

Name: _____

Date: _____

Self-Care

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

self-respect appreciate confidence gratitude
happiness self-care feelings dignity
respect peace truth worth
love joy