

Name: _____

Date: _____

HOW CAN I PRACTICE MORE SELF LOVE?

WRITE A LOVE LETTER

DRINK MORE WATER

SELF PLEASURE

GET IN NATURE

ROLL A JOINT

SET A GOAL

MEDITATE

BREATHE

GROOVE

PRAY



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