

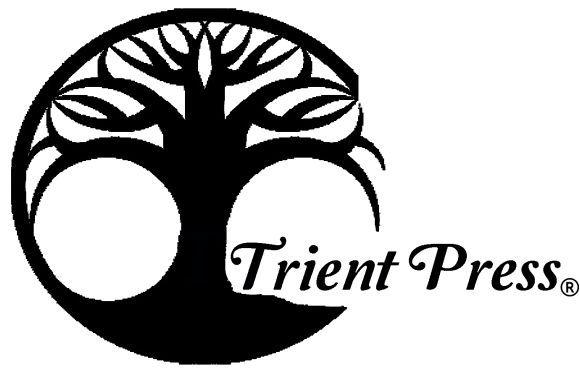


ARE YOU

Happy

Activity Book

M. L. P. P.



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Self-care

checklist

- ☐ get enough sleep
- ☐ listen to a podcast
- ☐ take a break from social media
- ☐ watch your favourite movie
- ☐ plan your day
- ☐ take your vitamins
- ☐ spend time outside
- ☐ read a new book
- ☐ learn to meditate
- ☐ let yourself dream



30 DAY Self-Care Challenge

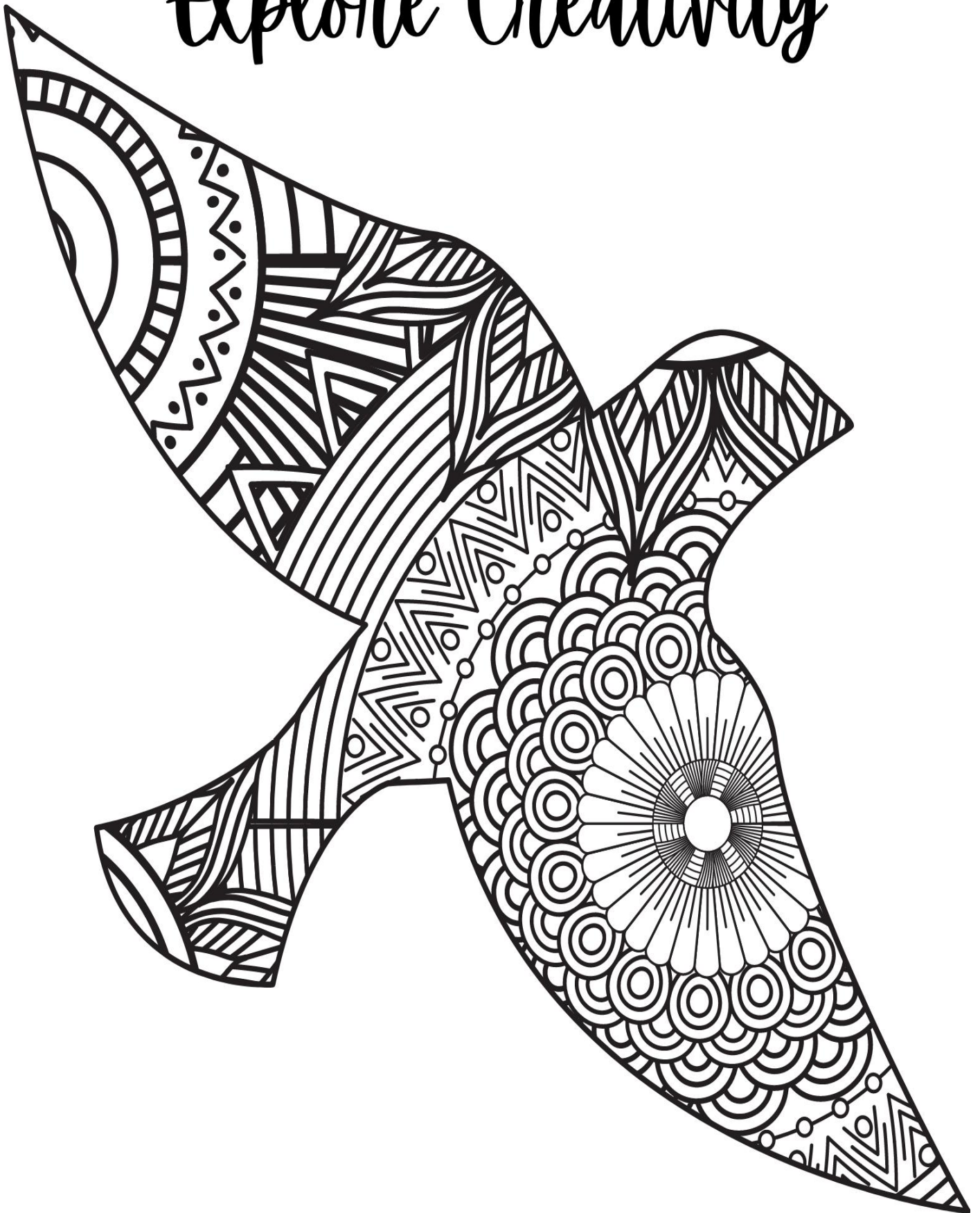
DAY 1 Start a gratitude journal	DAY 2 Learn to meditate	DAY 3 Spend the day social media free	DAY 4 Call someone you love	DAY 5 Take a 15 minute walk outdoors
DAY 6 Listen to a podcast	DAY 7 Learn to cook a new recipe	DAY 8 Stretch for 10-15 minutes	DAY 9 Listen to your favorite song	DAY 10 Practice deep breathing
DAY 11 Try a free online workout	DAY 12 Read a book for 15 minutes	DAY 13 Write a list of short-term goals	DAY 14 De-clutter a room or desk	DAY 15 Go to bed 30 minutes earlier
DAY 16 Have a game night	DAY 17 Wake up 15 minutes earlier	DAY 18 Make your favorite meal	DAY 19 Buy yourself something nice	DAY 20 Create a bucket list
DAY 21 Watch a movie or series	DAY 22 Write down your thoughts	DAY 23 Take a long shower or bath	DAY 24 Have a home spa day	DAY 25 Read inspirational quotes
DAY 26 Create a vision board	DAY 27 Spend some time outside	DAY 28 Do a hair mask	DAY 29 Write it all down in a journal	DAY 30 Take a power nap



