




Comfort & SELF LOVE

WORD SEARCH



Find the words that remind you to show yourself love, kindness, and comfort. 

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

WORD LIST

-  KINDNESS
-  SELF COMPASSION
-  GRATITUDE
-  PEACE
-  LOVE
-  ENOUGH
-  WORTHY
-  CALM
-  HEALING
-  SELF CARE
-  COMFORT
-  BELIEVE
-  MERCY
-  JOY
-  STRENGTH
-  PRESENT
-  MINDFUL
-  CELEBRATE YOU
-  TRUST
-  PATIENCE
-  SECURE
-  BOUNDARIES
-  APPRECIATE
-  NURTURE
-  FORGIVE
-  REST
-  DESTRESS
-  BREATHE
-  RELAX
-  YOU MATTER
-  DREAMS
-  GENTLE
-  SOFT
-  SAFE

You deserve the love you so freely give to others.



Rest without guilt.



Speak to yourself with kindness.



Take breaks. You matter.



Journal your thoughts.



Be gentle with yourself.

Choose yourself every day.



You are allowed to take up space. You are allowed to rest. You are allowed to put **YOURSELF** first.

