|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Self-Nurturing Ideas

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |

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