Feline Creative

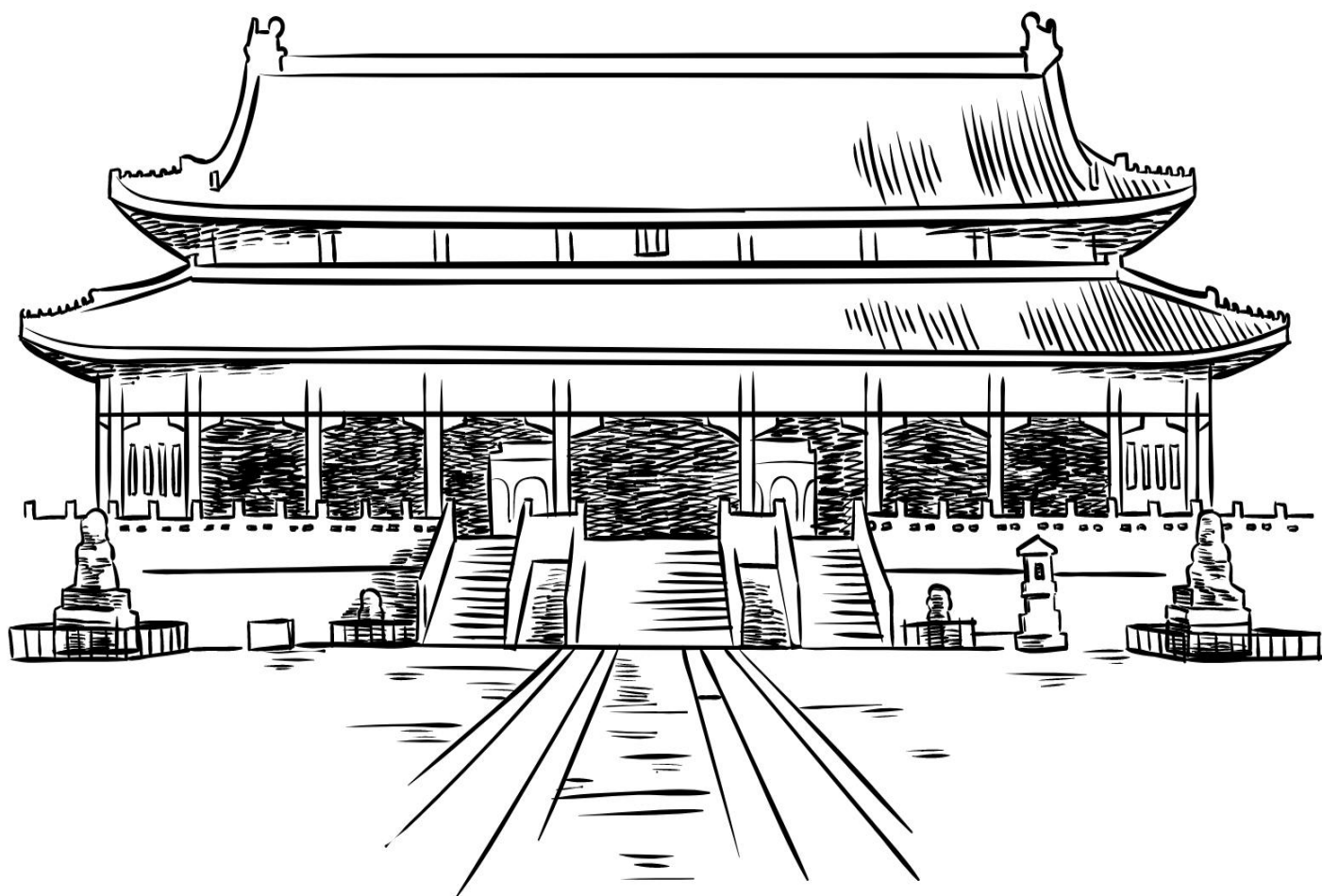


Explore Creativity

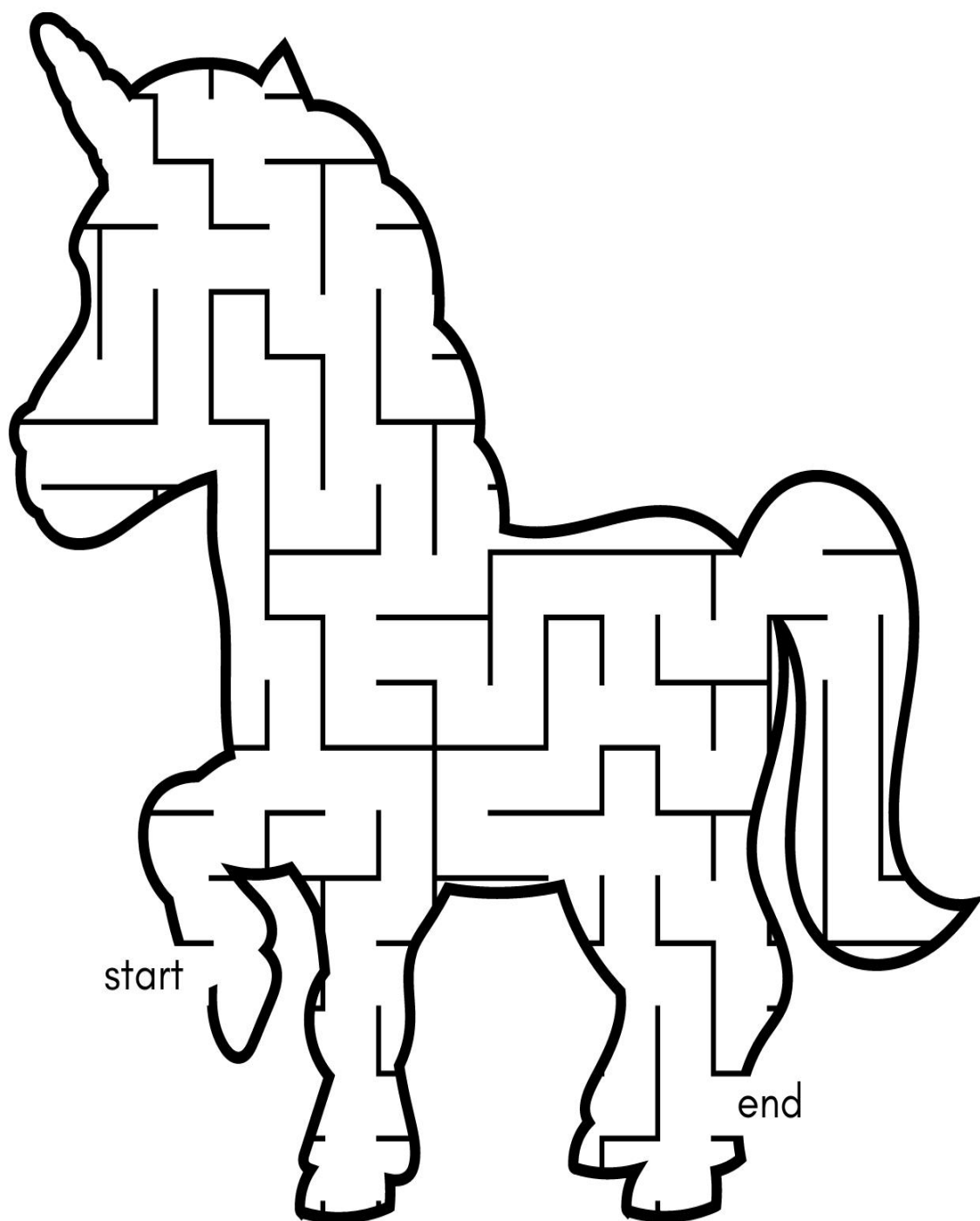






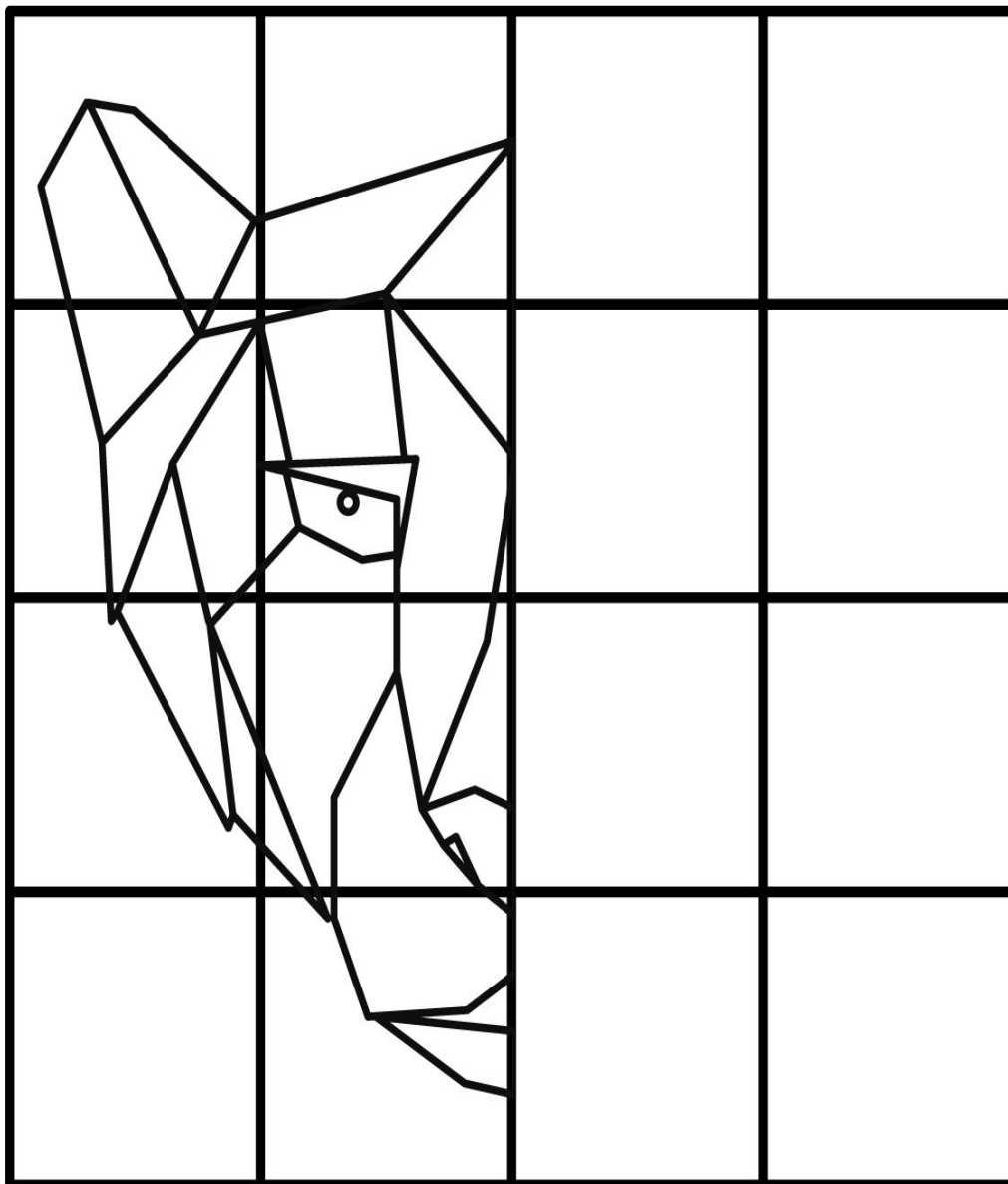


YOU ARE A-MAZE-ING



SYMMETRY

Use the grid to help you draw the other side of the animal's face, then add some color.



GROWTH MINDSET

Flip your thinking! Complete the speech bubbles:

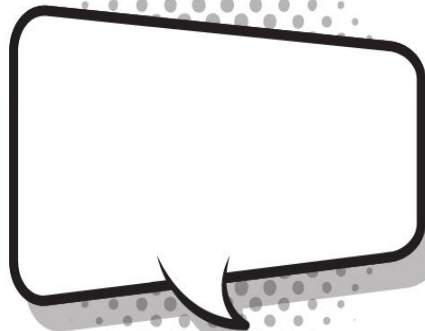
Instead of:

This is too hard!
I give up.

I can't do this!

I'm no good at this!

Say:

A rectangular speech bubble with a black outline and a tail pointing towards the bottom left. It is set against a background of grey dots.An oval speech bubble with a black outline and a tail pointing towards the bottom left. It is set against a background of grey dots.A rounded rectangular speech bubble with a black outline and a tail pointing towards the bottom left. It is set against a background of grey dots.

CRACK THE CODE

Use the key below to help you crack the code!

a	b	c	d	e	f	g	h	i	j	k	l	m
1	2	3	4	5	6	7	8	9	10	11	12	13
n	o	p	q	r	s	t	u	v	w	x	y	z
14	15	16	17	18	19	20	21	22	23	24	25	26

9	1	13	23	15	18	20	8	25

9	1	13	22	1	12	21	5	4

9	1	13	12	15	22	5	4

9	1	13	2	18	1	22	5

9	1	13	5	14	15	21	7	8

CONTINUOUS ART

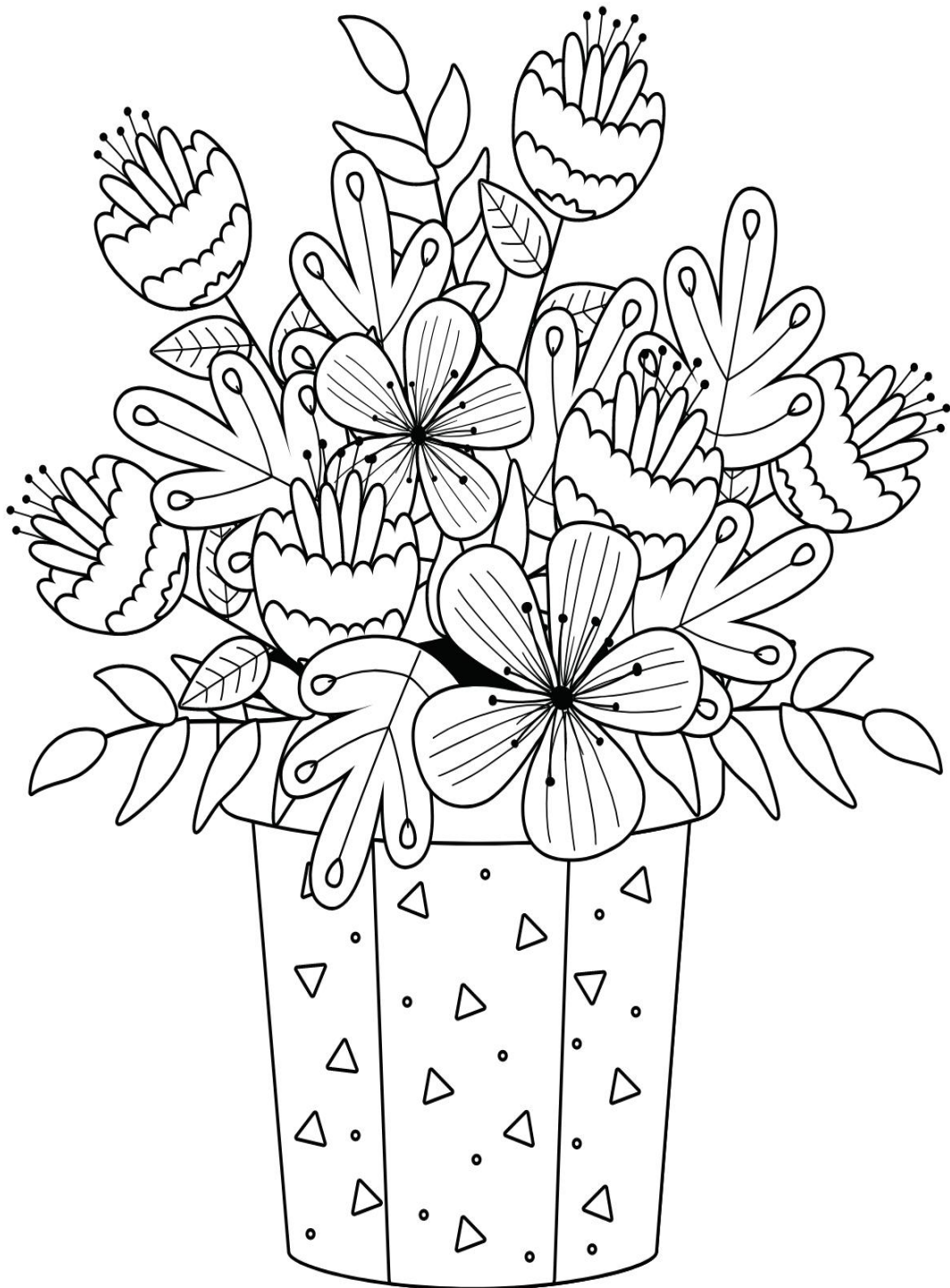
Continuous line drawing is art created without lifting the drawing tool off the paper and creating an image using one consistent line.



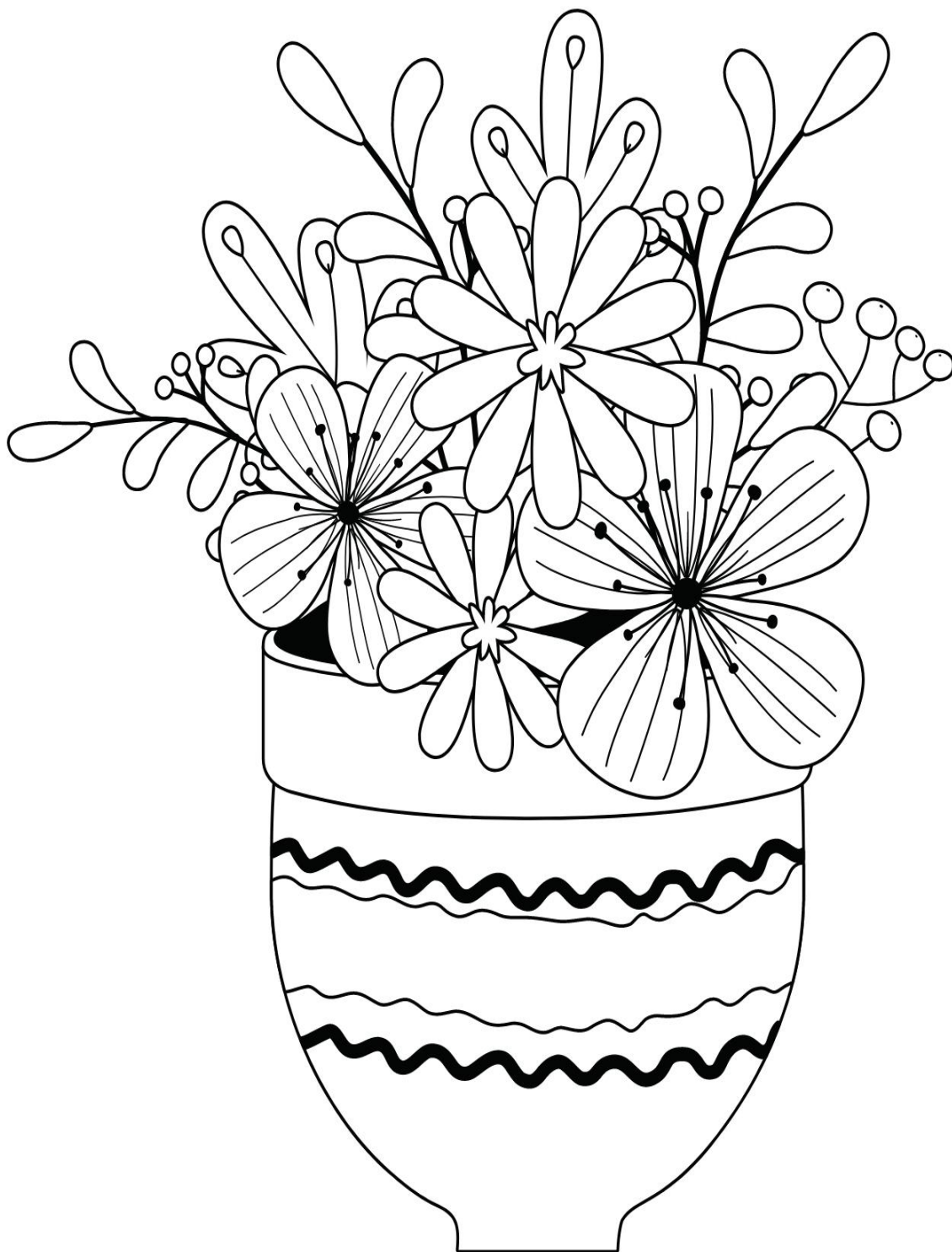
Draw an animal using this method:



I AM
WORTHY



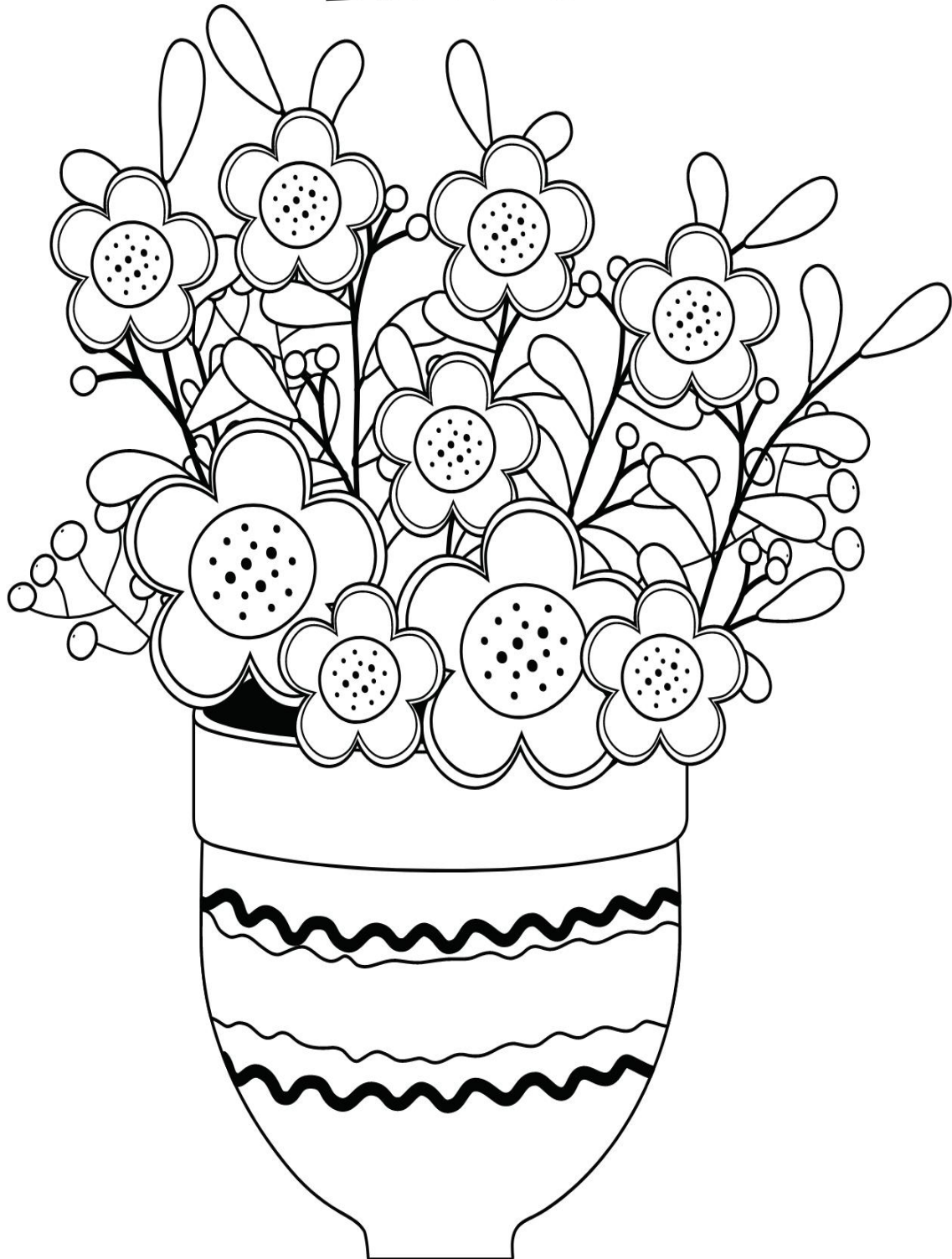
I AM
BEAUTIFUL



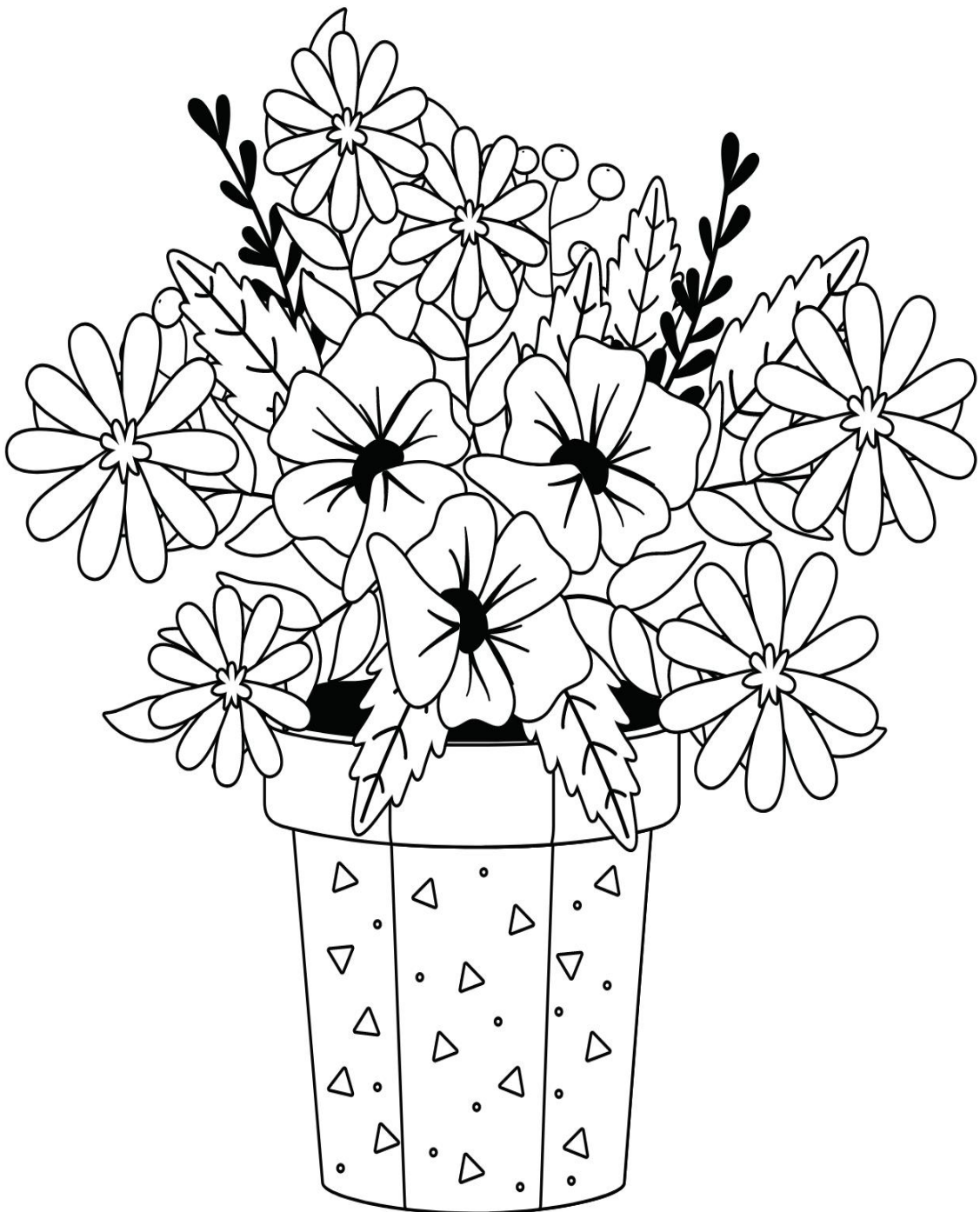
I AM
VALUED



I AM
KIND



I AM
IMPORTANT



**I AM
SPECIAL**



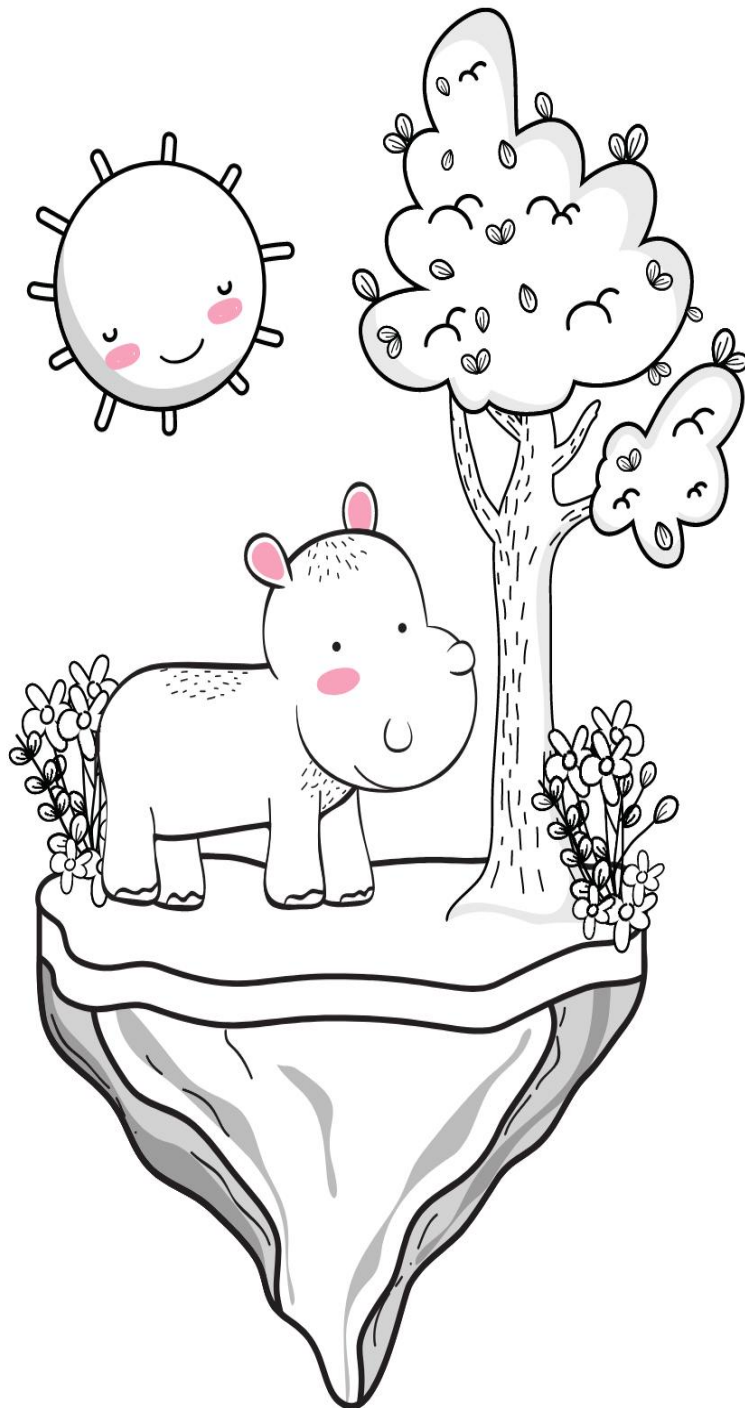
I AM CAPABLE



I AM FRIENDLY



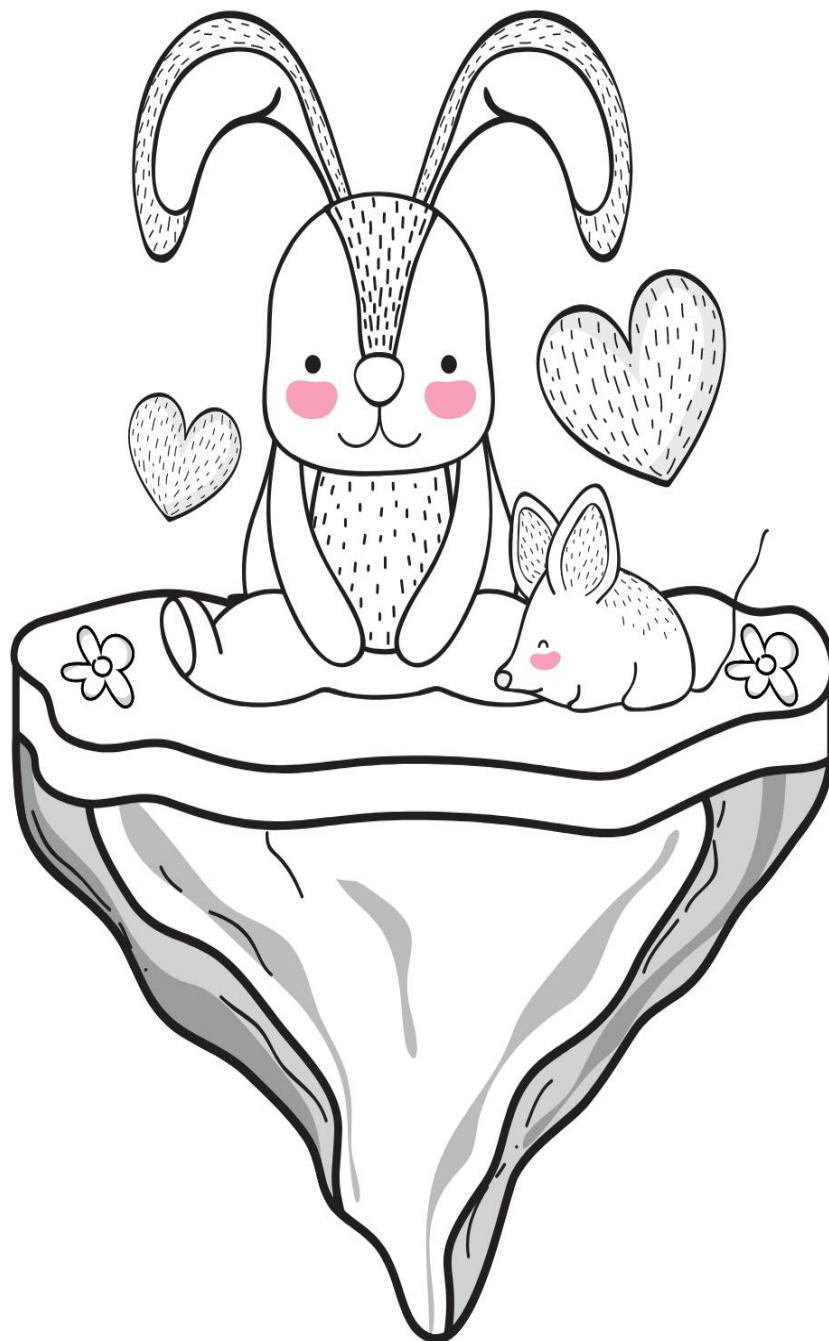
I AM BRAVE



I AM HONEST



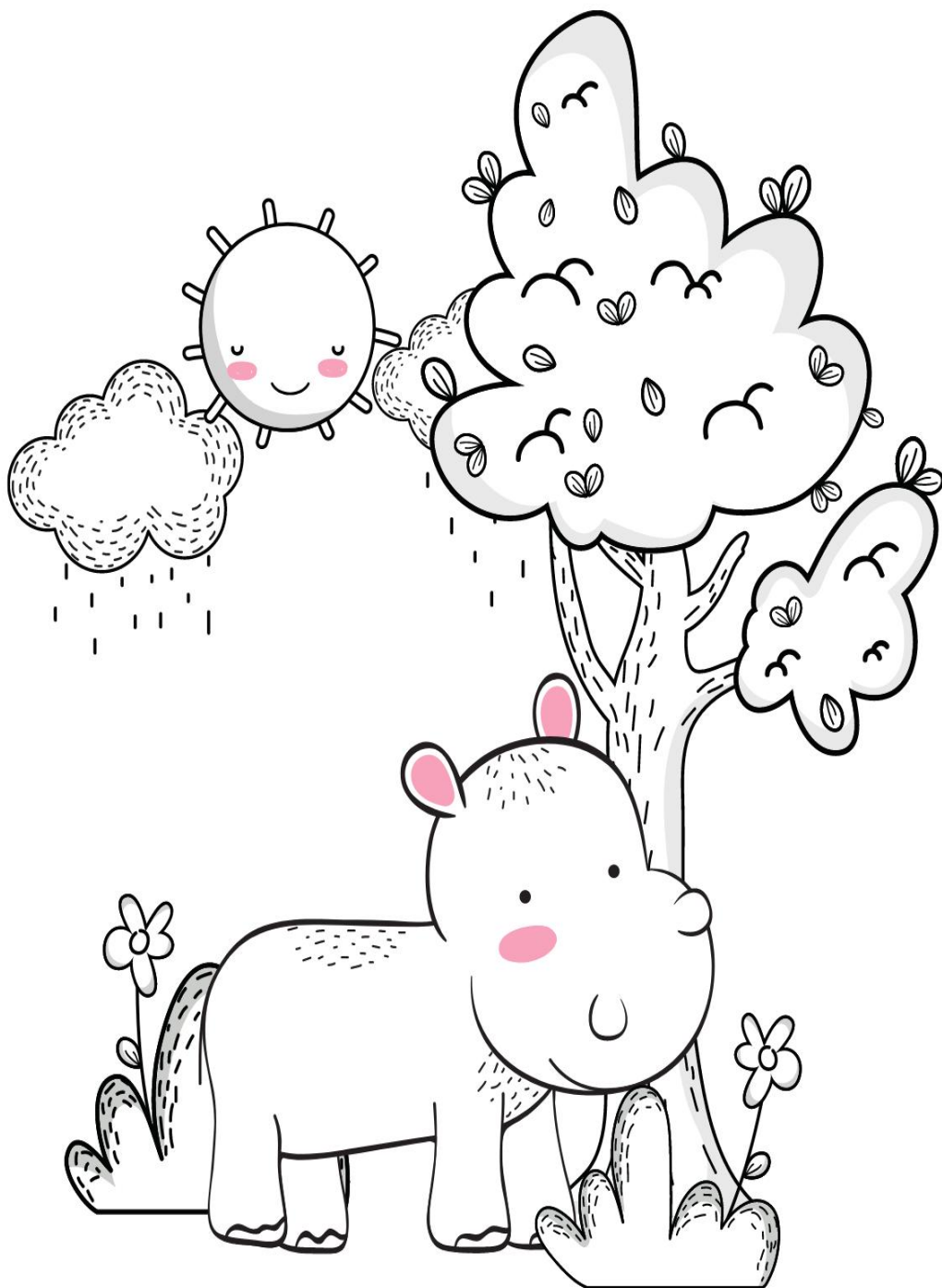
I AM GRATEFUL



I AM UNIQUE



I AM EMPOWERED



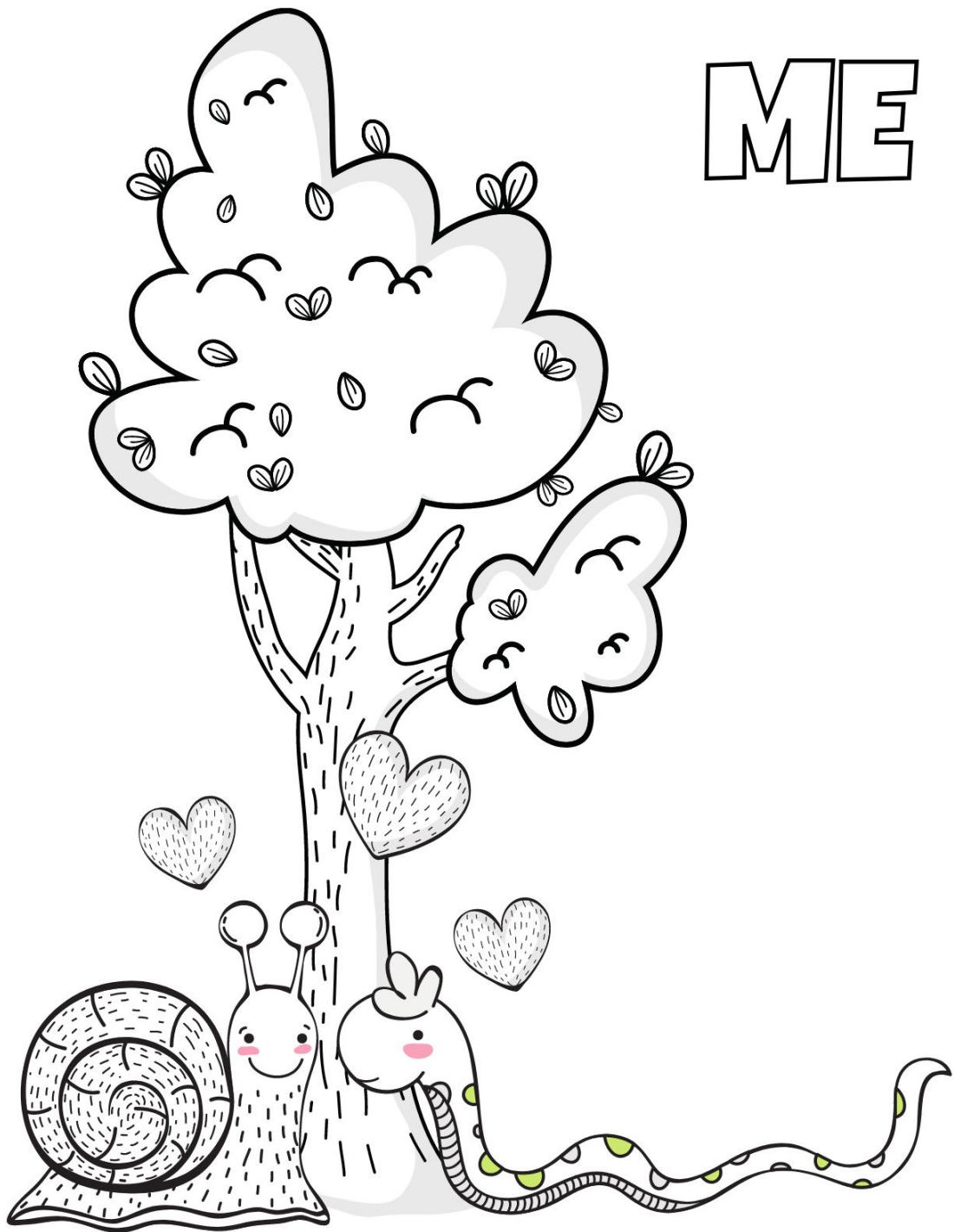
I AM
SUCCESSFUL



I AM ENOUGH



I AM
ME



HOW CAN I PRACTICE MORE SELF LOVE?

SET A GOAL

WRITE A LOVE LETTER

GROOVE

ROLL A JOINT

SELF PLEASURE

BREATHE

GET IN NATURE

DRINK MORE WATER

MEDITATE

PRAY



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



TODAY,
NOTHING WILL
STEAL MY
Strength

This is a black and white line drawing of a mandala. The central element is a circle containing the text "TODAY, NOTHING WILL STEAL MY Strength". The word "TODAY," is in a simple sans-serif font, while "NOTHING WILL STEAL MY" is in a smaller sans-serif font, and "Strength" is in a large, flowing script font. The mandala is composed of multiple layers of intricate patterns, including stylized leaves, hearts, and swirling lines. The entire design is enclosed within a rectangular border.

Self Love

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

Unstoppable

