

Name: _____

Date: _____

Self Care

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

adventurous
ambitious
discreet
selfhelp
loving
calm

determined
sociable
fearless
careful
tough
kind

dependence
reliable
diligent
helpful
witty
Time

easygoing
creative
faithful
Comfort
loyal
Rest

confident
charming
powerful
Support
brave
Ease