

Name: _____

Date: _____

Building Confidence and Self Esteem

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

personal appearance
healthy eating
conditioner
eat right
exercise
prayer
bathe

positive thinking
brush teeth
clean room
wash hair
shampoo
relax
soap

organize space
be grateful
deodorant
kindness
shower
sleep