Confidence

Leadership

Beautiful

Self Love

Increase

Amazing

Believe

Blessed

Mindset

Release

Enough

Growth

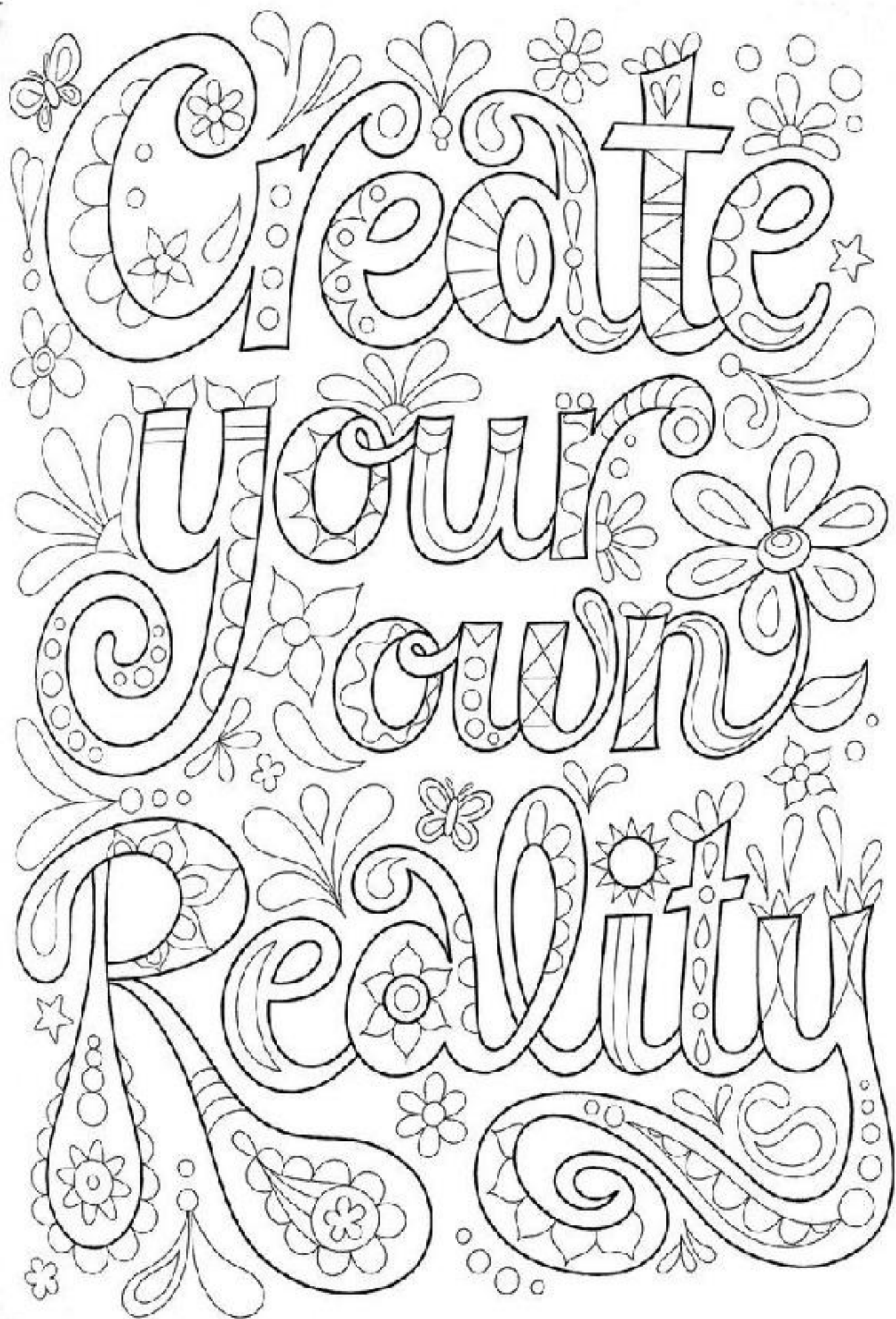
Strong

Worthy

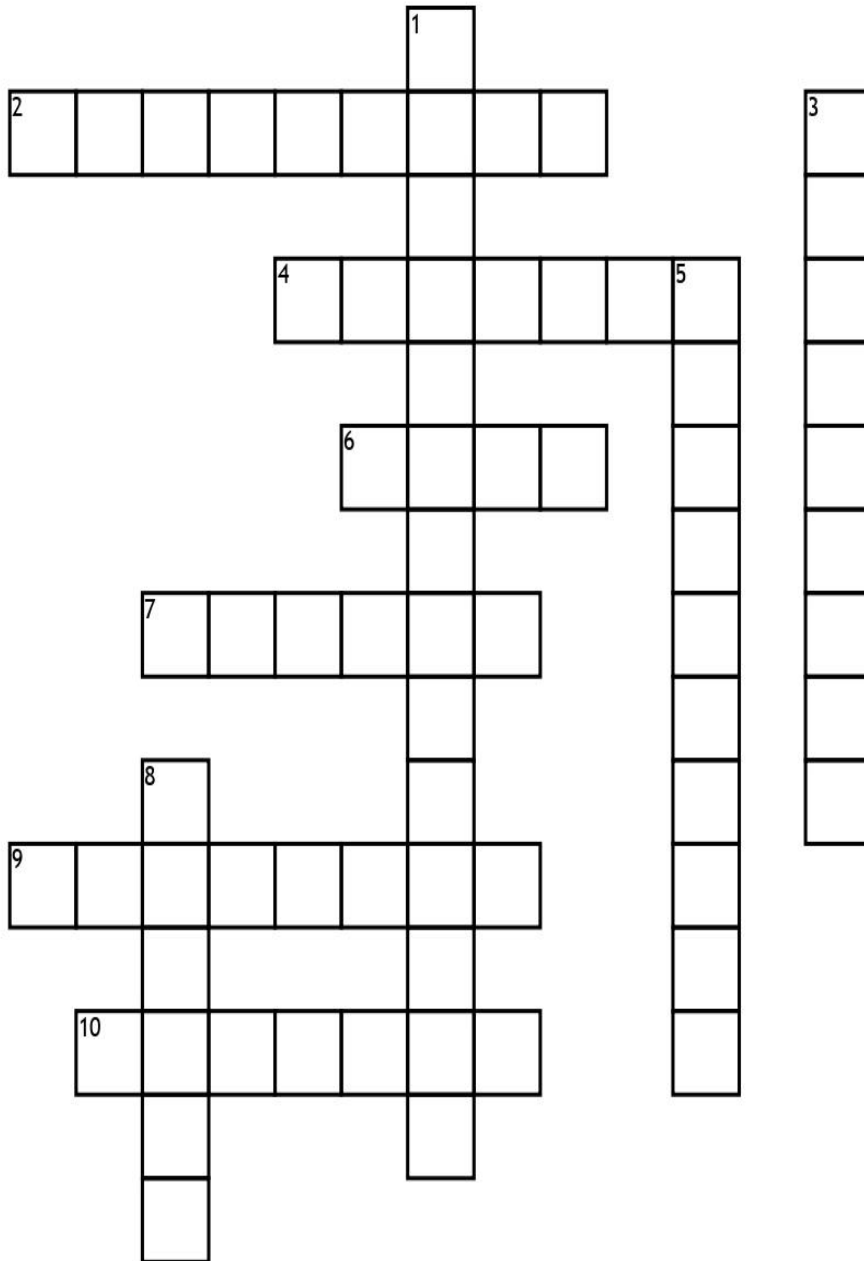
Faith

Loved

Push



Determined Inspirations



Across

2. This woman boarded a segregated Montgomery Alabama bus in 1955 and helped kick off the Civil Rights Movement in the U.S. (first and last name).

4. This American comedian grew up in foster care and suffered many early childhood hardships. This person gained fame for their role on The Carmichael Show and in the movie "Girls Trip." (Last name)

6. This famous horror author went on to be world renowned despite being rejected by several publishers. Works include "Thinner" and "Carrie." (last name)

7. This female, Japanese painter has gained recognition while alive and continues to make famous works today. She is known for her use of dots and sculpture installations. She has battled sexism and mental illness in the art industry and perseveres regardless (last name).

9. This talented actor was the lead in the 2018 film "Black Panther." This actor braved cancer and is nationally loved by so many (first name).

10. One of the most famous women who ever lived, this person was the first female pilot to fly across the Atlantic (last name).

