B	242: Y=Z, U=K	243: K=P, Z=G	244: Y=Z, B=Q	245: X=V, V=P
246: U=X, S=V	247: A=X, R=B	248: B=K, W=P	249: V=X, N=K	250: Y=X, F=K
251: D=X, O=B	252: Z=K, S=B	253: V=Q, P=K	254: K=J, C=P	255: U=V, H=P
256: D=V, P=B	257: E=P, X=G	258: W=Q, B=K	259: P=V, K=B	260: D=Q, A=P
261: T=K, Q=P	262: M=K, U=V	263: F=Z, U=X	264: Y=V, Z=B	265: B=K, E=B
266: Z=P, M=G	267: G=B, X=P	268: L=B, V=P	269: S=K, Q=V	270: F=Z, S=V
271: L=B, K=P	272: X=Z, P=X	273: I=V, A=B	274: K=X, M=K	275: C=X, N=K
276: I=K, O=P	277: W=K, G=P	278: N=Q, T=V	279: N=K, B=V	280: Z=X, N=V
281: J=K, M=V	282: F=P, L=G	283: Q=K, M=V	284: S=J, C=P	285: I=K, C=V
286: D=V, K=P	287: M=Z, G=K	288: F=X, Y=K	289: Z=Q, M=K	290: W=B, T=P
291: L=K, T=B	292: C=Q, P=X	293: G=Q, R=K	294: Z=K, O=V	295: W=X, H=B
296: L=Q, D=X	297: I=K, X=B	298: C=V, B=P	299: F=V, D=P	300: T=X, J=P
301: E=K, Y=P	302: Y=X, B=V	303: I=K, J=V	304: J=P, F=G	305: E=X, I=K
306: O=X, H=K	307: F=K, H=P	308: Z=K, O=P	309: E=V, O=B	310: P=X, G=K
311: M=Z, A=B	312: D=X, F=K	313: N=K, M=V	314: N=X, D=K	315: E=X, H=K
316: H=V, D=B	317: C=X, Z=K	318: G=X, N=K	319: R=K, D=V	320: V=Z, Z=X
321: R=X, Z=V	322: W=X, X=P	323: N=X, U=P	324: T=J, D=P	325: O=B, E=P
326: K=X, S=B	327: F=K, H=P	328: O=P, U=G	329: A=V, R=P	330: O=Z, I=V
331: I=Q, A=K	332: U=X, J=B	333: A=X, O=V	334: F=K, J=V	335: B=Q, Q=X
336: U=X, S=V	337: O=K, H=V	338: Z=K, Y=B	339: C=Z, R=Q	340: G=K, H=P
341: U=B, B=P	342: U=V, L=P	343: D=X, U=V	344: I=J, B=K	345: Q=P, Z=G
346: W=Q, Q=X	347: Q=K, T=B	348: B=K, L=V	349: O=K, Q=V	350: F=K, A=B
351: I=K, L=V	352: V=K, E=V	353: L=V, K=B	354: C=Z, B=K	355: A=Q, V=K
356: C=Z, T=V	357: L=J, B=P	358: H=V, W=P	359: L=J, M=P	360: B=V, J=B
361: O=K, C=V	362: H=X, Q=B	363: R=K, H=V	364: A=P, V=G	365: R=K, N=P

MEDIUM

#061 (Medium)

CZGF ONGPGFXG PHIOBT WNDQFHJGP, XZWWPG

PIQBBGN PYGOP QFK MGGO YZGI PYGQKT.

#062 (Medium)

BWNM NZNMDMIQ QYCFXG HMFKMIXNQ, BTDFN

K WNXJCHX MNUF QFNJ YMXG.

#063 (Medium)

QIMZ WVYUOJYUVZ LYMJXUAB XDVHL, TIVVLM

LWJAAMD LYMHL JZX CMMH YIMW LYMJXB.

#064 (Medium)

YVRP NRRKLPUC ZBLRKJE TPOVAFc, YFLKR T

VRJGMBJ PRQK CKRG APJE.

#065 (Medium)

AENW MJWCOSNWMN KDONVRX ROIEVNWL,

LVUWS UWS LVGNVME; MJDWV COQN LRJA

TGνουVEL.

#066 (Medium)

YBDF EUPXMFDC SMFNWI WMOBXDFC, RKSD K

CBUEX WMCX KFN AUWWUY MX SMFNWI.

#067 (Medium)

GFKV DFNYFW CHSYXN ZVYBVRXKC, GBXJ

LDTKSXN BVU WBYPF LDKBYF YH ABPK.

#068 (Medium)

JCMA FQYM KVTJ VX THSQA EWMK, KDMF

TNDKEPM QAP SHMMD YTTVMH QEH.

#069 (Medium)

EGUP FAXUPDU ZHAULXW XAJGLUPF, IUSHDU

APRHLF NPS XUL NLLUPLAYP IULHIP.

#070 (Medium)

UOIG MGZCHR JPBIJSW QCMPSR, NVC GH LVCB

MG JGS RME VCH.

#071 (Medium)

GFMV NDPIJ RMVXUT JUDGJ, JXMY DIXJWKM

OVK RZMMX PDDUMZ OWZ.

#072 (Medium)

CNDY KGOADL LBSUOQ XWBZL, ZAU UND

ZNBYD GCGQ CVUN VYUDYUVBY.

#073 (Medium)

FOGW KZMNNWGKK RNYGRTQ TYHVK, KZGV

HJZKMTG RWT UYGGZ IHHNGY RMY.

#074 (Medium)

GZAC KLXNAP VMCHXW LCIZJEP, MCKMDA

PDMXXCAPP LCH GLMD DAC ZALEDUALDP.

#075 (Medium)

TJBQ OZMAAQBOO OMSFAL XKDGQMPBO, OMF

TGZBK GQU ABZ OMABQYB DGZJBK.

#076 (Medium)

KCZD FMZYZDWZ YUZRVLG YHAUZDY, WHPDU

AHPM LD RDV YLS HPU.

#077 (Medium)

LRQJ HIZQHH TOJKAD HQIIAQH, MXEJI UXEZ

OJ PJK HOF XEI.

#078 (Medium)

ZEIW LJGWRWY QRWTFU BJOHVIV, CHGW TJZW

CEI XJFHLLI JB RWSHCV.

#079 (Medium)

HPNI TKZNIRN TEXUZW EQVYIKGNT, TEXUNI

WEFQ VYGN YIO TZEH WEFQ MEKRN.

#080 (Medium)

QOLE ILUH PZILPYG ZKDOHLEU, CPBL P

UOMIH ZKUH PEY SMZZMQ KH BKEYZG.

#081 (Medium)

TOZE BJLAZ GHLZWSC SLROXZEM, MJWXZE

CJQH RVPZ VEI MSJT CJQH BJLAZ.

#082 (Medium)

UWGJ DNHGJZG DNKRHV AXBRD, ZWBBDG

DKFHHGX DYGRD FJA EGGR YWGK DYGFAV.

#083 (Medium)

FJDC QPKS IMCTEJI PCQJMLG, GHDPV SMLD

GKMFKR PCZ LDKPA RMOL WPQD.

#084 (Medium)

BKXZ NTHX FSLTC LASNO, OXF T ESVZLTAC

CSV HTZ PXXN PDZLQC.

#085 (Medium)

ENUP BMVHOJU DJQUWXI JUHOJPV, BOH HNU

BNMPU CECI EQHN QPHUPHQMP.

#086 (Medium)

TWSC KLQSKK JQESZOF KOYTK, OYTSQ FYGQ

KWYGOASQK RCA OSCNLWSC FYGQ SPWROS.

#087 (Medium)

QKBZ HCJB NPYCW MBNNVBM, JKCZFB UPPDM

CZY UBMBN WPAU UKWNKD.

#088 (Medium)

MRXQ JZWQBOIDXN NHXOBDFP ZIVOQDEXN,

HWIQ BZMQ HRX CZFWYX ZK DQTWHN.

#089 (Medium)

HRGC VGNJQJXCQ DWEGDVZ QXUBGCQ, EGVFNG

JCMFBQ DCV WGB DBBGCBJXC EGBFEC.

#090 (Medium)

EAFI OABXAW XLIHUAX QRZWG, GKFRY WLOF

GZLEZB RIP OFZRV BLTO JRQF.

#091 (Medium)

RTZY ADBZ DVFZDHC FZUSFYI, RFQUZ D

TZVALSV YZOU IUZA NYVC.

#092 (Medium)

HVKB WBFQEO GCWKYNJ XCZUBWPKO, HCWEK U

VKNFYQN BKRE OEKF XBNJ.

#093 (Medium)

QTKO AKIML BCOYND FKAANKF, HOEHGN DLHG

TZOYF ZOY HOENKOET DLHG SZQ.

#094 (Medium)

LGPF KAZPFTP NEAPRZW SFTGJEK, LEAMP S

GPZBRHZ FPDMP KMPB JFZW.

#095 (Medium)

FYZA UHJAE CWBZL VZAOMG EWHDL, LOZD

HJOLBEZ CAE VWZZO PHHMZW CBW.

#096 (Medium)

FXAD YMVEA BTVAHRU TDHPDJRAG, GIAPQ

SMWA GRMFRU PDC WARPZ UMTW NPEA.

#097 (Medium)

FTID MTPAXLIYM HPDSZTH ZASLIM, MIH K

UPADLKYE EPA VKD GIIC GSDLXE.

#098 (Medium)

QLTF BLMVIJTHB NMJPX MHAPFYWTB, KLMMBT

BRPIITH BNTGB PFJ ETTG NLTR BNTPJX.

#099 (Medium)

ZRIW ARKQAIH LKWQFRL HSKZH, ZCQLI

ZKCCQIH JKZW XWJ ASKHI LRI LXD.

#100 (Medium)

CXTR IOHPTD DKJUHZ HKVXQTRD, GSTOQXT

HKWT ZNP XOIT QKJT QN DUOST.

#101 (Medium)

QDCW KDVDYDH TCWYZV ACYYZCA, ACY S

XUMWESKV VUM GSW JCCR JBWEZV.

#102 (Medium)

SPLQ ALEY HXJLYCM KQOPWAE, QKIL YPL

VLLCJQD KQN CWWELQ MWXA TWEYXAL.

#103 (Medium)

TXLH NSLQLHGL DCWLEUB SLECSHQ, QNLRJ

YPSL QUPTUB RHZ SLURM BPCS ORGL.

#104 (Medium)

UWMX FTXZJIMXFM OTIKE CNTUC, AKPM K

CWTSO NJCO KXI ZTNNTU JO PJXINE.

#105 (Medium)

LTDU YBMKIXMKBU PAKDERC BAJXUKQDG,

YXVD X GTBAM RKGM XUH EBRRL KM VKUHR.

#106 (Medium)

PMGA ZCVYGAJG VKAYDMV IYDMVGAF, FVCAR

CAR FVQGVJM; JKWAV HYXG FIKP SQGCVMF.

#107 (Medium)

SJKA PKKMYAUO MHAYUJM TABJHLO, RABRLV

IHRL JTAGO TAG RABVKABJ IHRL CTS.

#108 (Medium)

ILKQ TNCQJRBEKM FEQJZH MKDDZKM, MNWDKQ

HNCB SRXK RQJ MZNI HNCB PNEGK.

#109 (Medium)

YLDA BFNDDB BMXTSR BSGYB, MAWMFD

BFMSSADBB ZAQ YZMF FDA LDZNFODZFB.

#110 (Medium)

TFBY LMPBHOMAY CMGXQW CBOOQBC, TEQD

JPMBVQW EYL GEOHF JPBEOF OA XEHB.

#111 (Medium)

UNQL FNXBYTQHF FYXUYM WBOYTF, FOA

UZJQH ZLT YQJ FOYQLDQ PZJNQH.

#112 (Medium)

RCNP AUPSPNLL DWUNTIQ LIZRL, LNJ E

DZMPSEWQ QZM OEP ANNK AUPSIQ.

#113 (Medium)

UCBZ LWVNJ AWYJFP DBJVDZA, GCSZOB

DWWXA SZL DBABJ PWVD DCPJCX.

#114 (Medium)

YTMR OTKBJTOP IFGMIVC QIFUP, BRQBGF

CKBG TIRVP IRV BRQFMRQT CKBG ZIY.

#115 (Medium)

XYAU IRRRAURVZU NZERFB FVKYRAUN, PUWPHF

BZPH YIUQN IUQ PUWFAUWY BZPH SIX.

#116 (Medium)

UXOI YXAPXL QKIHFA MVKHOD, PVYI HJUI

PXO ZJFVLO JR KISVPD.

#117 (Medium)

SEOJ KYFJRNTGOD CGJRUZ UGXEOJD, STGAO

N EOULVFU JOIA DAOL YJUZ.

