

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Self-Care

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

compliment yourself  
forgive yourself  
treat yourself  
independence  
take a nap  
self-help  
spa day  
relax

personal attention  
balance yourself  
self contained  
take a walk  
do garden  
grooming  
loungue  
laugh

positive feedback  
weekend get away  
care of onself  
encouraging  
self date  
massage  
listen  
knit

self appreciation  
scented candles  
aromatherapy  
empowerment  
promoting  
indulge  
escape

hydrate yourself  
pamper yourself  
mental break  
take a run  
body care  
breathe  
color