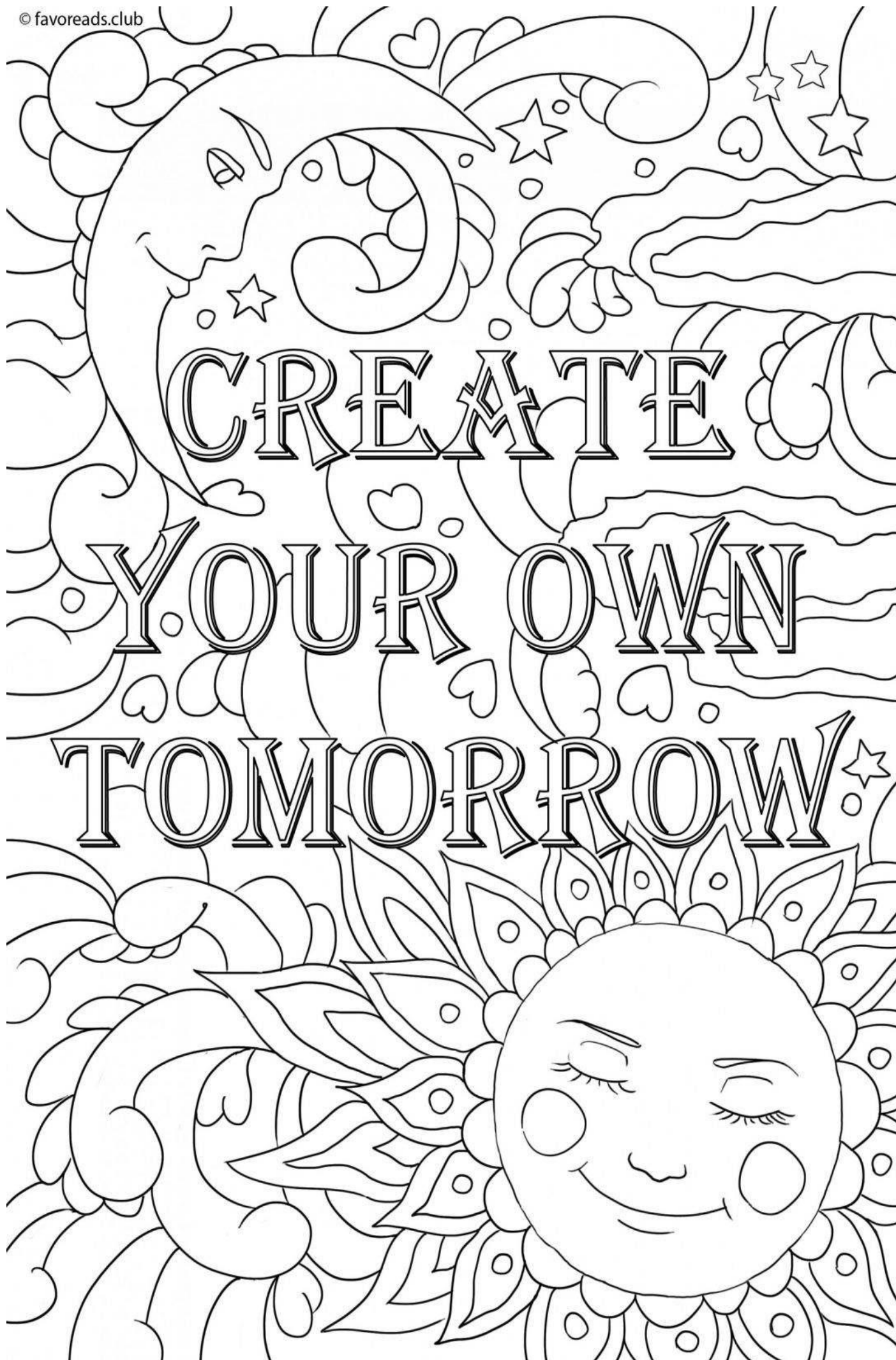
Down

1. Born in Zanzibar, this famous rock singer became legendary due despite facing language barriers in his early childhood. His music still lives on today and his net worth is said to be over 100 million dollars (first and last name)

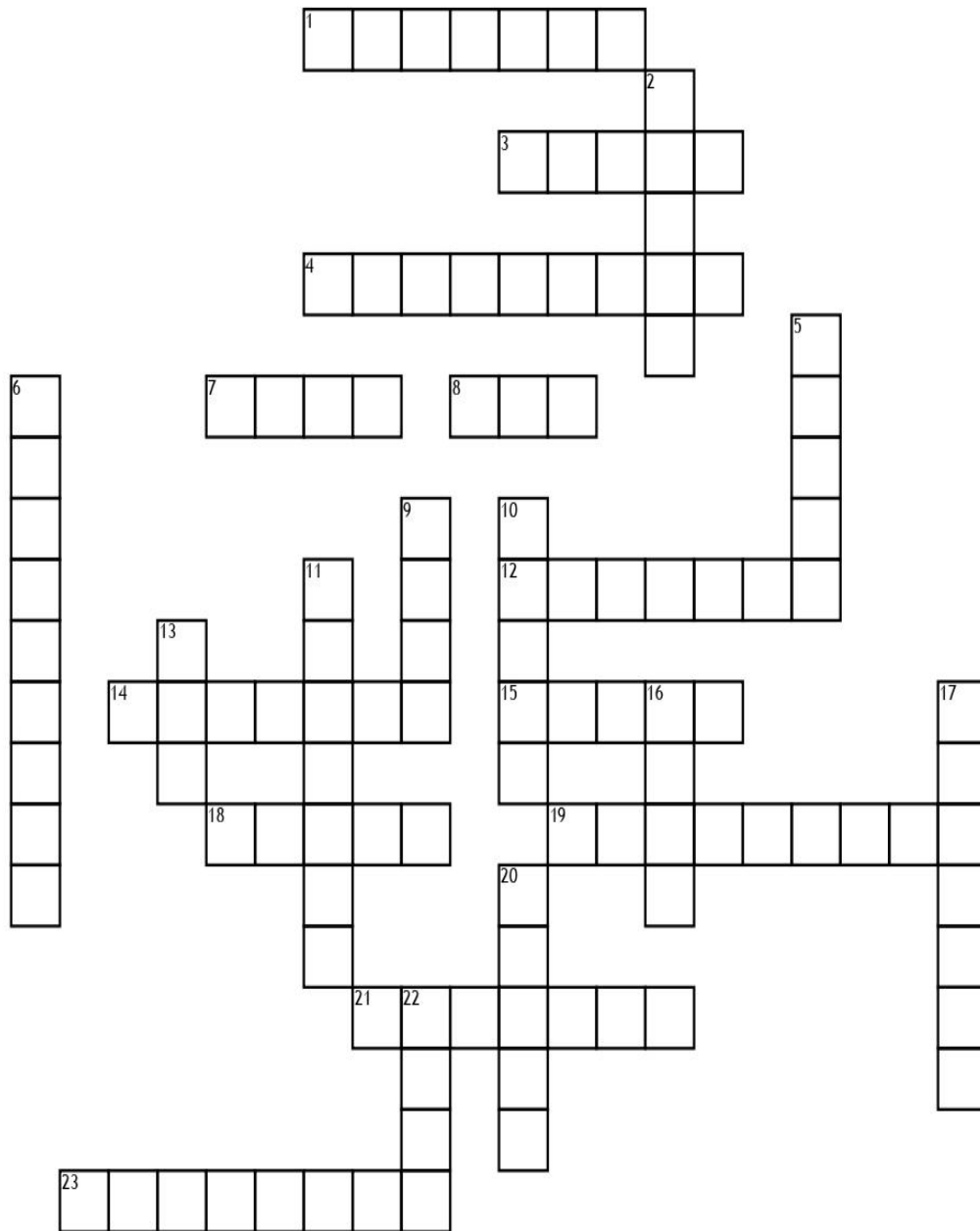
3. Talented American baseball player that was born without his right hand (first and last name).

5. This person was an Austiran born American actress, known for inventing a frequency hopping technique that changed radio communication (first and last name)

8. This person wrote under a pseudonym to talk about girls' education in Afghanistan. A gunman boarded her school bus and shot her three times. She survived and became world renowned advocating for women's education (first name)



Inspirational



Across

- 1. Charish
- 3. Dream
- 4. Encourage
- 7. Pray
- 8. Joy
- 12. Respect
- 14. Courage
- 15. Smile
- 18. Faith

19. Beautiful

- 21. Blessed
- 23. Patience

Down

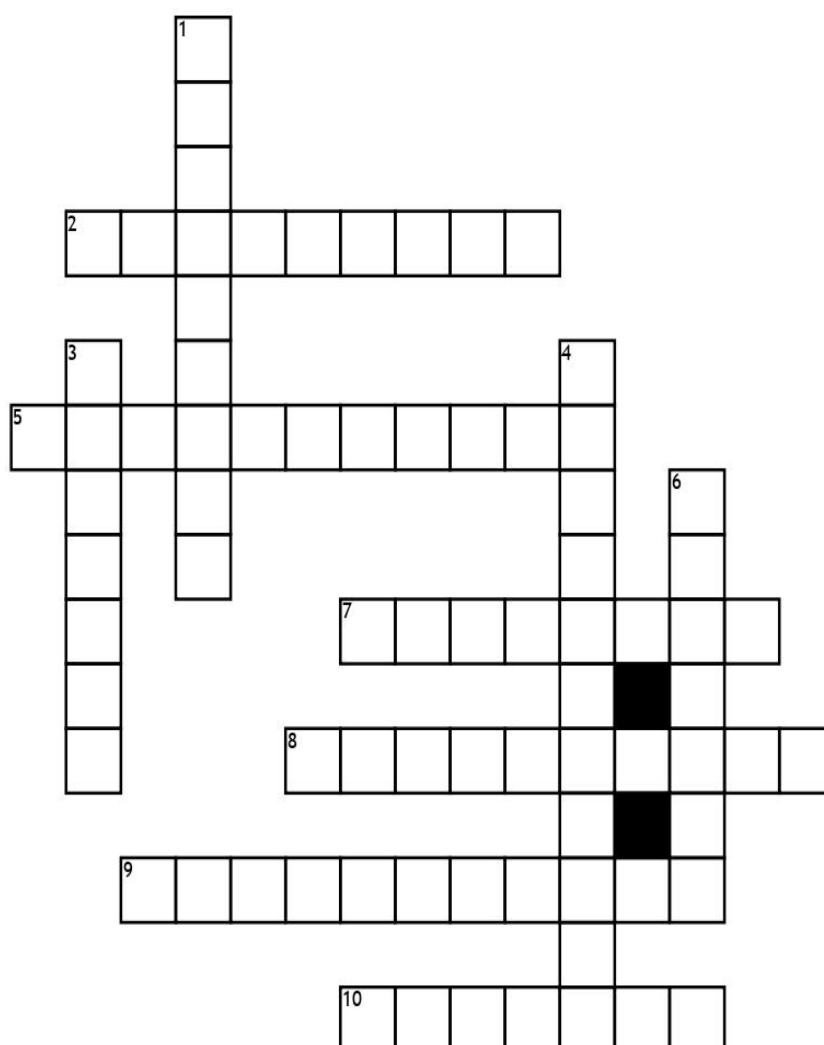
- 2. Laugh
- 5. Heart
- 6. Happiness
- 9. Hope
- 10. Trust
- 11. Amazing

13. God

- 16. Lead
- 17. Believe
- 20. Jesus
- 22. Love



Inspiration



Across

2. trying something new
5. on holidays and birthdays this is done
7. Sad, happy, scared, fearful, nervous
8. the general desire or willingness of someone to do something
9. going for coffee, heading out for a drink, meeting up for a dinner
10. people who you are close to

Down

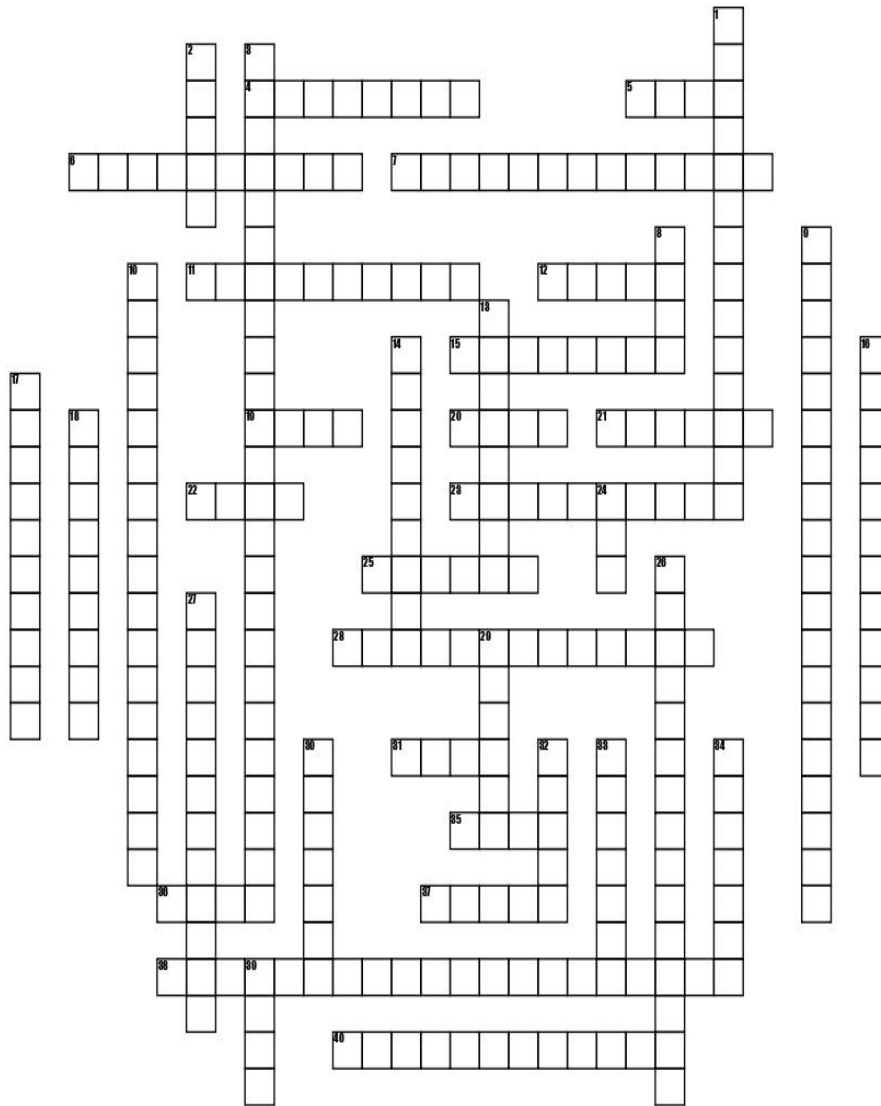
1. Smiles, Laughs, and good vibes
3. What is done at a book club, or what you may do in your spare time in a library
4. a feeling of enthusiasm you get from someone or something, that gives you new and creative ideas
6. using your vocal cords to match up with a song

Word Bank

motivation happiness emotions inspiration exploring
 friends celebration singing reading socializing

Some Days
You have To
Create
your own
Sunshine

Habit #3



Across

4. you need to _____ peer pressure
 5. Acting in the _____ of fear
 6. RBA withdraws
 7. people _____ to get out of things they dont want to do
 11. RBA withdraws
 12. The most important thing is to be _____
 15. RBA deposit
 19. Your confort zone is _____ free
 20. be strong during _____ moments
 21. follow the _____ rule
 22. _____ is what holds you back
 23. the most imporment thing is _____
 25. RBA deposit

Word Bank

Dont listen
 risk
 Do small kind of acts
 keep to your self
 give
 listen
 apologize
 step

Fail
 Gossip and break confidence
 say sorry
 Be arragent
 Set false expectations
 loyal
 pay attention
 personal bank

face
 Set clear explanation
 overcome
 Confort
 hard
 fear
 keep promises
 people

small
 secrets
 Discipline
 Break Promises
 fear
 Japanese
 three
 procrastinate

waste
 checking account
 RBA
 important
 golden
 Be loyal
 be yourself
 play

Down

28. RBA withdraws
 31. you need to _____ out of your confort zone
 35. never let your _____ make up your decision
 36. Never _____ into purepressure
 37. people tend to _____ time
 38. RBA withdraws
 40. People really open up if you _____
 1. RBA withdraws
 2. Doing _____ acts of kindness can make someones day
 3. RBA withdraws
 8. work first _____ later
 9. RBA deposit
 10. RBA deposit

