

POSITIVE THINKING FOR BEGINNERS

It's time to switch off, pour a cup/glass of something fabulous and get searching for Self-Care and Time out ideas.

Good luck, and I hope you enjoy this word search.

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

BAKE	FRESH AIR	MEDITATE	RELAXATION
BLOWDRY	FRUIT	MOISTURISE	REST
BUBBLEBATH	GYM	MOVIE	RUN
DANCE	HERBAL TEA	MUSIC	SALAD
DE CLUTTER	HOT CHOCOLATE	NAP	SMILE
EXERCISE	LAUGH	PARK	SMOOTIE
EXFOLIATE	LEARN	PEDICURE	SPA
FACE MASK	LOVE	PLAN	STRETCH
FACIAL	LUXURY	PLAY	SWIM
FLOWERS	MANICURE	POETRY	WALK
FOOT SPA	MASSAGE	READ	YOGA