#118 (Medium)

MBKZ KZKQOH XTJKSDH DJOBSKZE, EKS P

RNTZUPQH HNT VPZ YKKE YJZUDH.

#119 (Medium)

FERD AZTSXZSTR CTPRBHL AWBZRDA, TRYSXR

PDMSZA UDY HRZ UZZRDZPWD TRZSTD.

#120 (Medium)

JUOR HIKWOM MQOINSKG IRTUYXM, JXSQO

JYXXSOM NYJR IRN TKYMO QUO QIZ.

#121 (Medium)

SKTV ZLMOALOMT PRVYHG ZWBLTVZ, ZLTX

WOLZRYT DVY CMTTL AWWHTM DRM.

#122 (Medium)

XUJS SJCLJZ ZGJPETWD BSGPSAWJZ, NUIIZJ

ZYPWWJC ZGJOZ PSE QJJO GUJY ZGJPED.

#123 (Medium)

MDFT QPFFN QXKNPW EJUNQ, SUZTA LUZJ XT

ITE QXO UZA.

#124 (Medium)

LIHB LCPPG QJBYZG VKJZYO, AKF FIH

AICBH MLMG LJFI JBFHBFJCB.

#125 (Medium)

VLTI GHWUITGG HXIWALH GTHHUTG, VNWHT

VXNNWTG EXVI DIE RUXGT HLT HDY.

#126 (Medium)

XZDA QDDLHAYI SKPDSUM VPYSAHNDI,

BHAHIZ VAD ZVADIL LZHAY XHLZVRL ZRPPM.

#127 (Medium)

NQXI ZVJIO AMWJF DIAJIBVXO, UXWDGX

SIZDAO JIW VXA JAAXIASMI UXADUI.

#128 (Medium)

UZWL BFPWLGW AKFWIPO RTCSE, BWI V

DCKLRVTO OCK GVL MWWS MFLRPO.

#129 (Medium)

BPCH WCIGT LHELQC YTJMECE, XTBCZ FTMZ

EPTMXQCZE VHQ XCHKWPCH FTMZ CAPVXC.

#130 (Medium)

CQME LJLMEXFL HFGMXPV WDJBK, KGB CNXMD

NEW PMX KGPMEUM ONXQMD.

#131 (Medium)

XVPG MEOLIZP WZAPUKH OKEXO, IGNIZK

HEIZ VTGQO TGQ IGNKPGNV HEIZ CTX.

#132 (Medium)

YJGF QHITGFWG ZBTGIVO SBTVXL, BFWBPV

ONBP JHFXL HFX BFWVGFWJ ONBP MHY.

#133 (Medium)

JFNP QEHPSPD REPSDFR GBEJG, UMR RFN

UFEPN YJYC JSRF SPRNPRSEP.

#134 (Medium)

AXOK OKOIZH BNIOBMH VUEDJOJ, JWOT

UDWJYMO BKM ZIOOW EUUNOI BYI.

#135 (Medium)

YEDM LNMZRJDMLD SWADSJP WRHEQDMO,

YARQD YNAARDO JNYM SMJ LWNOD QED QST.

#136 (Medium)

HTPC LDMQE OEPBLGUK ZBUAO, EMWC LDHC

ETP RDUMAP DS GCJMEO.

#137 (Medium)

HZRX SZMVS RF UPVRLAJ FMLDRXF, SZMMFR

FGOAARP FDRQF OXC NRRQ DZRG FDROCJ.

#138 (Medium)

YFVC VCVPNL KRXJIL ZPWJK, XEGV E KFWPB

IRKB ECZ DWIIWY RB GRCZIL.

#139 (Medium)

TMPW IMLVXSPKI YWIIYSP IXLTI, IEBWS BWS

IEKPEOM; OLVWE NYUP IXLT AKPBEMI.

#140 (Medium)

NCJV SJFG UESJUZO SJGDSVF, FGUVZ UVZ

FGSJGLC; LXDVG BPKJ FEXN ASJUGCF.

#141 (Medium)

TZVF XZRLDQVMX NVFODA NLYQVX, ILO OZV

IZRFV CTCA TYOZ YFOVFOYRF.

#142 (Medium)

REST FGQKYZQKGT QGTKAEQ LTQZTABSI,

PEGGIS IFZBBSO IQSDI ZTM WSSD QESF IQSZMJ.

#143 (Medium)

PAMO DTOFOMJJ JBINGZ XONROEGMJ, GBPMC

ZBXC JABXGFMCJ ROF GMOENAMO ZBXC MUARGM.

#144 (Medium)

EAHB XPCBW WGHCZYPK FIYPZW, QHZIUH

YBXIGW CBZ PHG CGGHBGYTB QHGIQB.

#145 (Medium)

VKQT VYNNF MBQDSZUF MQBBUQM, VNZBQ D

KQUAGIU TQOB MBQA YTUF.

#146 (Medium)

DGVP XVBJNJWPN NWMZEH FPBGWLN, BGFPCV

LWWYN FPX LVNVZ HWAL LGHZGY.

#147 (Medium)

UNOH JROOW JDQFRP XHYNDIJ, MIOXFNO

RZCO PDE NXAO FZVO FD JWXIO.

#148 (Medium)

KCOX AORHTHNXT HXTHAO TVNKT, WBD DCO

WCNXO LKLE KHDC HXDOXDHNX.

#149 (Medium)

HWBS WLJMRP RIYLC LSUWIOP, MSZMRB

PRMNNSBPP LSY HLMR RBS WBLORJBLRP.

#150 (Medium)

OPUY KVHIBJUJ ZSVUZMT ZYGPHVJ, BYLBXU

JXBSSYUJJ ZYM OZBX XUY PUZVXDUZXJ.

#151 (Medium)

QYZP AZZNKPUO ECKZNBH XSBAO, ASDZ S

OYGVN BKON SPF TGBBGQ KN DKPFBH.

#152 (Medium)

HNMR ZEVCMRPM VSRCKNV XTCYFO, OVMZ

STVOCFM ERF KLMMV PSSYML ECL.

#153 (Medium)

ANXM BQWXHFQUM FUMQTNF JMHNUWE,

IWXJFNX ZQPX LUK NJSX FQDX FU ERJWX.

#154 (Medium)

QOYE RPYGGZPY GSXQSU LDSWG, ZELZPS

UXZP ODENG DEN ZELSYELO UXZP TDQ.

#155 (Medium)

FQTO PME UW LWTDP CNJ EOWDORNTL, LCS

FDWTV DOP NTW LCNTOAT RDWQTV.

#156 (Medium)

YFMR VNIRTRO DTRQZC LZNYL, VJDM J

LFNIK ZTLK JRQ PNZZNY TK DTRQZC.

#157 (Medium)

MPDX LITSBHDH HBSLVF HTZWDXH, MIBWD E

PDVLZQV XDJW HWDL TXVF.

#158 (Medium)

QPWO LDDWODUBO FDWLJUGZ IBRCFWF, DCSO

JBQO DPW EBGCTW BI UOACDF.

#159 (Medium)

DVFR MRHILN NLFXAMBW BMCVLFRN, YXPF X

NVKOL BMNL XRA SKBBKD ML PMRABW.

#160 (Medium)

NLQO TGVMBXW FMBQZGW GBULXQOC, CRQVP

DYMQ CGYNGW VOH MQGVK WYSM ZVTQ.

#161 (Medium)

YPVX OMFV ANJOIS CXEPNZA, ANJOVX SNLZ

WCKV CXG AINY SNLZ QNMEV.

#162 (Medium)

SYJG NEHOJGDJ EXLJEVT IJHHXJI, IHEGV

EGV IHLJHDY; DUCGH AOFJ IXUS PLJEHYI.

#163 (Medium)

FQDX AQJBNPDMA SMZDENK ADOONDA, BXHBMN

KJBM QUXPA UXP BXHNDXHQ KJBM GUF.

#164 (Medium)

UEGJ FELWEB CJVCXG FGWPFJV, UFCWG R

EGKHNPKE JGMW VWGH DJKL.

#165 (Medium)

ZFUC VEATB KEMBOI RADVUK, JFNCRU GEEHK

NCV GUKUB IEAG GFIBFH.

#166 (Medium)

ELBR JBIUY AWYEWG HZYUA, RVIB JLB

CBBWKRQ VRH WYYABR GYSZ UYAJSZB.

#167 (Medium)

OIYL HTDVXLYM VTLXBIV PHTSM, MVYS

TDVMXPY CLP BHYYV ZTTJYH CXH.

#168 (Medium)

AJLO TODQUV FINLEWB ITKJULOV, VXPULO

BXQN KFML FOW VIXA BXQN ZXTYL.

#169 (Medium)

PCDG XEDUUWED SQEDSZT YWBZDU, URDX

HWRUBZD SGZ YEDDR AHHQDE SBE.

#170 (Medium)

ZNQS LDGSPFJKQY TGKQVBA YBDZY, HKSKYN

DSQ NDSQYV VNKSI ZKVNDGV NGJJA.

#171 (Medium)

RLGV QNDXPZDXNV BDGZMXTC TXSLDGVB, KWD

DLG KLNVG ZRZC RXDL XVDGVDXNV.

#172 (Medium)

TPKO XRCFKD RCEKRLZ ARCQD, TEYSK

THEEYKD LHOT ROL ACHDK SPK SRU.

#173 (Medium)

YIXD SPDEDXQQ QPFCVU TWPEXQ, QPC YBMXK

BDE VXM QPVXDZX TBMIXK.

#174 (Medium)

HORL PXORVDARP PITZAM YLXOIUP, JLCJZR

PZJAALRPP YLV HYJZ ZRL ORYUZGRYZP.

#175 (Medium)

SMTW KXROBCTC ERWBDME JRGICTC, GMLWDT

XRROC LWQ XTCTE HRIX XMHEMO.

#176 (Medium)

AXWS YTZWNUTMS KZTWHVD YZMER, UPZS

YMAS UXW LMVPIW MH TSFPUR.

#177 (Medium)

TFCI JUJCIVAJ VUISZEV NASHLQ, SIP SVC

QVSHHICQQ XIL TXSV VCI FCXMVNCXVQ.

#178 (Medium)

STAI NVUZXWUZVI ZIYZKA YOVSY, RVBIU

EVBP ZI XIK YZH VBU.

#179 (Medium)

HGKE HYQP VEIVFK JZVFKE, BGYYIK

IXLAAKQ IDKTI LEF PKKT DGKX IDKLEW.

#180 (Medium)

YORL WRRVLPD AICGX MIBEDRD, BOIIDR

DWGTTRS DARFD GLC URRE AORW DARGCX.

#181 (Medium)

EVFZ CAOFZMF CATQOP XKMDCFC, XAZACV

KZF VKZFCB BVAZH EABVKDB VDYYP.

#182 (Medium)

OWFC JUDE JNCUKWJ QANOQ, VZFSJWF AUBF

RNI WSMF JUDE JN QYSZF.

#183 (Medium)

IRXD FXNMS JSKFZP LASMJ, JSKFXD PSHA

CUQX UDL JZSI PSHA YSTEX.

#184 (Medium)

AGBX TLKXOYCEBN TCEBDUZ PYUSN, NEH

AYQBC YXO UBQ NEUBXPB VYQGBC.

#185 (Medium)

ACMU KRDSVRSDM YXUZWG ZDNQK, KQMBY

TNDM KWNAGW BUZ DMWBL GNSD EBVM.

#186 (Medium)

JRSV ERAOKLSNE EQSWLGKH ANIWVGCSE,

EQWVL WVL EQNSQUR; UAOVQ PGBS EKAJ

MNSWQRE.

#187 (Medium)

DQSW UVRPXES PVWFBQP XWPKWBJSR, GFWFRQ

VWS QVWSRP PQFWB DFPQVXP QXEEZ.

#188 (Medium)

BQOH GOHFXEH GEHXTQG ENTKHXAOE, FGKHU

KHU FGNQZQ; ZELHG IXDO FJEB SNQKQF.

#189 (Medium)

EILZ LZLGNM XUZKNIX CJKQYA, TUJZX WUJG

KZ VZY AKO UJX.

#190 (Medium)

ZMBY LXHNESHNXY HXJSK JDXIF, FXRHBY

KXVD USTB SYJ FQXZ KXVD EXNGB.

#191 (Medium)

LXAR BOTET IMKACDU JMYORKVAT, LODE

IMKACDU ORH QOBSX IMAOBX BJ ZOSA.

#192 (Medium)

DQFP FPFAUW TRFXHOSW SOUQREPT, ZIVPR

CIVA OP XPH TON IVR.

#193 (Medium)

GIRY MIKXUIMQ NZFROJB QRMMJRQ, MXZY

SKGY MIR EKJXLR KO FYWXMQ.