Across

13. What saying is "one kind word can warm three summers"?
 14. People like it if you _____ for your action
 16. What did you learn in habbit 1,2,3
 17. What is the commen ingredient to success?
 18. you need to put _____ things first
 24. If your _____ with your parnets You need to rebuild it
 26. What is the RBA like
 27. RBA deposit
 29. _____ are the biggest influencers
 30. RBA deposit
 32. What is the hardest habit our of all 7
 33. Your _____ zone represents what your familiar with
 34. loyal people keep _____
 39. winning means rising each time you _____



Personal Development

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

Reflection on past practice
Skills for Care
Safeguarding
Competence
Colleagues
Experience
External
Own Goal
Family

Health and Safety
Communication
Supervisions
Compassion
Own Belief
Appraisals
Internal
Courage
Care

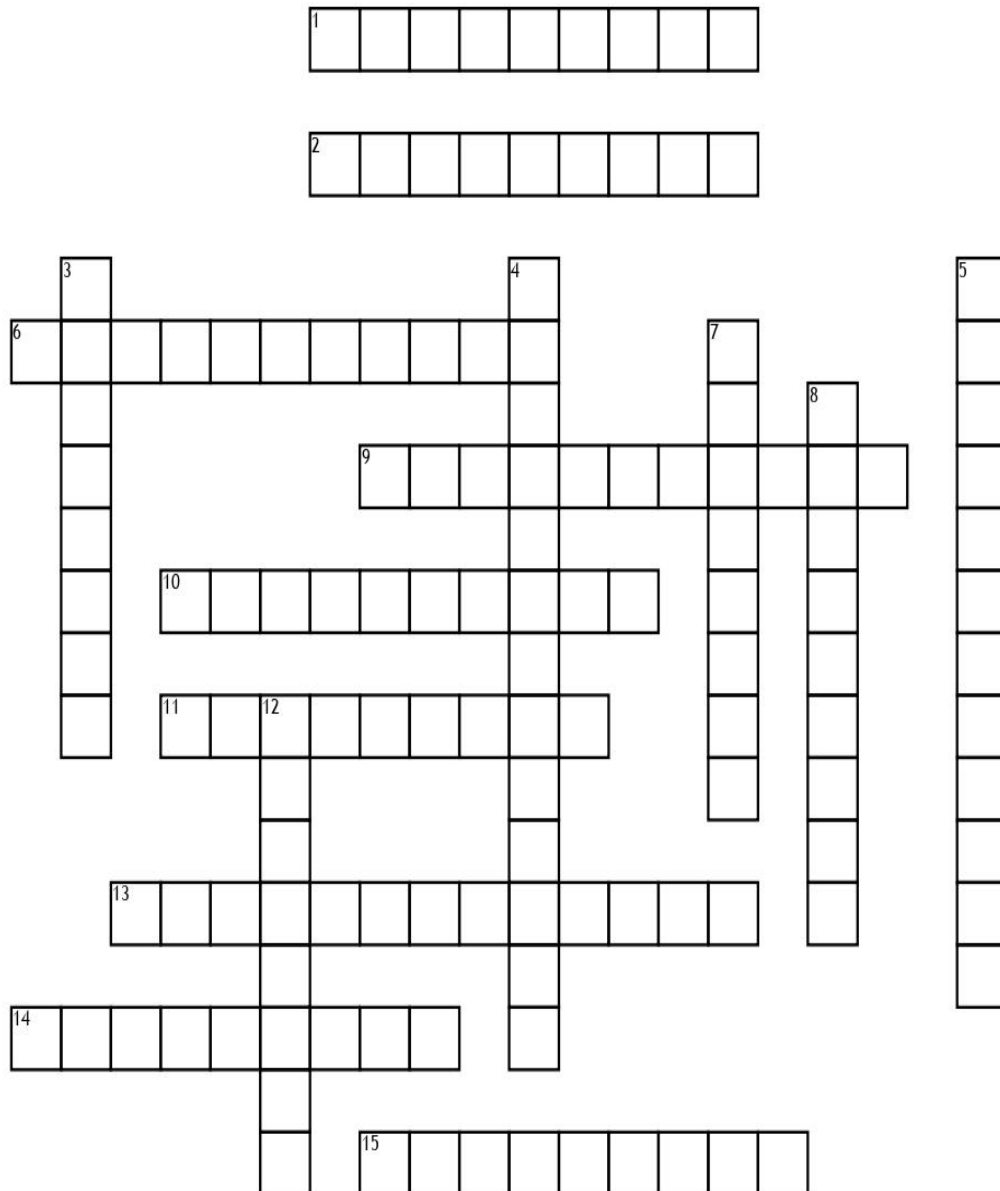
Codes of Practice
Smart Targets
Progression
Commitment
Commission
Managers
Training
Quality
CQC



DREAM
CREATE
INSPIRE



Personal Development



Across

1. The ability to think ahead
2. Coming from within
6. Doing the right thing even when it may be hard
9. Being in charge of yourself
10. The reason you choose to do something
11. Anything that affects your thoughts/behaviors

13. Considering the consequences of your choices

14. Allowing others the freedom of choosing their own behaviors/beliefs

15. Coming from outside yourself

Down

3. A choice you made up your mind about

4. Learning about yourself

5. Freedom; Self-sufficient

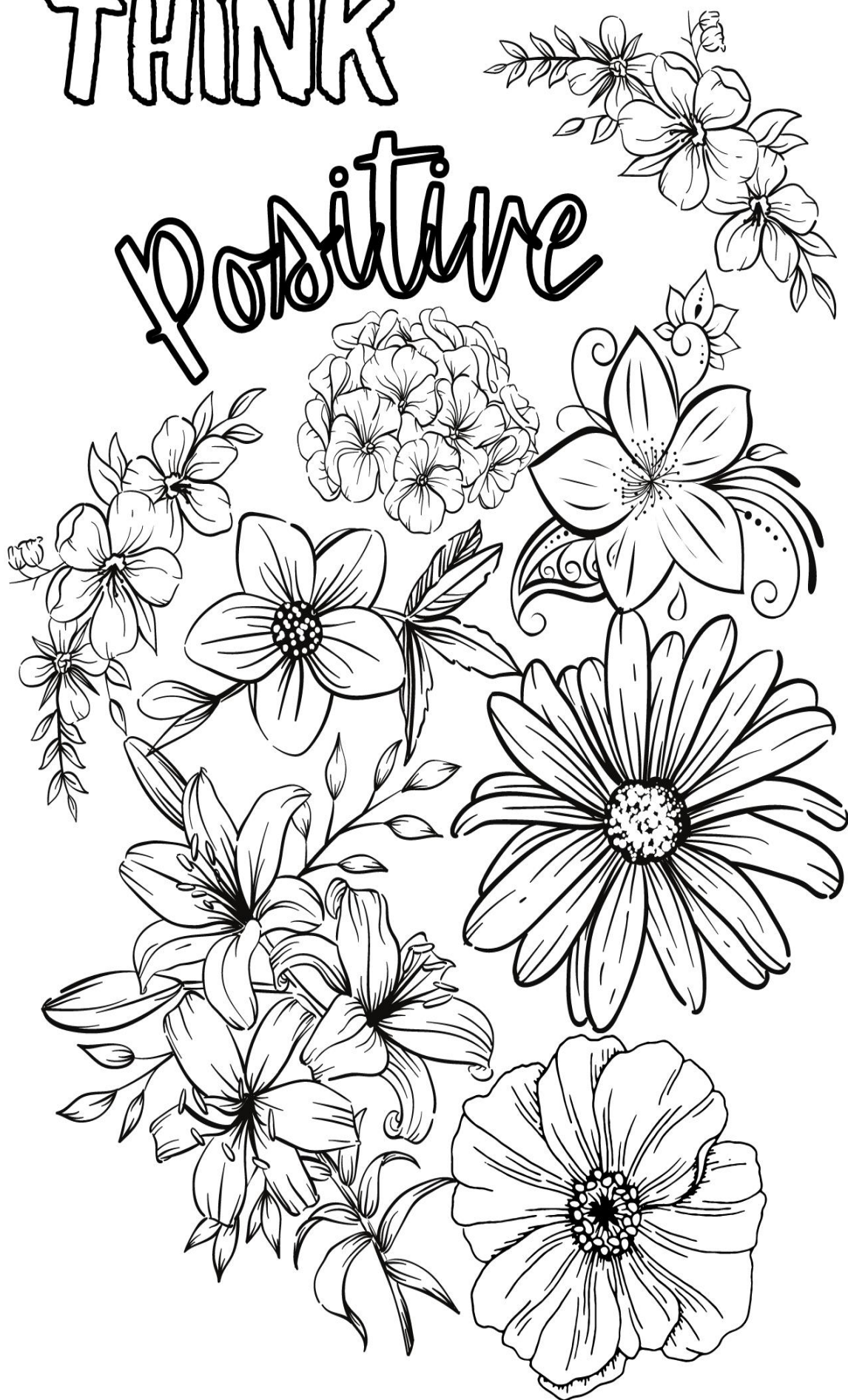
7. Responding to situations appropriately

8. Being polite & showing regard for others

12. Information received from others about yourself

THINK

Positive



Self-Sacrificing Love

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

REJOICES WITH TRUTH
HOPES ALL THINGS
CONTENTMENT
HAPPINESS
KINDNESS
JEHOVAH
JESUS
LOVE

ENDURES ALL THINGS
DOES NOT BRAG
FORGIVENESS
MILDNESS
PATIENCE
PATIENT
FAITH
KIND

NOT GET PUFFED UP
SELF CONTROL
AFFECTION
GOODNESS
INTENSE
CHRIST
PEACE
JOY

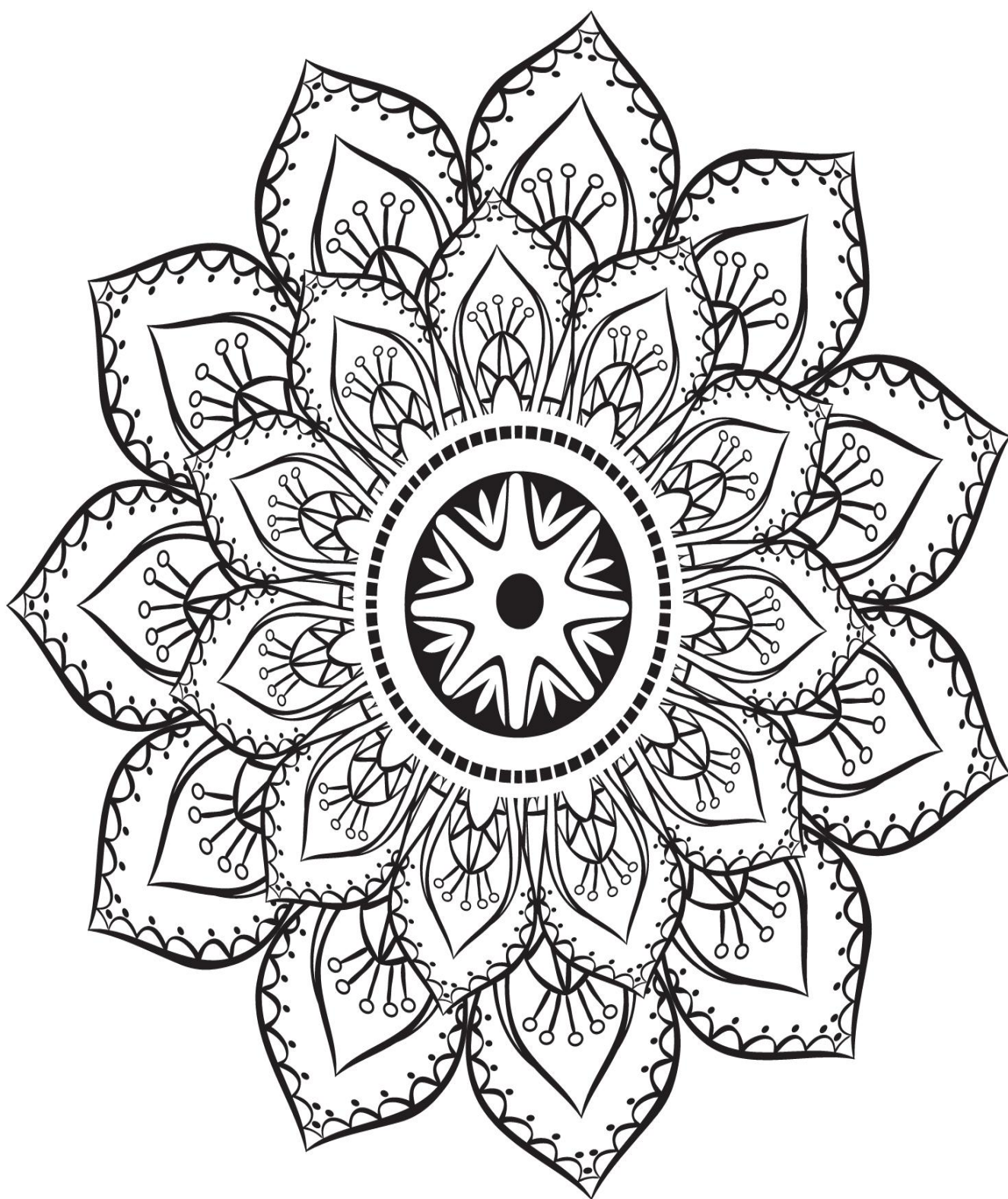


DO
Amazing
THINGS

Self Love

- 1. LYPRINOSEAT _____
- 2. FSEL ESEEMT _____
- 3. VMTOIONATI _____
- 4. EFSL IGEAM _____
- 5. SNWSEAKESE _____
- 6. THERSGNST _____
- 7. LIAOTETPN _____
- 8. SOIEONMT _____
- 9. GNCINHGA _____
- 10. NIIDTYTE _____
- 11. VIORPME _____
- 12. TTLNSEA _____
- 13. LUSTFA _____
- 14. FSGIT _____
- 15. SLAGO _____
- 16. IAGEM _____
- 17. VELO _____
- 18. GDO _____

