

# SELF CARE

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

Listentomusic  
Go outside  
Chocolate  
Laundry  
Hiking  
Spa

Watch a movie  
Goforawalk  
Readable  
Skydive  
Socks  
Pie

Calla friend  
Night out  
Crafting  
Ferrari  
Sleep

Bubble bath  
Gardening  
Massage  
Arugula  
Lego