

Name: _____

Date: _____

Self-Nurturing Ideas

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

VOLUNTEERING	DAYDREAMING	VACATIONING	STRECTCHING	SOCIALIZING
BUBBLEBATHS	MEDITATION	EXERCISING	BICYCLING	GARDENING
EATINGOUT	SHOPPING	PAINTING	LEARNING	CONCERTS
HUMMING	WRITING	WALKING	READING	PUZZLES
NAPPING	HOBBIES	COOKING	TRAVEL	SPORTS
MOVIES	CRAFTS	BEACH	YOGA	