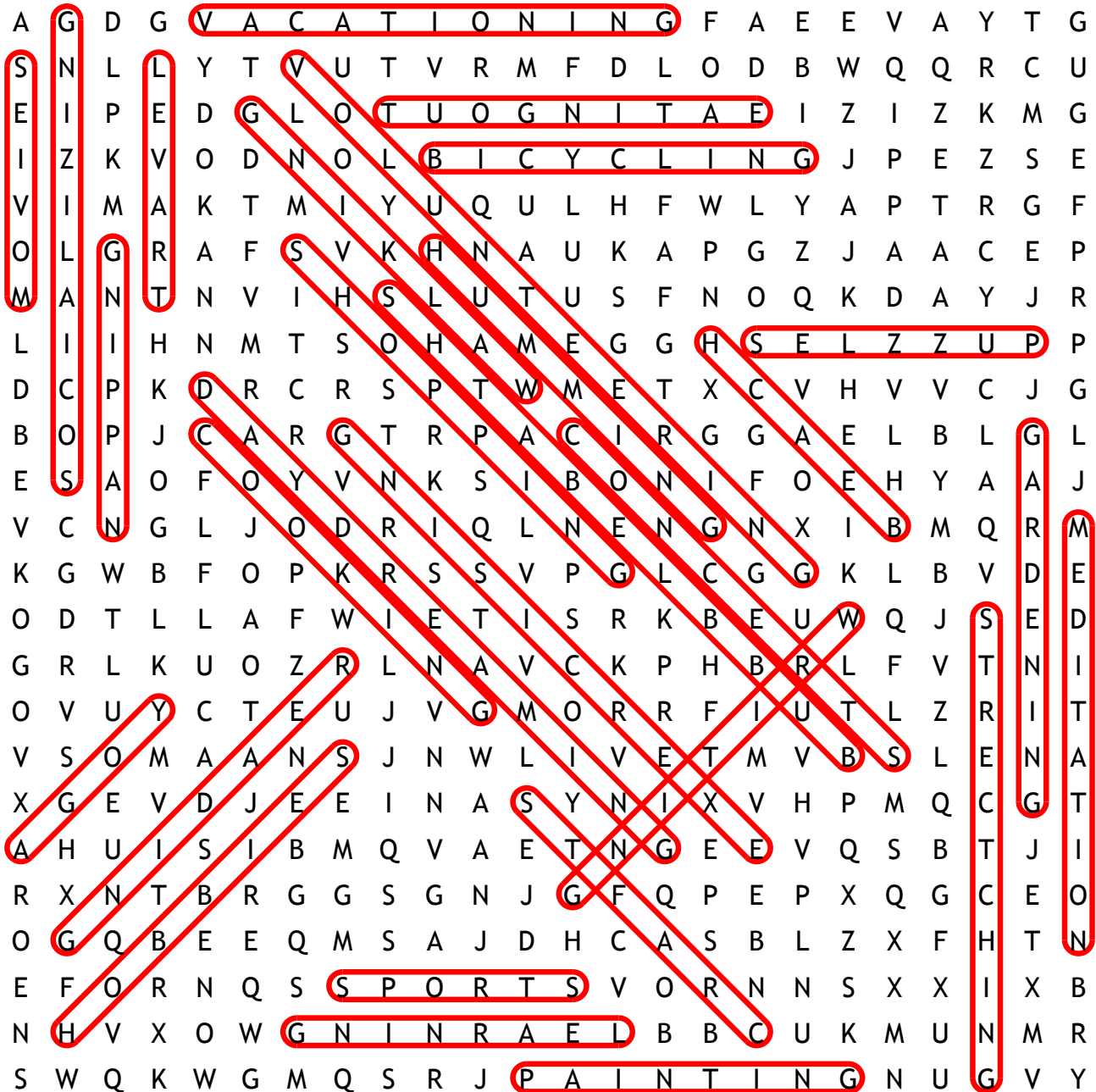


Name: _____

Date: _____

Self-Nurturing Ideas



- | | | | | |
|--------------|-------------|-------------|------------|-------------|
| VOLUNTEERING | DAYDREAMING | VACATIONING | STRETCHING | 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 | |