

# Selfcare Word Search

## Puzzle 199

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

**AFFIRMATION  
BOUNDARY  
CONSISTENCY  
GOAL  
PATIENCE  
RESTORE  
STRAIN  
WATER**

**ATTENTION  
BREATH  
FOUNDATION  
PAINT  
PLEASURE  
SLEEP  
UNDERSTAND  
YOGA**

# Selfcare Word Search

## Puzzle-Solution 199

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

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