

POSITIVE THINKING FOR BEGINNERS

Time to have another 'ME' moment, get yourself comfortable, grab a pen and take your time to find the Self-Care ideas hidden in this grid.

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

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

ALONE TIME	HELPFUL	OUTSIDE	SOUL
BLANKET	HERBS	PILLOWS	SPA
CHICKEN SOUP	HOBBY	PLAY	SPICES
CLEANLINESS	HOLISTIC	POLISH	STRETCHES
COOCNUT OIL	HUG	POSTURE	SUNRISE
COMFORT ZONE	JUICER	QUIET	SUNSHINE
CONFIDENCE	KIND	SCENTED CANDLES	TANNING LOTION
EPSOM SALTS	LIGHT	SHOWER	TIDY
ESSENTIAL OILS	LOVE	SING	TO DO LIST
EXERCISE	MIRROR	SLEEP	TREAT
GOALS	OPEN SPACES	SNUGGLE	WATER