#194 (Medium)

QRDG CMGNGDHH IXNLE PLUFH, QLUC

JWMDVUE LGN FLIPR JWDLIR IX ALPD.

#195 (Medium)

LBNZ DFEZKZS CFZKSBC AWKHMJ, VFWZC

TFWE KZ GZM JKI FWC.

#196 (Medium)

XDMS HMCB USCUGM ZYTOCMC, CBML YOBCUGM

ESG AHMMB TYYRMH EUH.

#197 (Medium)

HTAJ GEPWA ZICAZOQ KRPOAX, UZYA Z

XTECN IPXN ZJO VEIIEH PN YPJOIQ.

#198 (Medium)

FGLO JXACA XUBLXER ALJJULA, AJLI

DYJAHEL XOE QBLIJ KDDULB XHB.

#199 (Medium)

SLVM OUZMAMW FUMAWLF DUJBQVQ, SZAFV K

LVINDBI MVHF QFVN UMIG.

#200 (Medium)

QLMK VTDXZBC FXZMGTC FSZTAI, IOMDR

PUXM ITUQTC DKA XMTDH CUSX GDVM.

HINTS 2

COMMON LETTERS

001: C=E, S=T	002: P=E, C=T	003: M=E, V=T	004: J=E, Y=T	005: T=E, N=T
006: B=E, H=T	007: F=E, Z=T	008: X=E, I=T	009: V=E, Y=T	010: J=E, Y=T
011: J=E, S=T	012: T=E, N=T	013: P=E, R=T	014: L=E, P=T	015: J=E, F=T
016: Z=E, O=T	017: Y=E, O=T	018: G=E, P=T	019: J=E, R=T	020: J=E, O=T
021: Z=E, K=T	022: M=E, Z=T	023: X=E, C=T	024: M=E, U=T	025: H=E, C=T
026: D=E, R=T	027: U=E, I=T	028: N=E, M=T	029: N=E, C=T	030: H=E, L=T
031: B=E, Z=T	032: F=E, C=T	033: Z=E, O=T	034: Y=E, H=T	035: U=E, I=T
036: Y=E, H=T	037: D=E, H=T	038: R=E, L=T	039: K=E, D=T	040: C=E, S=T
041: Y=E, D=T	042: D=E, N=T	043: Z=E, C=T	044: F=E, V=T	045: Z=E, U=T
046: C=E, D=T	047: B=E, M=T	048: W=E, O=T	049: F=E, J=T	050: D=E, H=T
051: T=E, Y=T	052: F=E, C=T	053: R=E, E=T	054: J=E, V=T	055: J=E, S=T
056: F=E, Z=T	057: X=E, I=T	058: D=E, N=T	059: J=E, F=T	060: A=E, E=T
061: G=E, Y=T	062: N=E, F=T	063: M=E, Y=T	064: R=E, K=T	065: N=E, V=T
066: D=E, X=T	067: K=E, Y=T	068: M=E, D=T	069: U=E, L=T	070: I=E, H=T
071: M=E, X=T	072: D=E, U=T	073: G=E, Z=T	074: A=E, D=T	075: B=E, Z=T
076: Z=E, U=T	077: Q=E, I=T	078: I=E, C=T	079: N=E, U=T	080: L=E, H=T
081: Z=E, X=T	082: G=E, Y=T	083: D=E, I=T	084: X=E, F=T	085: U=E, H=T
086: S=E, L=T	087: B=E, N=T	088: X=E, H=T	089: G=E, B=T	090: F=E, X=T
091: Z=E, U=T	092: K=E, E=T	093: K=E, A=T	094: P=E, M=T	095: Z=E, O=T
096: A=E, H=T	097: I=E, H=T	098: T=E, N=T	099: I=E, L=T	100: T=E, Q=T
101: C=E, Y=T	102: L=E, Y=T	103: L=E, E=T	104: M=E, O=T	105: D=E, M=T
106: G=E, V=T	107: K=E, M=T	108: K=E, D=T	109: D=E, F=T	110: B=E, O=T
111: Q=E, J=T	112: N=E, J=T	113: B=E, J=T	114: M=E, O=T	115: A=E, R=T
116: O=E, P=T	117: O=E, A=T	118: K=E, S=T	119: R=E, Z=T	120: O=E, Q=T
121: T=E, L=T	122: J=E, G=T	123: F=E, A=T	124: H=E, F=T	125: T=E, H=T
126: D=E, L=T	127: X=E, A=T	128: W=E, I=T	129: C=E, W=T	130: M=E, X=T
131: P=E, L=T	132: G=E, I=T	133: N=E, R=T	134: O=E, W=T	135: D=E, Q=T
136: P=E, E=T	137: R=E, D=T	138: V=E, B=T	139: P=E, E=T	140: J=E, G=T
141: V=E, O=T	142: S=E, Q=T	143: M=E, N=T	144: H=E, G=T	145: Q=E, B=T
146: V=E, Z=T	147: O=E, F=T	148: O=E, D=T	149: B=E, R=T	150: U=E, X=T
151: Z=E, N=T	152: M=E, V=T	153: X=E, F=T	154: Y=E, V=T	155: T=E, W=T
156: M=E, K=T	157: D=E, W=T	158: W=E, D=T	159: F=E, L=T	160: Q=E, X=T
161: V=E, O=T	162: J=E, H=T	163: D=E, O=T	164: G=E, W=T	165: U=E, B=T
166: B=E, J=T	167: Y=E, V=T	168: L=E, U=T	169: D=E, R=T	170: Q=E, V=T
171: G=E, D=T	172: K=E, S=T	173: X=E, M=T	174: R=E, Z=T	175: T=E, E=T
176: W=E, U=T	177: C=E, V=T	178: A=E, U=T	179: K=E, D=T	180: R=E, A=T
181: F=E, B=T	182: F=E, J=T	183: X=E, F=T	184: B=E, Q=T	185: M=E, R=T

186: S=E, Q=T	187: S=E, P=T	188: O=E, G=T	189: L=E, X=T	190: B=E, H=T
191: A=E, B=T	192: F=E, R=T	193: R=E, M=T	194: D=E, I=T	195: N=E, C=T
196: M=E, B=T	197: A=E, N=T	198: L=E, J=T	199: V=E, F=T	200: M=E, B=T
201: M=E, Y=T	202: Z=E, X=T	203: K=E, J=T	204: C=E, Y=T	205: I=E, Q=T
206: S=E, B=T	207: L=E, E=T	208: L=E, F=T	209: K=E, L=T	210: G=E, Z=T
211: V=E, O=T	212: M=E, F=T	213: U=E, F=T	214: S=E, Z=T	215: V=E, D=T
216: Q=E, J=T	217: W=E, G=T	218: N=E, D=T	219: M=E, G=T	220: H=E, Q=T
221: C=E, J=T	222: F=E, N=T	223: P=E, R=T	224: H=E, E=T	225: J=E, W=T
226: W=E, Y=T	227: P=E, S=T	228: R=E, M=T	229: I=E, C=T	230: F=E, X=T
231: D=E, Q=T	232: D=E, A=T	233: N=E, A=T	234: Q=E, Y=T	235: H=E, F=T
236: O=E, U=T	237: I=E, G=T	238: W=E, V=T	239: D=E, Y=T	240: N=E, B=T
241: Q=E, R=T	242: O=E, B=T	243: G=E, X=T	244: F=E, N=T	245: G=E, U=T
246: L=E, V=T	247: G=E, S=T	248: K=E, D=T	249: J=E, S=T	250: Q=E, L=T
251: Z=E, Y=T	252: H=E, M=T	253: D=E, C=T	254: D=E, O=T	255: V=E, Z=T
256: S=E, W=T	257: H=E, S=T	258: F=E, C=T	259: A=E, J=T	260: F=E, U=T
261: P=E, Z=T	262: L=E, H=T	263: Z=E, J=T	264: V=E, R=T	265: H=E, V=T
266: N=E, E=T	267: T=E, H=T	268: K=E, P=T	269: O=E, Y=T	270: B=E, G=T
271: H=E, D=T	272: W=E, O=T	273: F=E, G=T	274: S=E, X=T	275: Z=E, D=T
276: L=E, X=T	277: U=E, O=T	278: X=E, U=T	279: G=E, S=T	280: D=E, B=T
281: F=E, W=T	282: Z=E, H=T	283: V=E, Z=T	284: U=E, V=T	285: X=E, R=T
286: I=E, G=T	287: S=E, Q=T	288: M=E, V=T	289: V=E, B=T	290: G=E, A=T
291: Q=E, C=T	292: K=E, U=T	293: W=E, A=T	294: L=E, H=T	295: Z=E, I=T
296: J=E, K=T	297: J=E, Q=T	298: H=E, Y=T	299: N=E, C=T	300: Q=E, L=T
301: P=E, Z=T	302: C=E, X=T	303: R=E, E=T	304: Q=E, R=T	305: G=E, L=T
306: G=E, R=T	307: Z=E, U=T	308: Y=E, E=T	309: N=E, R=T	310: R=E, S=T
311: U=E, R=T	312: A=E, H=T	313: G=E, I=T	314: H=E, K=T	315: U=E, W=T
316: M=E, R=T	317: M=E, A=T	318: C=E, W=T	319: B=E, W=T	320: O=E, K=T
321: L=E, J=T	322: M=E, V=T	323: A=E, M=T	324: H=E, X=T	325: I=E, G=T
326: U=E, G=T	327: G=E, Z=T	328: S=E, L=T	329: X=E, P=T	330: H=E, Z=T
331: N=E, F=T	332: R=E, P=T	333: F=E, Q=T	334: M=E, Q=T	335: X=E, S=T
336: P=E, V=T	337: W=E, R=T	338: X=E, D=T	339: A=E, M=T	340: J=E, E=T
341: S=E, O=T	342: D=E, I=T	343: K=E, N=T	344: G=E, X=T	345: Y=E, K=T
346: Y=E, A=T	347: I=E, P=T	348: X=E, I=T	349: I=E, N=T	350: X=E, S=T
351: U=E, O=T	352: F=E, H=T	353: U=E, F=T	354: F=E, Z=T	355: M=E, J=T
356: I=E, H=T	357: Z=E, X=T	358: V=E, U=T	359: F=E, E=T	360: P=E, O=T
361: M=E, K=T	362: X=E, W=T	363: F=E, E=T	364: R=E, Y=T	365: C=E, K=T

HARD

#201 (Hard)

KCMF YCAPZCYJ TJ NGMFNCMO, TFXTYM JYTGGFMJJ

BFO KBTY YMF CMBHYRMBYJ. WTFTJC JAWY, FAY

WHBFYTN WAH B NBGQ QAHFTFZ.

#202 (Hard)

TV BQZAASQZ XTLEXZIA, MQTXZ Y EZPBVSP IZHX

AXZB KIPN. BQKXZFX XEZ WSTZX NKS DYJZ VKQ Y

FYPD EYOTX.

#203 (Hard)

ZI CZAHAALL YXZBHL, SNZJK O DKBVIXB AKQJ LJKV

TABR. LJOR AKON SDOJ DKBVL SZJD RTXN LUOBB

SZAL.

#204 (Hard)

XICZ RCDRGWZCM VSBXM, XDGT ESWCPGL DZR JDYFI

ESCDYI YB UDFC. TCCU WY MWJUGC EL D TWZR

FBSZCS.

#205 (Hard)

OKIT QKNXAKQD DXVVITEG DOIEED, FTWFQI

DQFEETIDD RTV ORFQ QIT KIRCQSIRQD. YFTFDK

DNYQ, TNQ YCRTQFP YNC R DQIRVG DQIZ.

#206 (Hard)

YT SGCYFH OSDBFQ PYVH, XSPLKS YDVLBH CDP FSB

CBBSDBYID XSBLXD. VCLHS, BWSV VXIKSSP HFIEFQ

CB C OSDBFS VCKS.

#207 (Hard)

ZY EQL GQXUL YLLAH EZMQE, HZG DVELS VUI ALE

HZALUJL MVEQLS. ESCHE HRVAA SQTEQRH DZEQ TXCS

HXYE RCHZJ.

#208 (Hard)

BRIM HJLLC QLMFJP HJKCH, DLWZVL KMCZFH XMW JLF

XFFLMFKUM DLFZDM. DLCJXVL WDXTX BKFR CDLHLMVL

XF X HJUB CXVL.

#209 (Hard)

VA EZCSL HJHVU EVQG, DKECWK VUQCLG HUE MKL

HLLKULVZU DKLCDU. XKHGCDK QDZJDKGG VU SDKHLBG

YVLB H GZAL WZDUKD.

#210 (Hard)

LDGP XBC FOFEP ZEODZGPQ, LFVI RTEGHVX FPW

AFZSD RTGFZD ZB MFSG. IGGM EZ QEAMVG FZ F

UCEGZ MFSG.