MANDALA COLORING



Inspiration

Imagination

Positivity

Happiness

Hard-work

Motivate

Inspire

Success

Passion

Ability

Victory

Achieve

Talent


Dreams

Love

Life



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



Today
will be a
GREAT
Day

Inspirational movie

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

orange juice

Surfboard

Friends

sharks

beach

try

banana bread

hospital

doctors

night

help

Competition

picture

bethany

water

hope

soul surfer

mission

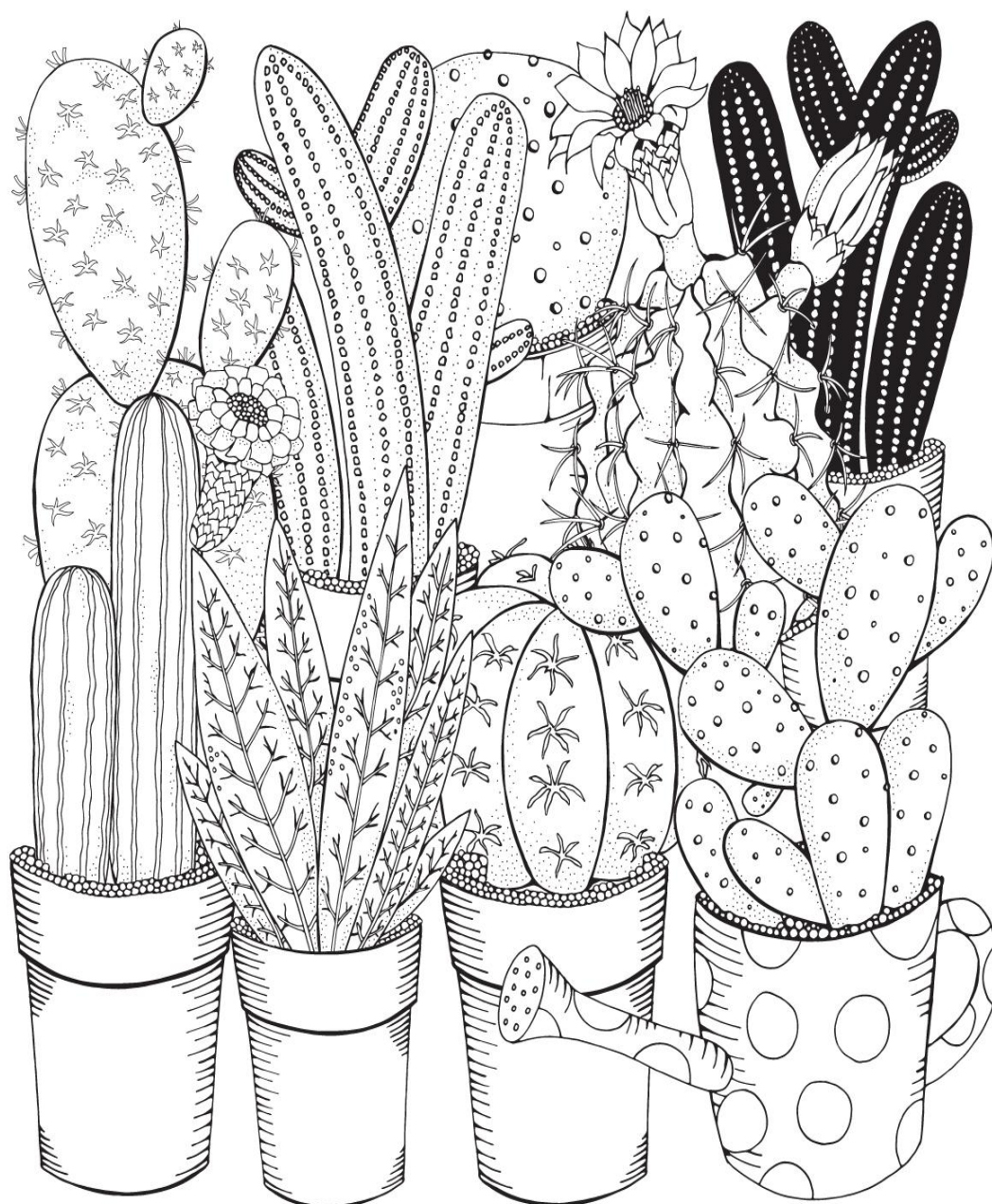
hawaii

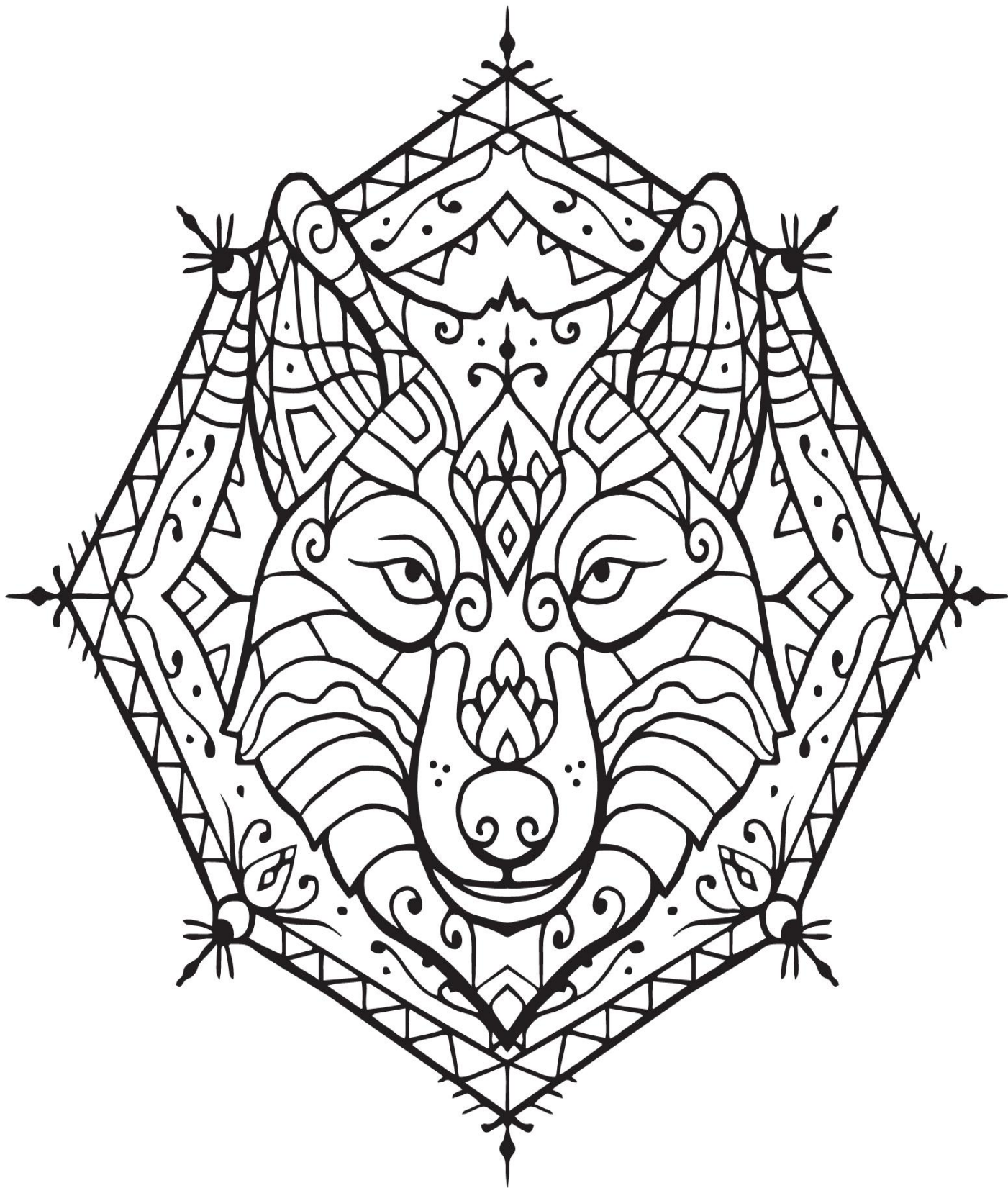
faith

love



WE STICK
TOGETHER





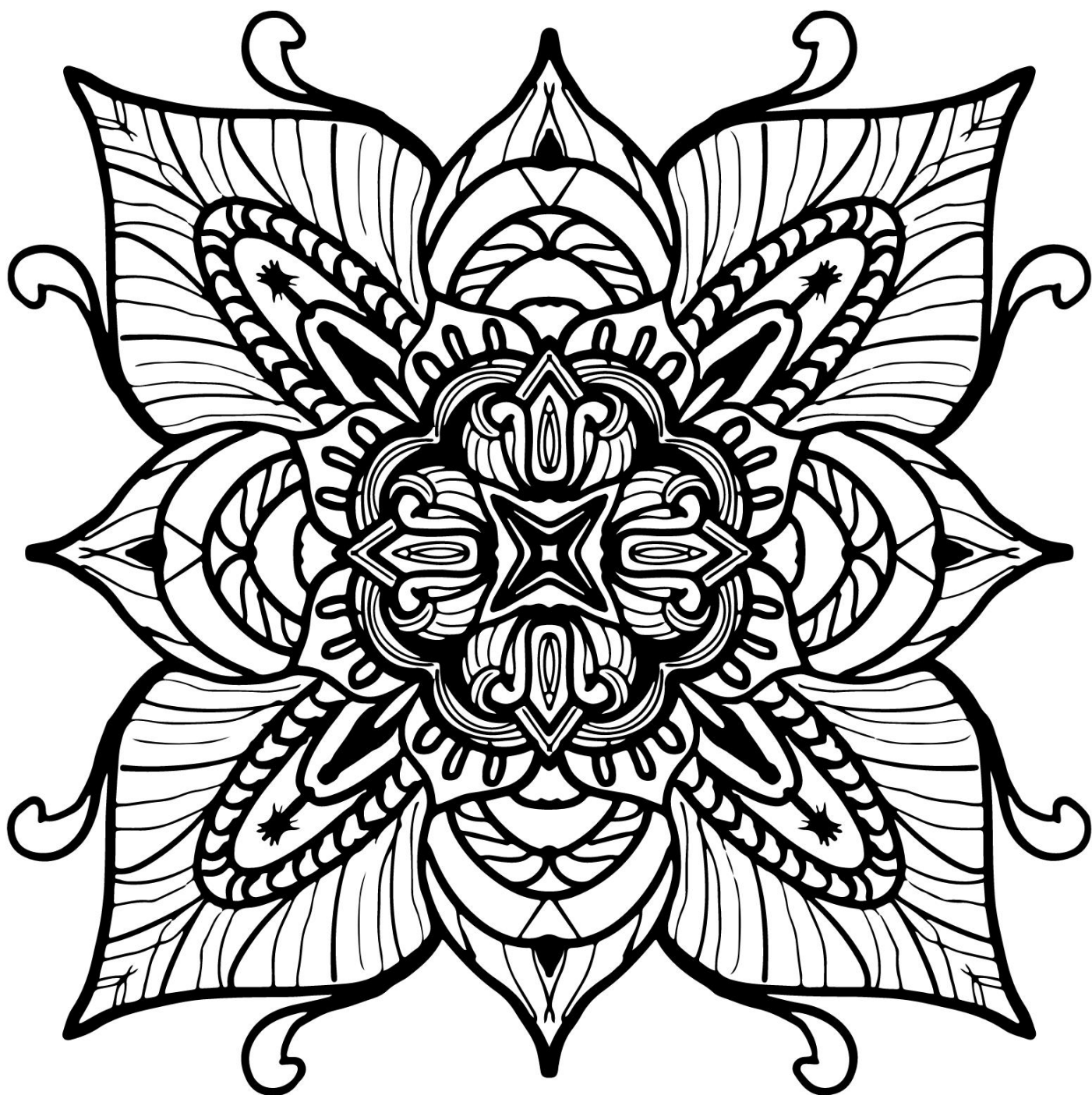


Be Creative









ANSWER KEYS

HOW CAN I PRACTICE MORE SELF LOVE?

