

WAYS OF SELF LOVE

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

PERSONAL DEVELOPMENT

DRINK MORE WATER

NO ELECTRONICS

HEALTHY MEALS

PRIORITIZE

LAUGH MORE

BE HAPPY

MASSAGE

BELIEVE IN YOURSELF

NO SOCIAL MEDIA

BE TRUE TO YOU

TAKE CHANCES

RISE EARLY

ALONE TIME

ORGANIZE

WALK

POSITIVE SELF TALK

FIND YOUR TRIBE

SIT IN SILENCE

AFFIRMATIONS

POSITIVITY

HAVE HOPE

VACATION

RUN

GO TO BED EARLIER

EPSOM SALT BATH

LOVE YOURSELF

FAMILY TIME

MEDITATION

GRATITUDES

EXERCISE