#211 (Hard)

DH UNGLSRVBU HVVSU UZFSS, UDM PFOVB FYR SVO

UDSVYJV XFONVB. MFLUV, ONVY MBGJVVR USGPSK HGB

F UOVRK YDXNO.

#212 (Hard)

GP FOM OHZVM VFJQR ZY, BMF AJUI IZVGQ LZGNM

WHZU YJQM. RMMY GF VGIYBM GS J OZIJS YBJWBGVF.

#213 (Hard)

EB KSXC ZOUDF CEDUD, ZOQVIU CSSHD QVG CUDUF

KSXC COKFOH. LUUJ EF DEHJNU BSC Q RXEUF

UMUVEVI.

#214 (Hard)

QISJ QLUUA YSSV UGHISN, QUOZS T ISVXYGV JSBZ

HZSX LJVA. PSSX OZ HOCXVS QOZI ALGU JSUELGH

HAHZSC.

#215 (Hard)

AMVJ ZLDPVJBV EFPZE, PJNPDV EDPFFJVEE LJI ALPD

DVJ MVLSDOVLDE. QLUV DMV JVKD EDVZ GONPGHE WGS

L VLER ZLBV.

#216 (Hard)

EU MAVIKRQLM TWTEP LTYQM, UEPEMA VPQ AVPQMJ

JAEPW BEJAVIJ AILLH. JLIMJ MCTKK LAHJACM TJ T

YTKC GTYQ.

#217 (Hard)

SXWD DNTQW WHEPF QPTLQ, SETGW H XWPLRMP DWUG

QGWL NDPF. GEMQG QKHPP EXFGXKQ VF H OWDGPW

STDJNS.

#218 (Hard)

TB ZNUQNC CSTXC, CTX YHDNU HZJ SND CTSNZIN

LHDKNU. YHSO VFMUCNSB DFYHUJ GMTND TZ H CFBD

XSHVSTCD.

#219 (Hard)

EDMZ YQGUMZIM OKUJTV, IJNVM NZM GQO QZT NYMZ Q

EUZTNE. XUZUVD VNXG, ZNG XBQZGUI OF Q VUCYJM

IDQUB.

#220 (Hard)

YFHL AELJLHMM KHHB OGMFHH, MQNLJ NLJ MQOHQPF;

PDGLQ KECH MBDY VOHNQFM. QOGMQ MTNBB OFSQFTM

LHNO N UGEHQ PDOLHO.

#221 (Hard)

LO CTMJLMXA JLIGJCSA, YBLJC P GCUQOWU XCKJ

AJCQ MXUF. PUUMY QPJLCXRC JM ACJ QPRC XCPB P

AJCPZF ULIGJ.

#222 (Hard)

RTFE BPAO SJR XALUWD, LEGLNF DNLUUEFDD JEW

RJLN NFE TFJONXFJND. DNJB EFJO RTJN TFUVD RLNT

J QUFJO QPOEFO.

#223 (Hard)

CZPA YFINR QMUPT, WFCPQ JFIQ TZFIWYPQT MAY

WPAXRZPA JFIQ PDZMWP. TRMJ APMQ CZMR ZPWET

CBRZ JFIQ SIRIQP TPWS.

#224 (Hard)

TN FHBERTZHW TW SRHZSKHF, WTG YBEHP BZF RHE

WTRHZSH UBEKHP. EPQWE WIBRR PKJEKIW YTEK B

AQTHE SLPZHP.

#225 (Hard)

KB GCVZIUJ EVZUJ, GSCCEJ EOIYYJZ EWJME IHT

NJJM WSJO EWJITR. OJIEVZJ MZCUZJEE KH AZJIWSE

QKWS RCVZ EWJITR AZJIWS.

#226 (Hard)

UL YPW MTNFK YWBHW, MNUYW S PWFDLGF BWJY HYWD

TBFE. VWWD UY HUCDFW SY S HYWSKE DSXW.

#227 (Hard)

XO MPLZPR LXRPR, XMZXSP RSXKKMPRR HMC EHXS SPM

QPHLSTPHSR. KPS PHRP TP WJFL GJFLHDP OJL H

GKPHL YLHGSXGP.

#228 (Hard)

JY ULCJURE MRFER, HRM QDNK KTEJU PTJVR BCTN

ZDUR. NRZHDUR VNDKD QJML ZNRERFUR FRDN D GJFV

UCNFRN.

#229 (Hard)

QGIJ VRFNC PLRQY, FJWFLH MRFL GEJVV EJV

FJWHIJWG MRFL BEQ. CLFYC YUEHH LGMCGUY EC E

QELU AEWI.

#230 (Hard)

TKFO BAYRX EFLCFV FLUEQ, ZKLOPF UAANV LOB

UFVFX QAYU UKQXKN. JMOMVK VAJX, OAX JULOXMZ RQ

L HYMFV SELQEMVX.

#231 (Hard)

CM ZDLZYCGDN WTCYZN, NQDV ITQNCZD LGZ FODDQ

UIIYDO LCO. HDLNTOD VOIFODNN CG WODLQRN LQ L

DLNE VLUD.

#232 (Hard)

QBDH JDDAYHOK KBWCAK, LCA ABD LBWHD PQPI QYAB

YHADHAYWH. JPGD SDFWNDSI LPSA WM KCFFDKK QYAB

IWCS DNDHYHO UYوبا.

#233 (Hard)

MGNO MKBBF YARPL WC, YANC KWAYDTN ROT XBNNA

PKKINB RDB. YARF ONRB MGRA GNICY KO R YANRTF

PGRDB.

#234 (Hard)

JG YSQ HJCY CHJDC, BNFOY GNFM JO IOK CJW NFY.

MQDHIBQ KMIZI RJYS DMQCQOBQ RJYS VNFM XFJQY

MNNZ.

#235 (Hard)

VR ZXFVHCPH VG PUHCPBHM, ZIF FBH ZBQCH XEXW

EVFB VCFHCFVQC. THFITC EBHCHSHT WQI MTVRF EVFB

WQIT HSHCVVCJ TQIFVCH.

#236 (Hard)

FAOZ UAO EQR KLWBO, FQID TWXOYIR QZE JQUSA

TWOQUA UV CQSO. DOOC XU KXJCIO FXUA Q BOZUIO

FXZEVF.

#237 (Hard)

FAIW BUPHG YPWN NAUYG, YIBPOI ZWVPGN TWB MIG

TGGIWGZUW YIGPYW. LIIV ZG NZSVM I QUY T FTYS

WZCAG.

#238 (Hard)

SIWZ ZUKXW VIKZX, KZPKVW XVKGGZWXX JZL SJKV

VWZ IWJNVOWJVB. GWV DJGQ OW AUCN QWJXCNW OA J

HKZL GKRIV.

#239 (Hard)

JKDR MCDFHCD YEAKYDRF, CDQHUD ERMHYF XRQ BDY

XYDRIEVR CDYHCR. AHXCQ OVHC DGDRERA WVC

CDUVGDCO JEYK OVHC ZVCRERA CVHYERD.

#240 (Hard)

RI MOWJQCNTM CRLM, HTRBN X ONQLIJQ DNFB MBNL

WDQV. UXYN BON DNFB MBNL WGERWJM DNXT X SQNXT

SOXRT.

#241 (Hard)

OXQW WSNFQ PELQF, FRQV SBRENIQ EWI APQQR

LSSTQP ENP. TQR PQTNQG EPPNUQ APEIBETTD GSP E

XBZEW CPQERX.

#242 (Hard)

WR NVOOM PQYYON, DXAANO NGFVVOC NBOMN FSI UOOM

BXOG NBOFIZ. BCQNB NGFVV CXZBXGN PZ F UWSI

MVFZVWNB.

#243 (Hard)

EQ TYEJG QGGAJ QOAA, JXGK YOXJEFG STF ZCGGX

MYYAGC SEC. QETEVJ JYQX, TYX QCSTXEM IEXV S

JXGSFD AEZVX.

#244 (Hard)

WC XPFQNR XGYFZ, ZJCNFE HJGP UQYF QEA ZKJL

HJGP MJWOF. PFDKQOF APQVQ LWNR DPFZFEOF XH Q

BGWFN OJPEFP.

#245 (Hard)

FE VHKLW GKTHZ TKAGW, TGSYAG FLVYUW KLS HGU

KUUGLUFBL TGUYTL. TGUYTL NIGLGXGT ZBY STFEU

EBT K WHBN VHKL.

#246 (Hard)

PN DLYSLA VBB AMBXVA, HYPVL C MLFTNXF DLUV

AVLT BDFK. YLTFCJL OYCQC HPVM TYLALDJL GK C

JFLCY FPZMV.

#247 (Hard)

BIGO SIQTMISE UTOE EIQU, HQTOS DQTU ZO NOP

EZA QTS. XGNETUG LUQMUGEE ZO RUGNSIE ZO N

HWGNU HQUOGU.

#248 (Hard)

MU GSN LKJDPG MZ IQAR, UMJMZI SJK ISJKZD DIMJL

VMDISND INAAG. BKKW MD ZMXWPK USA Q EQPX WPQJ.

#249 (Hard)

RP OJDYJF NJJKF KROUROU, FSDJSHA GLCD AMOQF

MOQ DJBMV GLCD OJHN. NJJK RS FRXKBJ PLD M

FSJMQG TDJMSA.

#250 (Hard)

IUQR XQQLJRHWAQQM SVWUQO, ISJLQ G UQMNAVM

RQYL WLQN CRMT. FQQN JL WJXNMQ IJLU G IGSX

NMGTMJWL.

#251 (Hard)

SQZB OZUYMJZ YMHQYZBE, SKMYZ L QZWVICW BZDY

EYZV FBWG. JZLECKZ VKFHKZEE MB OKZLYQE MB L

RWZLK RQLMK.

#252 (Hard)

JNHV MIRZR MNFVR, TFVERN QVH NQVHRM MNFVY

JFMNQEM NECCW. SCFVY JICGMN MQ WQEC IMMHVMEQV

TQC I YHVMOH RMHD.

#253 (Hard)

FW ARSJC VSFDCUQ CNFYH, TURHD RYD CIJ IYA RGDY

I LFYARL. PDDG FC HFEGUD WRM I PFYA DYDMXQ.

#254 (Hard)

TN MXHHR HSYDB, CQO OID CIXWD SMSR MTOI

TWODWOTXW. ZDO HDBO KXTW OID CZSW MTOI RXQH

MSHA ODS.

#255 (Hard)

FGVT VRYKJO SKHO, JVZ FYNR RBOKX IBKSV AEBN

HYXV. NVZBNT FGVTUVVN AEB SNKDZ DEN Y XYJR

RKTS.

#256 (Hard)

MJSO UQTOZ ITFSZ, FQXZS XOS WTP TOC XUSO T

MHOCXM. FJXXZS ZWSTCV XDSI ZUSSC TW T ZHKUQS

UTFS.

#257 (Hard)

DCHG YWFRK KRTXH, KPE DVSHT VGA MHS KPMHGFH

XVSCHT. EVRKH, SCHG ETWFHHA KMWDMN GHVT V

XHGSMH FWTGHT.

#258 (Hard)

OY AGMMN YFFVP CORKC, PCFZ GLCPOJF IDJ RMFFC

HGGVFM IOM. AIVB NGLMPFVY CGAIMJ WLOFC IC I

KLSID ZIHF.

#259 (Hard)

GB SZQKJ FQCLA, FJYDS YDS FJCAJIR; IZQDJ BGPA

FXZO KCAYJRF. MYQFA, JRAD MCZIAAS FXZOXW BZC Y

LADJXA MCYIJGIA.

#260 (Hard)

KJFS IXLZWOF BSHBYF QFFRH HIWZIF, RFU KWZE

ELHBI OLBYF CXLZ AWIF. UZLHU HEWRR ZJCUJEH

SFWZ W DLBFU KBSYXK.

#261 (Hard)

ML BCMHP HXFUP, ONCCHP HJYGGPF HZPQH YBW TPPQ

ZNPJ HZPYWA. QYXHP, ZNPB QFCOPPW HGCSGA SMZN Y

OGPYF SMBWCS.

#262 (Hard)

KC VLTULO HLVOL, AYXM STKLCXN YVR ZYHPF STLYHF

HD QYPL. ZLYOJTL QTDBTLOO KV STLYHFO CDT Y

OHLYRN ZKVR.

#263 (Hard)

KBZD DZQOZW TEFFZW, LSEDJ HSEQ GD VDN WGU SEJ.

VRRSK XVJGZDLZ JS WZJ XVLZ VJ V LRZVQ XVLZ.

#264 (Hard)

HU ZVCRHBV MLJNV, MHT SPRVJ PWC EVR MHEVWXV

NPRKVJ. EVR JVEHVU PJJHYV NJPCLPEEA ZA P MEGS

EHNKR.

