

Selfcare Word Search

Puzzle 77

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

**ASPIRATION
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CHECKLIST
EXHALE
FREEDOM
INTENTION
REFRESH
SILENCE**

**BATH
CALMNESS
CONTENTMENT
FORGIVENESS
HYDRATION
NAP
RHYTHM
TENSION**

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Puzzle-Solution 77

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

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