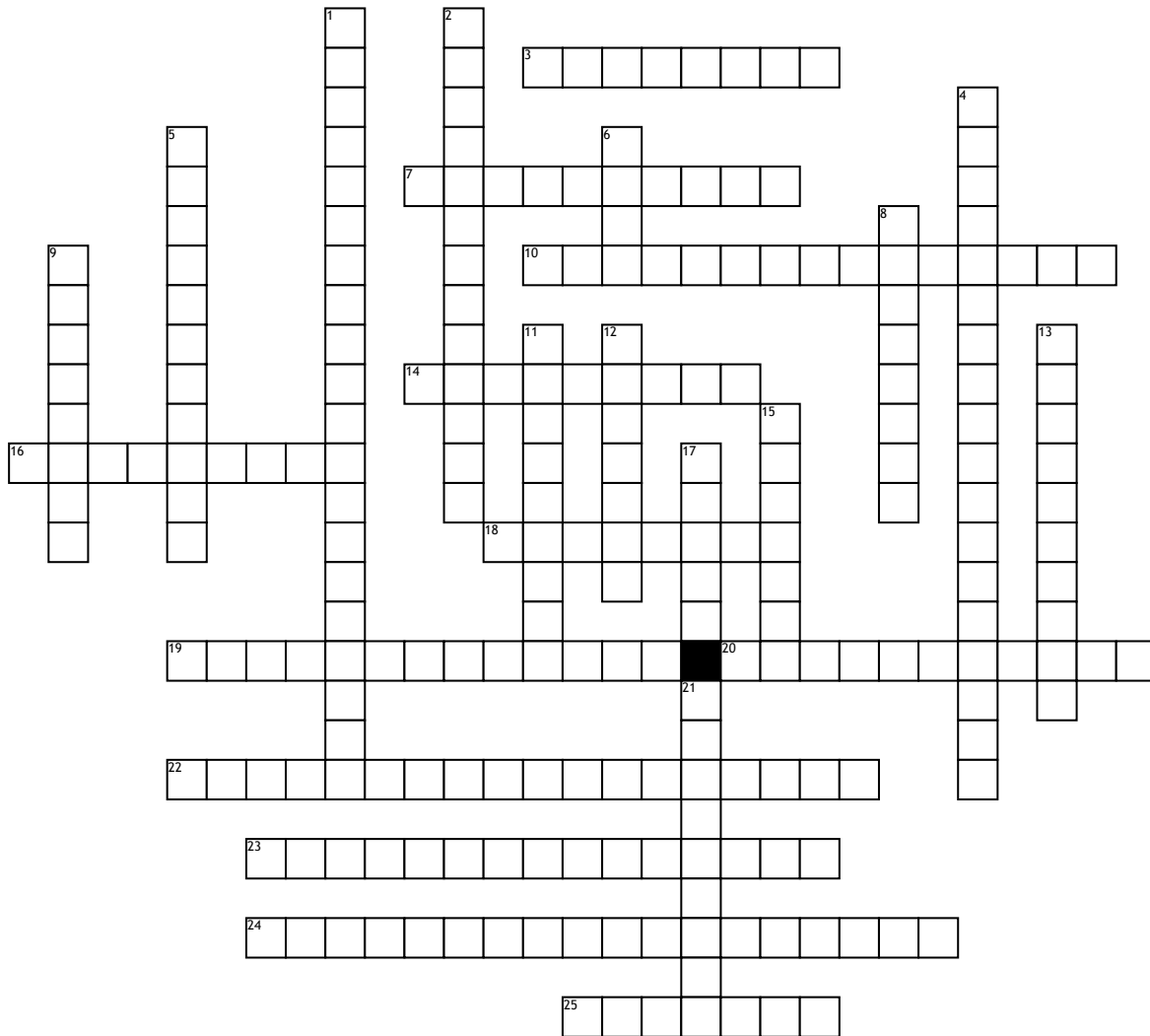


Personal Development Crossword



Across

3. Stimulates blood circulation
 7. Handle these calmly and judiciously
 10. It involves the whole body
 14. Bad breath
 16. Smile, posture, and facial expression are all examples of what type of communication?
 18. The position of your back when sitting in a chair
 19. Shoes should be properly fitted and have _____, _____.

20. Reflection of inner feelings, thought, attitudes, and values

22. Proper conduct in the workplace
 23. Examples include apply deodorant, wearing clean shoes, & bathing regularly

24. This is dependent on good nutrition, exercise, and rest
 25. This can be done to an attitude

Down

1. Numbs and weakens the hands
 2. Accounts for most of you daily nutrient intake
 4. Fatty fish is an example
 5. The practice of healthy teeth and gums and preventing bad breath
 6. Being honest without being offensive

8. Feeling/emotion toward something/someone

9. Consideration and cooperation are two keys words to describe this:

11. A suggested topic of conversation with a client is their:

12. What excess calories can be converted into

13. Best choice of clothing for an esthetician

15. When this is correct it help internal organs function properly

17. May cause an increase in heart rate

21. Converting raw materials into energy