#265 (Hard)

RO HKJVRJCA BHHUA EGHFBCRW, ZXJAH JCH VFE FCM

JUHC F YRCMJY. VGDAV AKFXX GIQVIKA OJG F YFGK

UXFC.

#266 (Hard)

WV VFJBX VNNTX XHLTT, TNE GLQH HBXWJ MBWUN

CFBQ ZLJN. EQBXE XHLTT QICEIHX WY L GLQH

JILWQ.

#267 (Hard)

DRTB GTJHUST QTTWL HUERH, QUBULR VBT RVBTLH

HRUBE DUHRVKH RKAAL. LHOI BTOA DROH RTWXL QVA

O ETBHWT ROGUH.

#268 (Hard)

NM KBONRQ PKGQK, MNGNQX HGK XHGKQP PXNGJ

YNPXHEP XEIIIC. RKP KOQK LK CHEI ZHEIOJK OP O

QHMP VOZK.

#269 (Hard)

NLOX FOHMZMWXZ YLMXZ, ZOY B CWIXFBAR RWI HBX

SOOT SMXFUR. AOYIAX NLOXOQOA RWI FAMJY BY B

SMXF TBHO.

#270 (Hard)

LZ BHBJUK DTFFBV, LHSLGB VGLPPHBVV YHE AYLG

GBH OBYJGDBYGV. PBYSB GOB JBVG ZMJ PYGBJ DK Y

VGBYEK NPYKPLVG.

#271 (Hard)

CA XTJLD FMTJDF, OVTFH TUH DBL BUX TKHU B

QCUXTQ. NHKVBOH XNBEB QCDM KNHFHUOH ATN B FTAD

KNBODCOH.

#272 (Hard)

BAWC NADRVIWMN ODIYZ LRXXWN, BMQOW Y AWWUSRV

CWPO NOWU DCVZ. SQCQNA NDSO, CDO SMYCOQH QC Y

HVWYM VQEAO.

#273 (Hard)

UKFB SKEZSFJ FQDXV DZJFJ, ZBIZGF JGZXXBFJJ QBN

UQZG GFB KFQDGAFOGJ. TQHJF, GKFB TDESFFN

JXEUXV MED Q JEMG LZBN.

#274 (Hard)

ZA RENW HZTST, IHZXS E BSNOAFN YSKX TXSO JYND.

WEMS XBS YSKX TXSO JPLZJFT AJH E MZYU SLSYZYQ.

#275 (Hard)

PRZJ ORIAMKZHO SI WHIINZK, ODHZDWR EIAH RLJKO

LJK HZMLC EIAH JZWN. DHAOD OYLMM HREDRYO UIH L

NVJK GHZLDR.

#276 (Hard)

MDLE RQWKJSL XQQ YLLHN NRJKRL, YTETND QEL

DQELNX XDTES MTXDQWX DWKKP. ILLO TX NTUOHL YQK

J ITEB OJRL.

#277 (Hard)

QT ZREBYNU DOYZW EG, ZMYXNU BRRSD YXV BUDUO

PREB BMPOMS. TQXQDM DRTO, XRO TBYXOQZ QX Y

ZYIS IQNMO.

#278 (Hard)

RAXP OUWCCPXOO KXXCO OYSJYX, WPTWUX OUWCCPXOO

SPH RSWU UXP AXSJUGXSUO. LSVOX, UAXP LJDYXXH

OCDRCZ PXSJ S NVWXU LCSZCWOU.

#279 (Hard)

XA NXUPUGQQ GIFJH QSIDN, QSIUP IUP QSFGSDZ;

DYTUS AXBG QJYC LFGISZQ. SFTQS QVIJJ FZHSZVQ

YU I DJGIF MJIHJXQS.

#280 (Hard)

SK DOLSYW SJWSAD QPGRW, XGHJB KGHP SJ LJA WSZ

GHB. YDB PDYSDK LPPSND QPLAHLYYT KGP L IHOLJ

WBDF.

#281 (Hard)

RK JROVOFCC KFFUC KGUU, HGW WSF HSAOF TBTX

BRWS ROWFOWRAO. QFWGQO BSFOFMFQ XAG VQRKW RO T

IUFTQ BROVAB.

#282 (Hard)

QRZE BDIK HRVEK, KHZF DIHKVWZ SEW LTZZH

JDDNZT SVT. TZFNSJZ WTSUS QVHR FTZKZEJZ EZST S

LZEHNZ QVEWDQ.

#283 (Hard)

DK ASRLW KVVZ CVRMN, WZVA PGZWDTV RLT UJVWZ

FPPSVJ RDJ. QVVA DZ WDHASV LVRJ R WZVRTN

YDLTPY.

#284 (Hard)

JEUP VEFZWEVK KEFZVK, ZPRZOB QFZO EXPAK XPA

ZPRBUPRE QFZO SXJ. OUCBXRU AOXNX JMVE COUKUPRU

GFO X KMNCBU NMPA.

#285 (Hard)

AWXG RBJIJ LTFX SL, JRBN BGN JROXRPW; PUSGR

YTCX JFUA VOXBRWJ. ROSJR JZBFF OWERWZJ YUO B

PFXBO OWERWZ.

#286 (Hard)

SB YOCQ GJUOL HCSKH, HSK FOGIX OVU CIG HSCIVYI

MOGPIX. YPJJI HGIOUL JDIX HKIIU SV O HGIOUL

KCOLCSHG.

#287 (Hard)

TCSY WCUXWSK PFMMSK, WCUUKS KJZHHSI KQSVK ZYL

GSSV QCSJ KQSZLN. WCUUKS KQSZLN UBSI KVSSL OUI

Z TZIJ KQSV.

#288 (Hard)

NC UANXM SA KIAAYMB, PINVM E TMHLCZH UMFV XVML

AUHR. HMV IMHNMC EIINWM SIEBZEHR CAI E XHAP

LIEKVNKM.

#289 (Hard)

KEVL XJBCVLYV BCRFBVLE, XOB BFV XFDLV JKJP

KCBF CLBVLBCDL. XADBVYB BFV ZOCVB PDO HJMV DL

J YGVJA KCLTDK.

#290 (Hard)

MZ ZJLQD DBGSSD, SGA BRPI IQDML OQMHG NJQP

TRLG. SGA LRSI WG NJQP IGRDQPG ZJP R UQIRF

IMFH.

#291 (Hard)

JKQV TQXCBDQ BVABXQ UQQR FNJ, UBVBAB SVQ

KSVQAC CKBVP JBCKSGC KGFFZ. LQOO BC ABDORQ SV

N LBVX JBVXSJ.

#292 (Hard)

XV LKOUXRK UXENUKDT, ISXUK B NKFGVYF DKPU TUKG

JDFH. GBYTK, UNKD GSJMKKO TFJIFH VJS B CYXKU

SNHUNR.

#293 (Hard)

SBWC INYK QWCAYP VZEF, ZCUZAW FAZYWCWFF NCV

SNZA AWC BWNDAXWNAF. RWWE ZA FZKEYW ZC N GMZWA

SZCVHS.

#294 (Hard)

EI LUNEXF FHNAZ, FET QNHLV NKY XLH FEXLKAL

BNHJLV. UNZL VLAGOLVP TNVH GI FDAALFF IGV N

FHLNYP UGVKEKB.

#295 (Hard)

MG AUP GZZJ OXD, NUPBI GUPO MB XBS VMW UPI.

RZXVPOZ FOUQOZVV MB HOZXIKV UB X NXJR NKXMO.

#296 (Hard)

ERJG GJSHJO SXOJO, SJCTMJ XGWTOKO BGC IJK

BKKJGKXYG SJKTSG. ZBPJ KRJ GJDK OKJW YQHXYTO

AYS B LTXJK OKJW.

#297 (Hard)

VE FDOXQ VZYVFJ FVHY, HOQ QKJ HKDZJ RMRW MVQK

VZQJZQVDZ. IJJH VQ YVUHBJ EDN R YBDM UDNZVZC.

#298 (Hard)

LEHG GHKCHN XHGYMI NQKXH, KHUQPH FGBQYN DGU

MHY DYYHGYFSG KHYQKG. PESSNH NYHDUI SCHK NBHHU

LFYE D HDNI PEDFK.

#299 (Hard)

XG NPJCXJHM MANBBM, MXD ARCNY RHZ BNC MXBNHKN

ORCVNY. OQRYZ SJQY NFNHXHO GJY YNKJFNYS GJY R

ARYP DYRKCXKN.

#300 (Hard)

RUQS CQQLVSPX KNHHI VS, NHRQO ZHDO XUHDNIQOX

ESI NQSPLUQS ZHDO QTUENQ. LODXL XCENN OUZLUCX

VS E QEXZ JNEZNVXL.

#301 (Hard)

TJPV QIOWA ZPVAP, OJIIAP ASBUUPN AZPYA BVH

EPPY ZJPS AZPBHM. ZNWAZ ASBUU NJMZJSA QIN B

ECVH QIOWA.

#302 (Hard)

JQ MKVEX QCCN GVTOCM, IKVZX QKVG JZ WZM TJY

KVX. NCX GCNJCQ WGGJBC PGWMVWNNL EL W HWGR

HJZMKH.

#303 (Hard)

MG FVRRW IRRWF HCRQIMAD, GMAMFX YAR XYARFE

EXMAD BMEXYKE XKCCP. CREKCA BXRARJRC PYK OCMGE

GYC Q ZQVT XRQCE.

#304 (Hard)

BUQY ALDOC EHDQC, DUHYFQ ELLNC HYV EQCQR SLOE

EUSRUN. REOCR CNHPP EUSRUNC ALE H DPQHE CRQJ.

#305 (Hard)

JYGT HFNPWUG LOUYLGTB, BLPGLHY DFNP YWTSB WTS

PGQWE DFNP TGHI. BLWD TGWP JYWL YGQRB VFP W

BQFJ RWHG.

#306 (Hard)

BAGM EIJLC XGMRTF QUCGC, TIBGQ FILQ CAILTWGQC

SMW TGMXRAGM FILQ GOASTG. HGGN UR CUPNTG EIQ S

XGMRTG NTSM.

#307 (Hard)

OKZD UMTFT XWLLE YD, QZEASZ YDHAUT MDE WZU

MUUZDUYLD QZUAQD. TUMR DZMQ OKMU KZWHT XLQ M

SWZMQ HMSZ.

#308 (Hard)

UC EUSY ZYYOW OURBURB, JYE QMDS SXWUA BXUFY

HIXD OMAY. OMXWY, EVYR ODIAYYF WJIQJH CID M

QMDS MEEYREUIR.

#309 (Hard)

ZU NANCEM RYZAL, GNR SKCW WXLZH FXZQN MDXC

BKHN. HYDDLN LRNKQM DENC LBNNQ UDC K FNARGN

OCNKRY.

#310 (Hard)

FB QRXFVFZIV BRRA MWN, XZKIS BZKM FI WIQ VFP

ZKS. GRRL FS VFTLAR IRWM W GFIQ AFOUS.

#311 (Hard)

HY YFXQE AQMMUE, ERUI FQREHJU DCJ STUUR XFFZUT

DHT. ERDK CUDT VWDR WUZIE VHRW D WQODC XFTCUT.

#312 (Hard)

ENAO HNTYJNHP MURA BUHA, BTEAX KTYX PNTYBGAXP

UOG BAOJHNAO KTYX ADNUBA. FAAL ZH PZRLBA ITX U

PZRLBA PHAL.

#313 (Hard)

XLGD RVGGA RXGVVR, RIGA FSIROQG BDQ CHGGI

UFFVGH BOH. COMG ZFSH KSISHG RGVK NODQDGRR

XOIL B ROWAVG ULBOH.

#314 (Hard)

XYHV VHUCHM DHHJM JTVSTVS, XUTKH L YHPJBIP

VHNK MKHJ FVPW. PHK UHPTHB LUUTCH SULGILPPW

VHLU L MTAJPH PTSYK.

#315 (Hard)

CP MZUUN WCTBWUVM, MNUSH DFYU MZFJZL SVI YUZSE

LFQY PSXU. PCVCMB MFPW, VFW PYSVWCX PFY S XSZD

RYUSWB.

#316 (Hard)

SFMZ KXEZO YWNSO, OUK SERMW EZG XMR OUXMZTM

YERFMW. XMR MEOM DM QNVW TNVWEYM BNW E MEOQ

MHMZUZY.

#317 (Hard)

YLMG WVRHQ FEQMQ, RVHGA WVHF EG IGN QEC VHA.

XMIOM ALM FMQA WVF XIAMF WVF I ZEGN IAAMGAEVG.

#318 (Hard)

EH CYCMTS ZBEXZ, QPFYW HPFM EY LYR ZEG PFW.

NCCX EW ZEKXBC HPM L ZEKXBC HPQFZ.

