

Self-Care Word Search Puzzle

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

Affirmations

Boundaries

Chocolate

Creativity

Deserving

Empowerment

Forgiveness

Freedom

Gratitude

Joy

Luxuriate

Meditation

Nature

Nurture

Relaxation

Rest

Self-Care (2 words)

Spaciousness

Stillness

Tend

Worthy

Angel  Angles

with janette stuart