

Name: _____

Date: _____

Self-Centred

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

self awareness
self worth
self care
soothing
support

empowerment
acceptance
self love
Wellness
change

perspective
resilience
thoughts
healing
coping