#319 (Hard)

MU FBKMAMSIA ANBXXA, NJXR ZCMBUXV JIF GJWKO

ZCBJWO WS LJKB. XBW CBXMBU JCCMDB ECJFTJXXV

USC J KXBJC GMIF.

#320 (Hard)

QTOI OGYKMYIP UCVVOP, QLMKO W TOEHXCE IOZK

PKOH YIEN. GWFO KTO IOZK PKOH YUJMYCP MI W

PKOWBN RYLIOL.

#321 (Hard)

QALM KJOUUMLKK JLMKL, UFQLD VFBD KAFBUXLDK EMX

ULMIJALM VFBD LRAEUL. DLJBDM QALMLZLD VFB

XDONJ NFD E KOYCUL CUEM.

#322 (Hard)

ZIMF XCVRMFQM QLJZG QNJKM, QJEFV DJEL RF CFG

KRW JEV. XCEKM, VIMF XLJQMMG KNJZNO DJL C MCKO

CVVMFVRJF.

#323 (Hard)

IJAF SAYEDEGFD YWCA BWMA, YGTFM QGTH EF WFS

DEN GTM. HAUBWYA SHWCW IEMJ UHADAFYA FAWH W

JTCWF YJWEH.

#324 (Hard)

UK XUSH GVC PXG, GUD EZXHA ZFN RHX GURHFJH

OZXVHA. RHX AHGX TCUF XVH DRZF KCA Z VPSZF

SCAFUFO.

#325 (Hard)

KVIL AIDXYXTLY HZTTA XL, EWG GVI EVTLI QKQU

KXGV XLGILGXTL. GFWYG YBQZZ FVUGVBY OU Q KQFB

ZXJVG.

#326 (Hard)

XVUA GJFU MUUQP POINOU, XNJGU I VUQLMRQ AUKG

PGUL TAQB. MJAJPV PTMG, ATG MNIAGJO SB I XINF

LQIBQJPG.

#327 (Hard)

ON GRPOIE EYGIIE, IGZ YPVR RJEOS AJOMG XBJV

HPSG. IGZ ZLG MPX GQM GPVIOGV YOZL P FOQM

HIPXIOEZ.

#328 (Hard)

VD OHSNNJHS NKSPPN, PSL KMHY YJNVZ UJVES GBJH

OMZS. HSOPMZS EHYMY KVL A OHSNSWZS KVL A M

USWLPS ZAMVH.

#329 (Hard)

GUXI IXZAXM MJVVXIWO ZEMXM, RJP PUX RUKIX NGNO

GEPU EIPXIKEKI. PZJMP MBNWW ZUOPUBM YKZ N

MPXNVO RNDX.

#330 (Hard)

GB CAKSZ ZGXWZHMT, TABZHM LAKP XROH RMC TVAY

LAKP IAGDH. VHZ PHVGHB RPPGIH XPRCKRVVL SL R

TZHRCL DAPMHP.

#331 (Hard)

CVNE RMNGFV ILKNFHU MGBND, BVGEJN MXXOD GEQ

MNDNF UXLM MVUFVO. CGHA UXLMDNHP FXCGMQ ILKNF

XE G NGDU CKEQXC.

#332 (Hard)

NVRK KZSGR JLSWQG, NDSPR F VRWHBLW KRUP GPRH

ZKWE. DRHWFYR QDFAF NSPV HDRGRKYR BZD F VLA FK

HFYR.

#333 (Hard)

GM WQGHHPFWW MFFH BFSOK, LNGQF S BFHTMCH PFAQ

WQFT VPHK. HFQ NFHGFM SNNGOF RNSECSHHK PFSN S

FSWK IVNPFN.

#334 (Hard)

XG MNBXUA QWXDA, AXZ KBQML BDT UMQ AXUMDPM

SBQWML. NBFM LMPEJMLR ZBLQ EG AIPPMMAA GEL B

AXNZUM ZBPM.

#335 (Hard)

OTXV YXANCNRVC SXVCX, ZROXW KRIW CTRIZYXWC GVV

ZXVPSTXV KRIW XQTGZX. ATRRCX CSXGYK RFXW CJXXY

ONST G BINXS JZGKZNCS.

#336 (Hard)

HM VLKZALVO OZQAP, FKZ WV MKZQ HW GWX OHU KZV.

DPV QPDHPM GQQHSP AOGXZGDDI KW G LZTGW

JDGIDHOV.

#337 (Hard)

QJ EVQNW NPVKRN, FIWLRPW SQOW XVK PLHW RQAW RV

NZLIW. OWWZ QR NQAZSW JVI L GLIA PLFQR.

#338 (Hard)

RL TBE ZXXNH YJXQZRSK, FIQSKX JBBUH QSG JXHXD

TBEJ JITDIU. ZXXN RD HRUNWX LBJ Q HBLD JITDIU.

#339 (Hard)

VD MVYA ZICCAJ, WIM MOA WOLPA SFSK FVMO

VPMAPMVLP. FSHG KLINJAHD MLFSNX RIVAM DLN S

EAPMHA APANEK.

#340 (Hard)

KPJR HCJLLQ CJ LEWMG, MPWRBJ CFFZL WRU CJLJE

AFQC CPAEPZ. GJJH TE LTZHDJ FR W PQZWR MFCRJC.

#341 (Hard)

CQ USNOCGS MJNNSKVT XIHPM, QCKCMD HKS DHKSMO

ODCKX PCODHJO DJIIT. BFJMS, ODSK BIHRSSN

MVHPVT PCOD F PFIG RDFCI.

#342 (Hard)

KJDC CDSUDA SGFDA, AIDL EQIAYPD GCP HSDDI

FEEEXDS GYS. HQGSP NEQS DUDCYCH TES SDFEUDSN

TES G FGXO TEFQA.

#343 (Hard)

REKX VKPVJMXKY YEAHNY, TAHXN LAHO MX PXV YMD

AHN. QHPOV ZAHO KUKXMXQ LAO OKTAUKOZ AX P TPJI

TAOXKO.

#344 (Hard)

SD JTGGK JTSKJ, QLWQMT ARQM OYLHJ YLH QLWTGLWO

ARQM IYV. BGGK SX JSEKTG SL Y JRDX WRMLGM.

#345 (Hard)

EC RYYKEAZU KHMGX USYFFU, WNGAZY LHHRU GAM

LYUYK XHDL LNXKNR. KLDUK URGFF LNXKNRU SEKN G

UERQFY SEAMHS.

#346 (Hard)

TP ETVCVYDD AMVTJNA PYYKD DOFSOY, OMZVA PMZS

TV FVC DTQ MZA. EYYU TA DTLUKY MV F WZTYA

UKFIKTDA.

#347 (Hard)

HBIS HJMMW LISPVW QIICO TMIXQESL, RBXSLI MJJFO

XSZ MIOIP WJKM MBWPBF. PMKOP OFXVV MBWPBFO DJM

X OJDP CVXS.

#348 (Hard)

GOXK BZKHKXUU FXIU YTDH, ZKLZIX UIZYYKXUU NKH

GNZI IXK OXNMIWXNIU. UINC KXNM GONI OXYVU ZK N

FXKIYX YZFOI.

#349 (Hard)

VK ITXNVXYE VE LGSH, ENGYH GYH ENSINZL; ZXFYN

KVQI EWXD USIGNLE. OIIC VN EVTCWI KXS G OVYH

TXSYVYB.

#350 (Hard)

GJ SGEX IXXEI VGISBOS, ISXC HRSIGVX BOV QWXXS

ZHHUXW BGW. SWRIS IEBUU WLPSLEI JHW B FGOV

LBAGS.

#351 (Hard)

YZUD FKNPGTU COGFI, DGJU OZU QUUBRDT GDW

BKKCUD HKNP MKCONPU. PUONPD YZUDULUP HKN WPRQO

QKP G TUDOBU MGFU.

#352 (Hard)

PN JAOWH VFFKX KPMIPMI, PMEPHF XHPCCMFXX TMJ

GTPH HFM ZFTUHWFTHX. NPMPXZ XANH, MAH NUTMHPQ

MFTU T XANH QAUMFU.

#353 (Hard)

VR FJHAYJFP KAVBMP, PVE TGFUW GOM BUF PVBUOIU

YGFJUW. BUGLU FJU WUPF RHW BGFUW HO G PFUGMS

IHWOUW.

#354 (Hard)

TKFS VMQO HZMVB WN, HAIZFS JAWD YMCF MSE HQAT

JAWD RAPVF. ZDWHZ HOMQQ DKJZKOH IAD M KWOMS

FSFDYJ.

#355 (Hard)

WU UIHEN BWSN, NJORB ORB NJQMJHX; HIERJ UWGM

NTIY DQMOJXN. YOTV ZIEQNMTU JIYOQB AEWMJ IR O

VWRB HXOWQ.

#356 (Hard)

QXIE JPN KNCCIV, GXYEOI UPPWV YEZ UIVIH JPNU

UXJHXW. GXPPVI VHIYZJ PTIU VSIIZ AE Y IYVJ

GPUEIU.

#357 (Hard)

DSZQ BMZKKVMZ KSUVXK, FZX DIMJ JVKTW YVTGZ

NUVM BIWZ. FZX MZKX LUTQ XSZ BFIQ OUM I KUOX

IXXZQXTUQ.

#358 (Hard)

MZ NPVWV NEVPPN, PVU EGIS SONMJ COMTV FDOI

WGJV. JYDDNV NUVGTF DHVI NWWVT KVGI G NPDE

JDIKVI.

#359 (Hard)

VR EWKZUWET EVUWEFQT, DWPQUF IKKNT PQY IFTFE

GKZI IWGEWN. JFE IFTE LKVQ EWF MJPQ KQ P

TVNMJF DKIQFI.

#360 (Hard)

LC PX PXPNQI SPPH CPVBI, DXBDOP FODHHXPFF VXU

LVDO OPX CPVNOJPVOF. MVRFP, OCPX MNEGPPU

FHELHI SEN V QPXOHP VOOPXODEX.

#361 (Hard)

YFMU VGDUB KFNUB, NUCNKM BKNGGUMBB DUI YDNK

KMU FMDJKTMDKB. PDOM JMHECMJL VDJK EZ BSHHMBB

NU D BEZK GNXFk.

#362 (Hard)

SNXT WNX BNCTX MOCSE, SOPWX Z NXEBDIE TXHW

FWXB CTEU. OXBEZGX VOZJZ SPWN BOXFXTGX DCO Z

FECS QOXZWN.

#363 (Hard)

GQFT FDZKCB YVKCAB, WQPPBF BDZCCFJ BEFMB ZTA

RFFM EQFD BEFZAN. WQPPBF BEFZAN PHFJ BMFFA

GKEQ Z WZCD GKTAPG.

#364 (Hard)

XG YMZBVMYL OBTL LMZOY, GXTXLM ZTR MZTRLY

YMXTV SXYMZBY MBOOD. YOBLY LPQEE OMDYmpl GZO Q

NERQO AEQT.

#365 (Hard)

QG KOIRI GCCAI KQEXK, FCLPHC QZNPki OZL ACK

OKKCZKQUZ FCKPFZ. NOPIC, KXCZ NFUHCCL IAUMAB

GUF O IUGK FUPKQZC.

SOLUTIONS

- 001: Keep your kindness when plans change this moment.
- 002: Breathe out longer; let the body soften with care.
- 003: You are allowed to go slower now.
- 004: Rest for a moment and begin again today.
- 005: Take the calmer option when both work this moment.
- 006: Be soft with yourself and keep going now.
- 007: Make your breath the meeting place with patience.
- 008: Name the feeling and unclench your jaw for a while.
- 009: Trade speed for steadiness this hour today.
- 010: Make room for rest and clear seeing today.
- 011: Let patience move the day forward with patience.
- 012: Welcome small breaks as skill building this moment.
- 013: Breathe gently and choose the next kind step this moment.
- 014: Let today be steady instead of fast with patience.
- 015: Trust a quiet plan over a loud rush now.
- 016: Be here long enough to feel better for a while.
- 017: Start kind continue kind finish kind as you begin.
- 018: Let your gaze soften and thoughts follow for a while.
- 019: Give yourself one gentle minute of quiet for a while.
- 020: Choose the gentler pace your body trusts as you begin.
- 021: Unclench the jaw; let the shoulders drop with care.
- 022: Touch the ground with your attention this moment.
- 023: Be where your feet are and breathe with patience.
- 024: A quiet minute can reset the day with patience.
- 025: Protect your focus with small pauses when you can.
- 026: Return to your body and the mind calms for a while.
- 027: Say less today and notice more when you can.
- 028: Choose calm first then choose again now.
- 029: Your breath is a pocket sanctuary when you can.
- 030: Slow down and let your thoughts settle this moment.
- 031: Return to your senses and simplify today.
- 032: Be gentle with the parts that ache today.
- 033: Let your nervous system feel safe now as you begin.
- 034: Return to calm even if slowly now.
- 035: Allow mistakes to teach without shaming for a while.
- 036: Exhale the hurry and keep the truth now.
- 037: Keep what helps and leave the rest today.
- 038: Choose less at once and more presence when you can.
- 039: Give yourself permission to move more slowly until calm returns.
- 040: Water the habit of patient attention this moment.
- 041: Calm grows where attention lands softly now.
- 042: Hold attention gently; release perfection this moment.
- 043: When worry arrives greet it and breathe for a while.
- 044: Pause kindly; the next step will appear when you can.
- 045: Return to simple and see what remains this moment.
- 046: Set down hurry; carry only what helps with care.
- 047: Calm begins when you lower the volume now.
- 048: Make each breath a tiny permission with care.
- 049: Focus lightly and hold nothing tight with care.
- 050: Choose curiosity whenever fear is loud today.
- 051: Make your pace honest and repeatable with patience.
- 052: Hold your attention lightly; let calm grow today.
- 053: Invite quiet to teach you presence with patience.
- 054: Small pauses create big progress as you begin.
- 055: Let the day be lighter than fear with patience.
- 056: Let compassion guide what you say with patience.
- 057: Listen to silence and find steady focus as you begin.
- 058: Be gentle when you are learning this moment.
- 059: Protect your morning and guard your focus now.

