Each letter of the alphabet has been substituted for a number. 3 letters have been provided for you. Start by trying to guess the correct word using the clues provided, once the top part of the puzzle is complete transfer the letters to the grid below to reveal a quote, name etc.

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

1	2	3	4	5	6	7	8	9	10	11	12	13
N	A	B	C	M	X	L	T	K	V	J	R	I
14	15	16	17	18	19	20	21	22	23	24	25	26
Z	H	Y	G	S	F	W	E	Q	D	P	U	O

IN THE GRID BELOW IS A QUOTE BY RALPH WALDO EMERSON

F	O	R		E	V	E	R	Y		M	I	N	U	T	E	
Y	O	U		R	E	M	A	I	N		A	N	G	R	Y	
Y	O	U		G	I	V	E		U	P		S	I	X	T	Y
S	E	C	O	N	D	S		O	F		P	E	A	C	E	
O	F		M	I	N	D										