

Name: _____

Date: _____

Self-Care

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

accountability
forgiveness
awareness
stability
routine
goals

communication
commitment
knowledge
strength
active
sleep

perseverance
expression
mentality
healing
effort
love

consistency
motivation
self care
mindset
health
time