060: Notice the body signals and respect them until calm returns.
061: When presence simply organizes, choose smaller steps and keep them steady.
062: When evenings softly untangles, write a helpful next step only.
063: When motivation steadily drops, choose smaller steps and keep them steady.
064: quietly anchors, write a helpful next step only.
065: When confidence quietly lightens, stand and stretch; count five slow breaths.
066: When routines kindly lightens, make a short list and follow it kindly.
067: When rhythm softly untangles, walk briefly and match breath to pace.
068: When pace slowly organizes, step outside and greet cooler air.
069: When silence quietly lightens, reduce inputs and let attention return.
070: When inputs already builds, count four in and six out.
071: When focus gently slows, step outside and greet cooler air.
072: When values softly drops, put the phone away with intention.
073: When stillness already drops, step outside and greet cooler air.
074: When values kindly anchors, invite stillness and wait ten heartbeats.
075: When stillness simply organizes, sip water and let silence gather.
076: When presence steadily softens, count four in and six out.
077: When stress kindly settles, count four in and six out.
078: When morning kindly focuses, turn down the volume of inputs.
079: When silence softly organizes, soften your gaze and slow your voice.
080: When rest already lightens, make a short list and follow it kindly.
081: When voice briefly lightens, soften your gaze and slow your voice.
082: When silence simply drops, choose smaller steps and keep them steady.
083: When calm tonight anchors, speak more slowly and relax your face.
084: When pace today drops, set a boundary you can keep kindly.
085: When posture briefly returns, put the phone away with intention.
086: When stress briefly slows, lower your shoulders and lengthen your exhale.
087: When pace today settles, change rooms and reset your rhythm.
088: When boundaries steadily organizes, turn down the volume of inputs.
089: When decisions already softens, reduce inputs and let attention return.
090: When rhythm tonight calms, speak more slowly and relax your face.
091: When pace already returns, write a helpful next step only.
092: When inputs briefly organizes, write a helpful next step only.
093: When tempo kindly settles, uncurl your hands and unclench your jaw.
094: When silence briefly anchors, write a helpful next step only.
095: When boundaries gently drops, step outside and greet cooler air.
096: When voice quietly untangles, speak more slowly and relax your face.
097: When shoulders tonight guides, set a boundary you can keep kindly.
098: When shoulders today organizes, choose smaller steps and keep them steady.
099: When choices tonight slows, write worries down and close the tab.
100: When values simply lightens, breathe like you have time to spare.
101: When rhythm gently settles, set a boundary you can keep kindly.
102: When rest quietly anchors, name the feeling and loosen your posture.
103: When presence quietly returns, speak more slowly and relax your face.
104: When confidence today slows, make a short list and follow it kindly.
105: When motivation briefly organizes, make a short list and follow it kindly.
106: When patience tonight lightens, stand and stretch; count five slow breaths.
107: When meetings tonight anchors, uncurl your hands and unclench your jaw.
108: When boundaries kindly settles, soften your gaze and slow your voice.
109: When stress simply slows, invite stillness and wait ten heartbeats.
110: When direction simply settles, walk briefly and match breath to pace.
111: When shoulders slowly builds, sip water and let silence gather.
112: When kindness briefly slows, set a boundary you can keep kindly.
113: When doubt softly returns, change rooms and reset your rhythm.
114: When thoughts already calms, uncurl your hands and unclench your jaw.
115: When attention softly lightens, uncurl your hands and unclench your jaw.
116: When rhythm kindly guides, turn down the volume of inputs.
117: When boundaries kindly lightens, write a helpful next step only.
118: When energy quietly lightens, set a boundary you can keep kindly.
119: When structure briefly softens, reduce inputs and let attention return.
120: When values steadily anchors, write worries down and close the tab.

121: When structure kindly softens, step outside and greet cooler air.
122: When nerves steadily untangles, choose smaller steps and keep them steady.
123: When sleep simply drops, count four in and six out.
124: When worry kindly builds, put the phone away with intention.
125: When stillness tonight settles, write worries down and close the tab.
126: When meetings already organizes, finish one honest thing without hurry.
127: When plans today untangles, reduce inputs and let attention return.
128: When silence quietly drops, set a boundary you can keep kindly.
129: When tempo inside focuses, lower your shoulders and lengthen your exhale.
130: When momentum quietly drops, sip water and let silence gather.
131: When posture briefly slows, uncurl your hands and unclench your jaw.
132: When patience quietly builds, uncurl your hands and unclench your jaw.
133: When morning tonight slows, put the phone away with intention.
134: When energy already focuses, step outside and greet cooler air.
135: When confidence already lightens, write worries down and close the tab.
136: When doubt steadily calms, turn down the volume of inputs.
137: When choices briefly softens, choose smaller steps and keep them steady.
138: When energy simply drops, make a short list and follow it kindly.
139: When shoulders inside slows, stand and stretch; count five slow breaths.
140: When rest already returns, stand and stretch; count five slow breaths.
141: When shoulders gently guides, put the phone away with intention.
142: When motivation tonight untangles, choose smaller steps and keep them steady.
143: When kindness softly untangles, lower your shoulders and lengthen your exhale.
144: When plans steadily builds, reduce inputs and let attention return.
145: When worry steadily settles, write a helpful next step only.
146: When decisions softly anchors, change rooms and reset your rhythm.
147: When sleep softly anchors, breathe like you have time to spare.
148: When decisions inside slows, put the phone away with intention.
149: When habits today anchors, invite stillness and wait ten heartbeats.
150: When promises already anchors, invite stillness and wait ten heartbeats.
151: When meetings quietly calms, make a short list and follow it kindly.
152: When patience tonight builds, step outside and greet cooler air.
153: When direction tonight anchors, breathe like you have time to spare.
154: When pressure slowly calms, uncurl your hands and unclench your jaw.
155: When doubt steadily untangles, sip water and let silence gather.
156: When morning kindly slows, make a short list and follow it kindly.
157: When promises simply softens, write a helpful next step only.
158: When attention steadily focuses, turn down the volume of inputs.
159: When inputs steadily lightens, make a short list and follow it kindly.
160: When clarity briefly lightens, speak more slowly and relax your face.
161: When time softly anchors, soften your gaze and slow your voice.
162: When patience already settles, stand and stretch; count five slow breaths.
163: When shoulders briefly settles, uncurl your hands and unclench your jaw.
164: When rhythm inside returns, write a helpful next step only.
165: When doubt softly guides, change rooms and reset your rhythm.
166: When tempo slowly drops, name the feeling and loosen your posture.
167: When routines tonight drops, step outside and greet cooler air.
168: When inputs already lightens, soften your gaze and slow your voice.
169: When pressure already guides, step outside and greet cooler air.
170: When boundaries quietly slows, finish one honest thing without hurry.
171: When motivation steadily lightens, put the phone away with intention.
172: When values already calms, write worries down and close the tab.
173: When kindness simply guides, sip water and let silence gather.
174: When schedules softly anchors, invite stillness and wait ten heartbeats.
175: When promises tonight focuses, change rooms and reset your rhythm.
176: When direction briefly drops, turn down the volume of inputs.
177: When momentum tonight builds, invite stillness and wait ten heartbeats.
178: When motivation inside slows, count four in and six out.
179: When work inside guides, choose smaller steps and keep them steady.
180: When meetings today focuses, choose smaller steps and keep them steady.
181: When silence simply focuses, finish one honest thing without hurry.

182: When time tonight slows, breathe like you have time to spare.
183: When tempo softly drops, soften your gaze and slow your voice.
184: When boundaries briefly calms, sip water and let silence gather.
185: When structure kindly drops, speak more slowly and relax your face.
186: When shoulders steadily organizes, stand and stretch; count five slow breaths.
187: When posture tonight untangles, finish one honest thing without hurry.
188: When tension tonight organizes, stand and stretch; count five slow breaths.
189: When energy tonight builds, count four in and six out.
190: When motivation today drops, soften your gaze and slow your voice.
191: When tasks briefly organizes, walk briefly and match breath to pace.
192: When energy steadily lightens, count four in and six out.
193: When thoughts briefly settles, turn down the volume of inputs.
194: When kindness today calms, walk briefly and match breath to pace.
195: When morning tonight builds, count four in and six out.
196: When rest inside focuses, step outside and greet cooler air.
197: When voice already guides, make a short list and follow it kindly.
198: When tasks already settles, step outside and greet cooler air.
199: When morning tonight focuses, write a helpful next step only.
200: When clarity briefly builds, speak more slowly and relax your face.
201: When thoughts is clenched, invite stillness and wait ten heartbeats.
Finish soft, not frantic for a calm morning.
202: If pressure tightens, write a helpful next step only.
Protect the quiet you make for a calm habit.
203: If kindness builds, write a helpful next step only.
Stay near what helps with your small wins.
204: When deadlines grows, walk briefly and match breath to pace.
Keep it simple by a kind corner.
205: When thoughts suddenly swells, invite stillness and wait ten heartbeats.
Finish soft, not frantic for a steady step.
206: If emails gently dips, reduce inputs and let attention return.
Pause, then proceed slowly at a gentle pace.
207: If the phone feels tight, sip water and let silence gather.
Trust small rhythms with your soft music.
208: When sleep gently slips, reduce inputs and let attention return.
Replace drama with presence at a slow pace.
209: If doubt again dips, reduce inputs and let attention return.
Measure progress in breaths with a soft corner.
210: When you again tightens, walk briefly and match breath to pace.
Keep it simple at a quiet pace.
211: If shoulders feels small, sip water and let silence gather.
Pause, then proceed slowly for a steady night.
212: If the house stack up, let warm music guide your pace.
Keep it simple in a human playlist.
213: If your chest rises, change rooms and reset your rhythm.
Keep it simple for a quiet evening.
214: When worry feel rushed, write a helpful next step only.
Keep it simple with your nervous system.
215: When patience slips, invite stillness and wait ten heartbeats.
Make the next step obvious for a easy pace.
216: If shoulders again races, finish one honest thing without hurry.
Trust small rhythms at a calm pace.
217: When noise early slips, write a helpful next step only.
Trust small rhythms by a gentle window.
218: If nerves slips, sip water and let silence gather.
Walk yourself toward quiet in a soft playlist.
219: When patience builds, close one tab and open a window.
Finish soft, not frantic by a simple chair.
220: When kindness feel rushed, stand and stretch; count five slow breaths.
Trust small rhythms near a quiet corner.
221: If emotions tightens, write a helpful next step only.
Allow patience to set pace near a steady light.

222: When your jaw builds, invite stillness and wait ten heartbeats.
Stay near what helps with a clear corner.

223: When doubt races, lower your shoulders and lengthen your exhale.
Stay near what helps with your future self.

224: If deadlines is clenched, sip water and let silence gather.
Trust small rhythms with a quiet corner.

225: If courage surge, choose smaller steps and keep them steady.
Measure progress in breaths with your steady breath.

226: If the world tense, write a helpful next step only. Keep it simple at a steady pace.

227: If nerves rises, invite stillness and wait ten heartbeats.
Let ease be your courage for a clear practice.

228: If choices tense, let warm music guide your pace.
Replace drama with presence near a kind corner.

229: When doubt grows, uncurl your hands and unclench your jaw.
Trust small rhythms at a warm pace.

230: When doubt leaves early, change rooms and reset your rhythm.
Finish soft, not frantic by a quiet playlist.

231: If deadlines builds, step outside and greet cooler air.
Measure progress in breaths at a easy pace.

232: When meetings shouts, put the phone away with intention.
Make recovery part of success with your evening light.

233: When worry stack up, step outside and greet cooler air.
Stay near what helps on a steady chair.

234: If the list slips, count four in and six out.
Replace drama with presence with your quiet room.

235: If patience is clenched, put the phone away with intention.
Return whenever you drift with your evening routine.

236: When the day surge, walk briefly and match breath to pace.
Keep it simple with a gentle window.

237: When doubt runs short, reduce inputs and let attention return.
Keep it simple for a warm night.

238: When noise thins, invite stillness and wait ten heartbeats.
Let calm be your measure by a kind light.

239: When pressure tightens, reduce inputs and let attention return.
Guard your evening for recovery with your morning routine.

240: If shoulders dips, write a helpful next step only.
Make the next step obvious near a clear chair.

241: When noise races, step outside and greet cooler air.
Let relief arrive gradually for a human breath.

242: If sleep buzzes, choose smaller steps and keep them steady.
Trust small rhythms by a kind playlist.

243: If noise feels full, step outside and greet cooler air.
Finish soft, not frantic with a steady light.

244: If breath buzzes, soften your gaze and slow your voice.
Replace drama with presence by a quiet corner.

245: If plans early races, reduce inputs and let attention return.
Return whenever you drift for a slow plan.

246: If nerves too shouts, write a helpful next step only.
Replace drama with presence by a clear light.

247: When thoughts runs short, count four in and six out.
Measure progress in breaths in a clear corner.

248: If you gently is hard, finish one honest thing without hurry.
Keep it simple for a calm plan.

249: If nerves keeps pinging, stretch your hands and relax your neck.
Keep it simple for a steady breath.

250: When meetings feel rushed, write a helpful next step only.
Keep it simple with a warm playlist.

251: When bedtime tightens, write a helpful next step only.
Measure progress in breaths in a clear chair.

252: When tasks thins, finish one honest thing without hurry.
Bring warmth to your attention for a gentle step.

253: If doubt quietly thins, close one tab and open a window.
Keep it simple for a kind energy.

254: If worry races, put the phone away with intention.
Let rest join the plan with your warm tea.

255: When emails dips, let warm music guide your pace.
Return whenever you drift for a calm mind.

256: When plans races, close one tab and open a window.
Choose steady over speed at a simple pace.

257: When focus surge, sip water and let silence gather.
Pause, then proceed slowly near a gentle corner.

258: If worry feels tight, step outside and greet cooler air.
Walk yourself toward quiet at a human pace.

259: If doubt surge, stand and stretch; count five slow breaths.
Pause, then proceed slowly for a gentle practice.

260: When courage inside feels scarce, let warm music guide your pace.
Trust small rhythms near a quiet window.

261: If noise surge, choose smaller steps and keep them steady.
Pause, then proceed slowly with a clear window.

262: If nerves tense, walk briefly and match breath to pace.
Measure progress in breaths for a steady mind.

263: When nerves buzzes, count four in and six out.
Allow patience to set pace at a clear pace.

264: If bedtime surge, sip water and let silence gather.
Let relief arrive gradually by a slow light.

265: If emotions keeps breaking, close one tab and open a window.
Trust small rhythms for a warm plan.

266: If focus feels small, let warm music guide your pace.
Trust small rhythms in a warm chair.

267: When bedtime feels tight, finish one honest thing without hurry.
Stay near what helps for a gentle habit.

268: If emails tense, finish one honest thing without hurry.
Let ease be your courage at a soft pace.

269: When decisions thins, set a boundary you can keep kindly.
Return whenever you drift at a kind pace.

270: If energy buzzes, invite stillness and wait ten heartbeats.
Leave the rest for later by a steady playlist.

271: If doubt shouts, close one tab and open a window.
Replace drama with presence for a soft practice.

272: When shoulders today buzzes, write a helpful next step only.
Finish soft, not frantic in a clear light.

273: When choices early rises, invite stillness and wait ten heartbeats.
Pause, then proceed slowly for a soft mind.

274: If calm rises, write a helpful next step only.
Make the next step obvious for a kind evening.

275: When shoulders go crooked, stretch your hands and relax your neck.
Trust small rhythms for a kind breath.

276: When courage too feels scarce, finish one honest thing without hurry.
Keep it simple for a kind pace.

277: If courage stack up, change rooms and reset your rhythm.
Finish soft, not frantic in a calm light.

278: When stillness feels scarce, invite stillness and wait ten heartbeats.
Pause, then proceed slowly near a quiet playlist.

279: If kindness early stack, stand and stretch; count five slow breaths.
Trust small rhythms on a clear playlist.

280: If emails inside grows, count four in and six out.
Let relief arrive gradually for a human step.

281: If kindness feels full, put the phone away with intention.
Return whenever you drift in a clear window.

282: When focus thins, step outside and greet cooler air.
Replace drama with presence near a gentle window.

283: If plans feel heavy, step outside and greet cooler air.

Keep it simple near a steady window.

284: When thoughts shouts, uncurl your hands and unclench your jaw.
Replace drama with presence for a simple mind.

285: When tasks pile up, stand and stretch; count five slow breaths.
Trust small rhythms for a clear rhythm.

286: If calm today slips, sip water and let silence gather.
Choose steady over speed in a steady playlist.

287: When choices buzzes, choose smaller steps and keep them steady.
Choose steady over speed for a warm step.

288: If noise go crooked, write a helpful next step only.
Let relief arrive gradually for a slow practice.

289: When patience tightens, put the phone away with intention.
Protect the quiet you make on a clear window.

290: If focus swells, let warm music guide your pace.
Let calm be your measure for a human mind.

291: When bedtime inside feel raw, finish one honest thing without hurry.
Keep it simple on a kind window.

292: If bedtime tightens, write a helpful next step only.
Pause, then proceed slowly for a quiet rhythm.

293: When calm gently dips, invite stillness and wait ten heartbeats.
Keep it simple in a quiet window.

294: If emails stack, sip water and let silence gather.
Make recovery part of success for a steady morning.

295: If you feel raw, count four in and six out.
Measure progress in breaths on a calm chair.

296: When nerves rises, reduce inputs and let attention return.
Make the next step obvious for a quiet step.

297: If doubt inside dips, put the phone away with intention.
Keep it simple for a slow morning.

298: When nerves gently surge, reduce inputs and let attention return.
Choose steady over speed with a easy chair.

299: If emotions swells, sip water and let silence gather.
Guard your evening for recovery for a warm practice.

300: When meetings flood in, lower your shoulders and lengthen your exhale.
Trust small rhythms in a easy playlist.

301: When focus tense, choose smaller steps and keep them steady.
Trust small rhythms for a kind focus.

302: If doubt feel rushed, count four in and six out.
Let relief arrive gradually by a warm window.

303: If sleep keeps breaking, finish one honest thing without hurry.
Return whenever you drift for a calm heart.

304: When focus races, change rooms and reset your rhythm.
Trust small rhythms for a clear step.

305: When courage tightens, stretch your hands and relax your neck.
Stay near what helps for a slow pace.

306: When focus gently rises, lower your shoulders and lengthen your exhale.
Keep it simple for a gentle plan.

307: When tasks flood in, reduce inputs and let attention return.
Stay near what helps for a clear pace.

308: If time keeps pingping, let warm music guide your pace.
Pause, then proceed slowly for a warm attention.

309: If energy thins, let warm music guide your pace.
Choose steady over speed for a gentle breath.

310: If decisions feel raw, count four in and six out.
Keep it simple near a kind light.

311: If focus buzzes, step outside and greet cooler air.
Stay near what helps with a human corner.

312: When thoughts came late, lower your shoulders and lengthen your exhale.
Keep it simple for a simple step.

313: When sleep swells, step outside and greet cooler air.
Give your future self kindness with a simple chair.

314: When nerves keeps pinging, write a helpful next step only.
Let relief arrive gradually near a simple light.

315: If sleep tightens, speak more slowly and relax your face.
Finish soft, not frantic for a calm breath.

316: When plans grows, sip water and let silence gather.
Let ease be your courage for a easy evening.

317: When focus rises, count four in and six out.
Leave the rest for later for a kind attention.

318: If energy slips, count four in and six out.
Keep it simple for a simple focus.

319: If decisions swells, walk briefly and match breath to pace.
Let relief arrive gradually for a clear mind.

320: When emotions buzzes, write a helpful next step only.
Make the next step obvious in a steady corner.

321: When stillness tense, lower your shoulders and lengthen your exhale.
Return whenever you drift for a simple plan.

322: When patience crowd close, count four in and six out.
Pause, then proceed slowly for a easy attention.

323: When decisions came late, count four in and six out.
Replace drama with presence near a human chair.

324: If time shouts, sip water and let silence gather.
Let rest join the plan for a human morning.

325: When decisions flood in, put the phone away with intention.
Trust small rhythms by a warm light.

326: When time feels scarce, write a helpful next step only.
Finish soft, not frantic by a warm playlist.

327: If emails swells, let warm music guide your pace.
Let the day end earlier with a kind playlist.

328: If pressure swells, let warm music guide your pace.
Replace drama with presence with a gentle chair.

329: When nerves suddenly rises, put the phone away with intention.
Trust small rhythms for a steady pace.

330: If doubt tightens, soften your gaze and slow your voice.
Let relief arrive gradually by a steady corner.

331: When breath quietly races, change rooms and reset your rhythm.
Walk yourself toward quiet on a easy window.

332: When noise builds, write a helpful next step only.
Replace drama with presence for a human pace.

333: If stillness feel heavy, write a helpful next step only.
Let relief arrive gradually near a easy corner.

334: If emails thins, sip water and let silence gather.
Make recovery part of success for a simple pace.

335: When decisions tense, lower your shoulders and lengthen your exhale.
Choose steady over speed with a quiet playlist.

336: If thoughts surge, count four in and six out.
Let relief arrive gradually on a human playlist.

337: If noise shouts, breathe like you have time to spare.
Keep it simple for a warm habit.

338: If you keeps breaking, change rooms and reset your rhythm.
Keep it simple for a soft rhythm.

339: If time buzzes, put the phone away with intention.
Walk yourself toward quiet for a gentle energy.

340: When pressure stack, change rooms and reset your rhythm.
Keep it simple on a human corner.

341: If bedtime suddenly grows, finish one honest thing without hurry.
Pause, then proceed slowly with a warm chair.

342: When nerves races, step outside and greet cooler air.
Guard your evening for recovery for a calm focus.

343: When deadlines shouts, count four in and six out.
Guard your evening for recovery on a calm corner.

344: If sleep slips, uncurl your hands and unclench your jaw.

Keep it simple in a soft corner.

345: If meetings today swells, change rooms and reset your rhythm.

Trust small rhythms with a simple window.

346: If kindness tonight feels scarce, count four in and six out.

Keep it simple on a quiet playlist.

347: When worry gently keeps breaking, change rooms and reset your rhythm.

Trust small rhythms for a soft plan.

348: When kindness gets loud, invite stillness and wait ten heartbeats.

Stay near what helps in a gentle light.

349: If emotions is hard, stand and stretch; count five slow breaths.

Keep it simple for a kind morning.

350: If time seems distant, step outside and greet cooler air.

Trust small rhythms for a kind habit.

351: When courage stack, name the feeling and loosen your posture.

Return whenever you drift for a gentle pace.

352: If doubt keeps pinging, invite stillness and wait ten heartbeats.

Finish soft, not frantic near a soft corner.

353: If thoughts builds, sip water and let silence gather.

Leave the rest for later on a steady corner.

354: When calm stack up, soften your gaze and slow your voice.

Trust small rhythms for a human energy.

355: If focus dips, stand and stretch; count five slow breaths.

Walk yourself toward quiet on a kind chair.

356: When you buzzes, change rooms and reset your rhythm.

Choose steady over speed in a easy corner.

357: When pressure shouts, let warm music guide your pace.

Let rest join the plan for a soft attention.

358: If sleep swells, let warm music guide your pace.

Choose steady over speed near a slow corner.

359: If thoughts tightens, change rooms and reset your rhythm.

Let rest join the plan on a simple corner.

360: When energy feel heavy, invite stillness and wait ten heartbeats.

Pause, then proceed slowly for a gentle attention.

361: When plans thins, invite stillness and wait ten heartbeats.

Make recovery part of success in a soft light.

362: When the phone grows, write a helpful next step only.

Replace drama with presence for a slow breath.

363: When emails builds, choose smaller steps and keep them steady.

Choose steady over speed with a calm window.

364: If thoughts runs short, finish one honest thing without hurry.

Trust small rhythms for a clear plan.

365: If tasks feels tight, reduce inputs and let attention return.

Pause, then proceed slowly for a soft routine.