WRITE A LOVE LETTER

DRINK MORE WATER

SELF PLEASURE

GET IN NATURE

ROLL A JOINT

SET A GOAL

MEDITATE

BREATHE

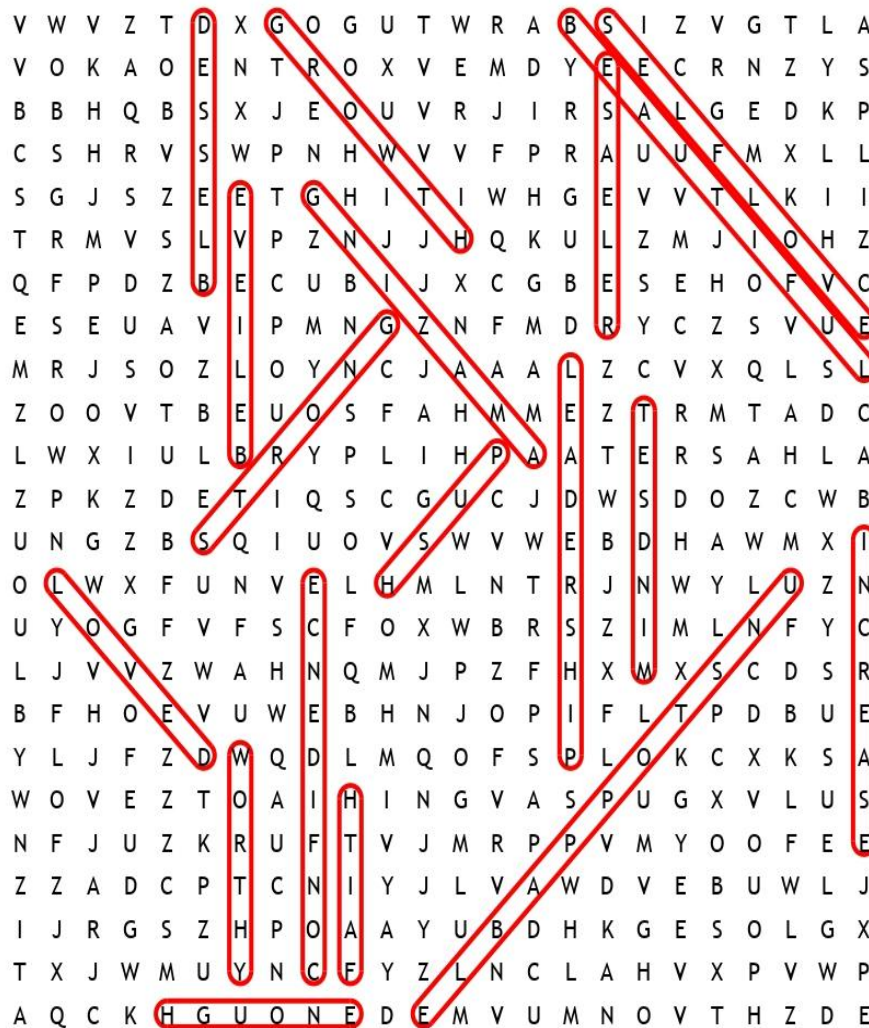
GROOVE

PRAY



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

Self Love



Unstoppable

Confidence

Leadership

Beautiful

Self Love

Increase

Amazing

Believe

Blessed

Mindset

Release

Enough

Growth

Strong

Worthy

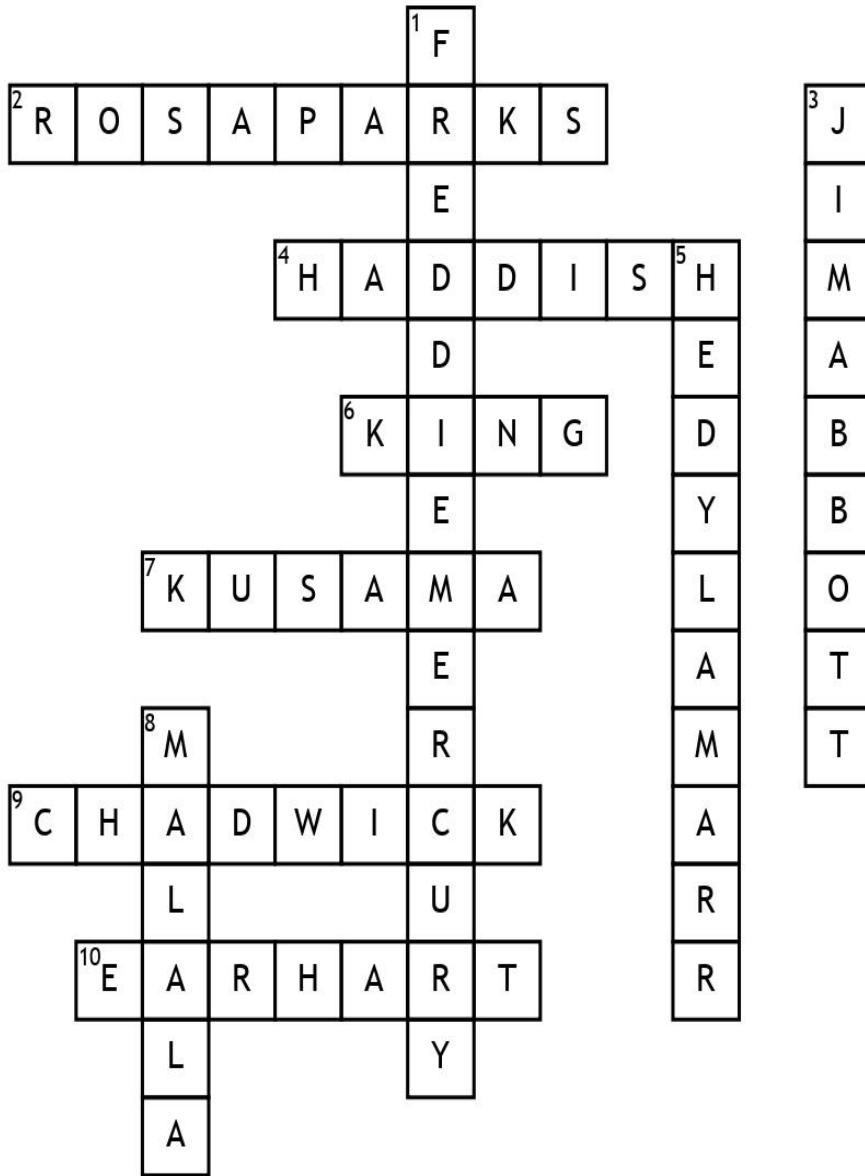
Faith

Loved

Push

Date: _____

Determined Inspirations



Across

2. This woman boarded a segregated Montgomery Alabama bus in 1955 and helped kick off the Civil Rights Movement in the U.S. (first and last name).

4. This American comedian grew up in foster care and suffered many early childhood hardships. This person gained fame for their role on The Carmichael Show and in the movie "Girls Trip." (Last name)

6. This famous horror author went on to be world renowned despite being rejected by several publishers. Works include "Thinner" and "Carrie." (last name)

7. This female, Japanese painter has gained recognition while alive and continues to make famous works today. She is known for her use of dots and sculpture installations. She has battled sexism and mental illness in the art industry and perseveres regardless (last name).

9. This talented actor was the lead in the 2018 film "Black Panther." This actor braved cancer and is nationally loved by so many (first name).

10. One of the most famous women who ever lived, this person was the first female pilot to fly across the Atlantic (last name).

Down

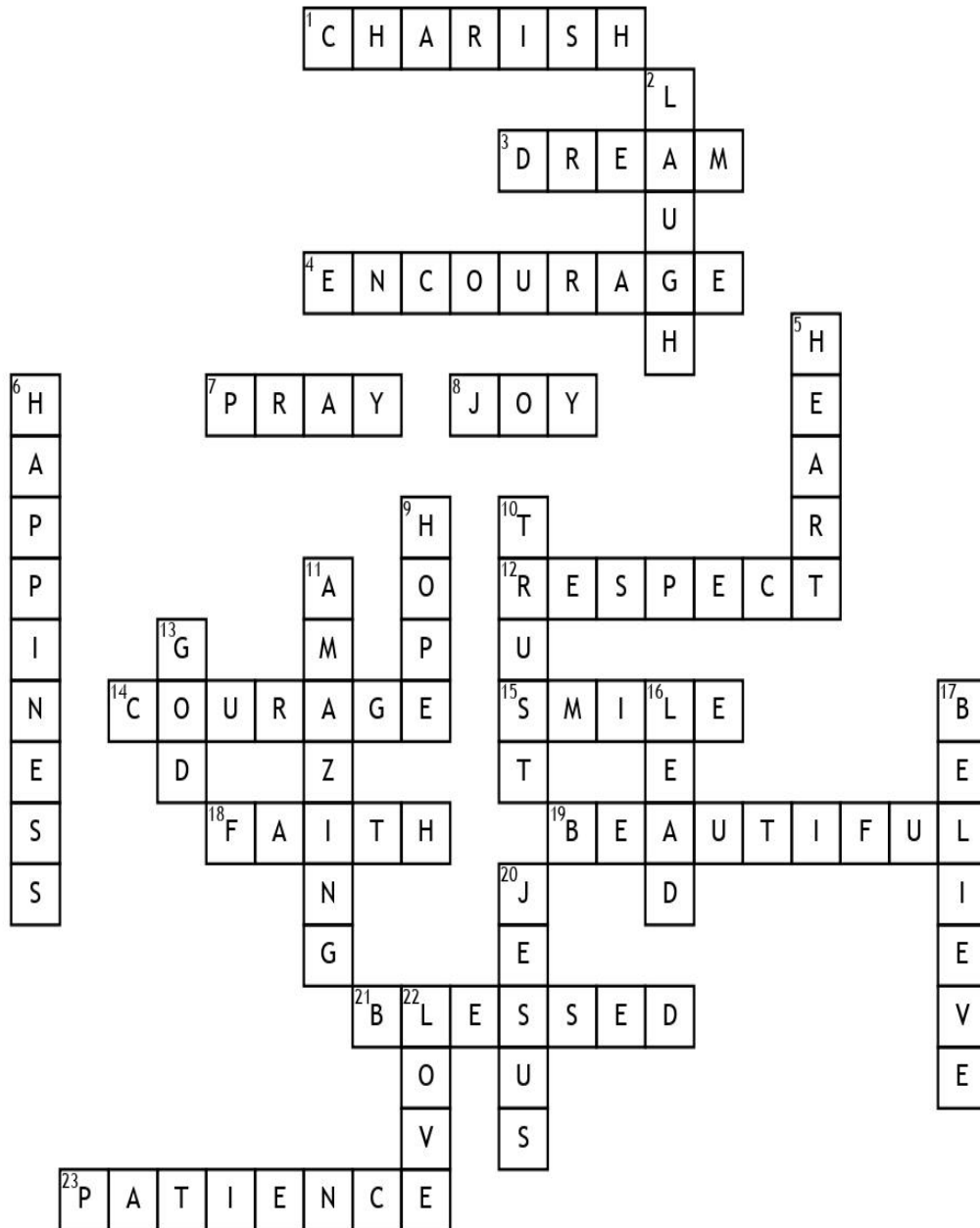
1. Born in Zanzibar, this famous rock singer became legendary due despite facing language barriers in his early childhood. His music still lives on today and his net worth is said to be over 100 million dollars (first and last name)

3. Talented American baseball player that was born without his right hand (first and last name).

5. This person was an Austiran born American actress, known for inventing a frequency hopping technique that changed radio communication (first and last name)

8. This person wrote under a pseudonym to talk about girls' education in Afghanistan. A gunman boarded her school bus and shot her three times. She survived and became world renown advocating for women's education (first name)

Inspirational



Across

- 1. Charish
- 3. Dream
- 4. Encourage
- 7. Pray
- 8. Joy
- 12. Respect
- 14. Courage
- 15. Smile
- 18. Faith

19. Beautiful

- 21. Blessed
- 23. Patience

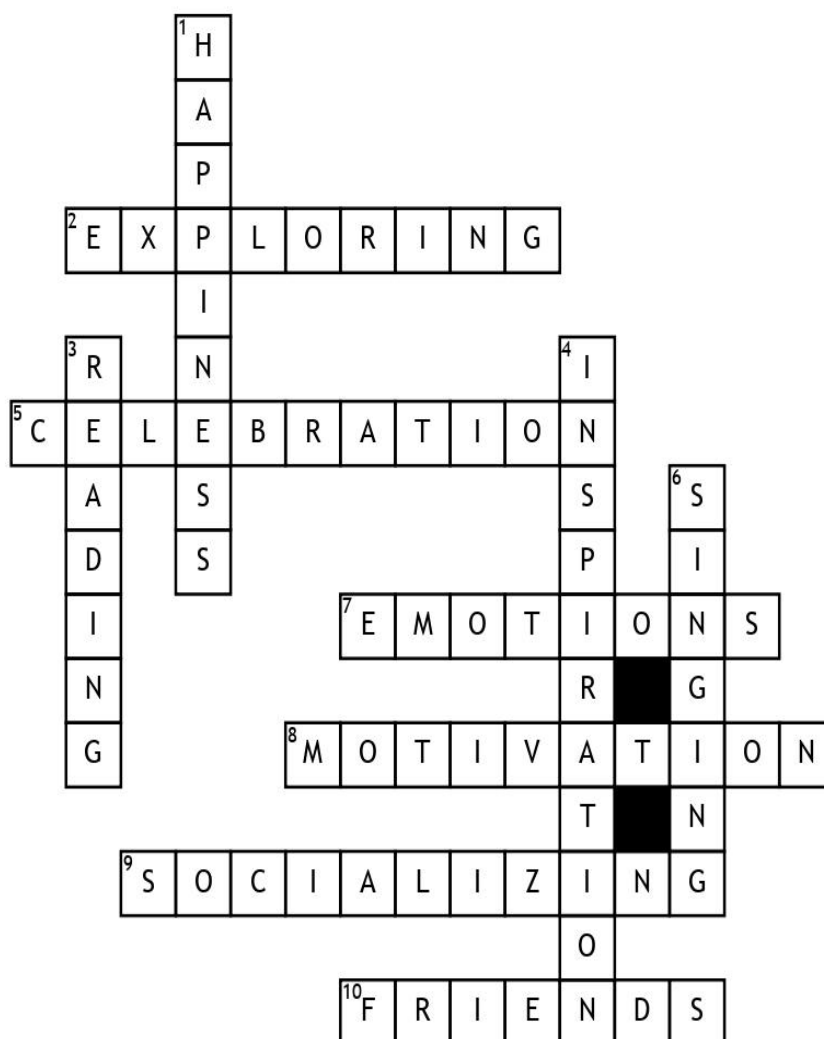
Down

- 2. Laugh
- 5. Heart
- 6. Happiness
- 9. Hope
- 10. Trust
- 11. Amazing

13. God

- 16. Lead
- 17. Believe
- 20. Jesus
- 22. Love

Inspiration



Across

2. trying something new
5. on holidays and birthdays this is done
7. Sad, happy, scared, fearful, nervous
8. the general desire or willingness of someone to do something
9. going for coffee, heading out for a drink, meeting up for a dinner
10. people who you are close to

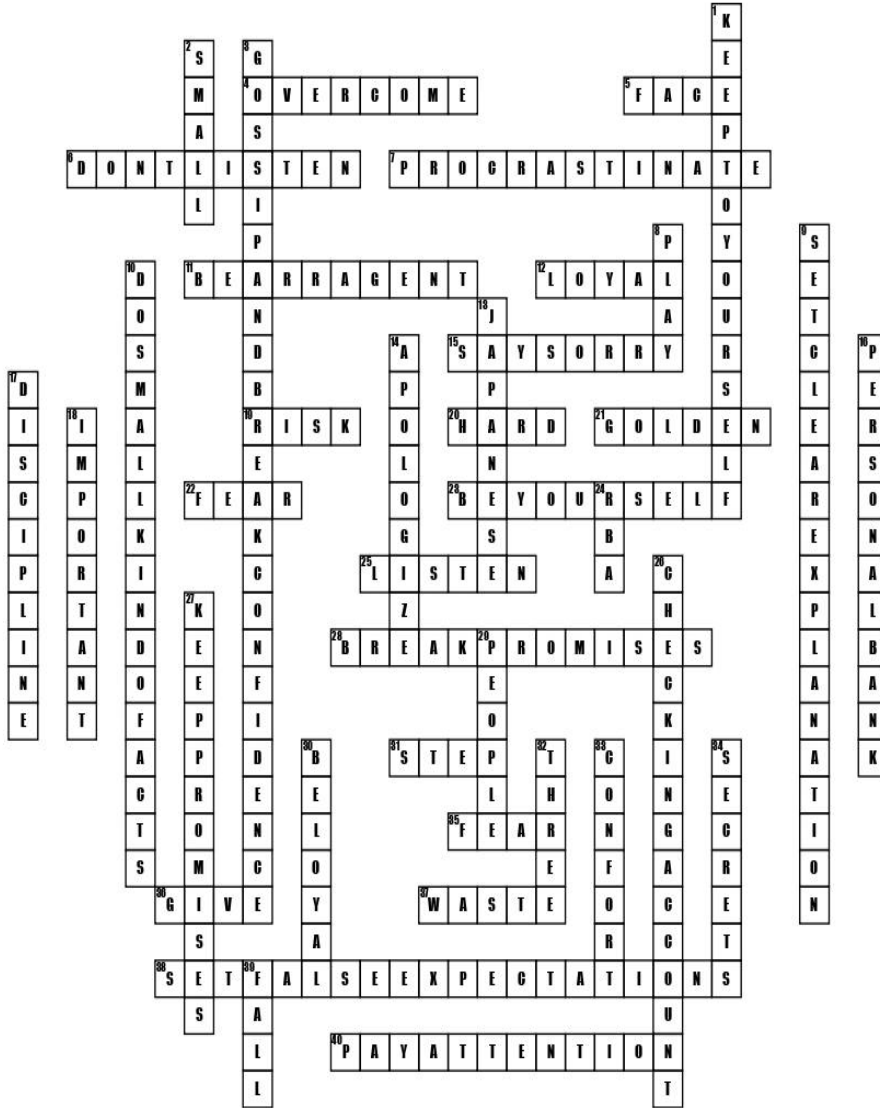
Down

1. Smiles, Laughs, and good vibes
3. What is done at a book club, or what you may do in your spare time in a library
4. a feeling of enthusiasm you get from someone or something, that gives you new and creative ideas
6. using your vocal cords to match up with a song

Word Bank

emotions friends reading celebration inspiration
socializing happiness exploring motivation singing

Habit #3



Across

4. you need to _____ peer pressure
5. Acting in the _____ of fear
6. RBA withdraws
7. people _____ to get out of things they dont want to do
11. RBA withdraws
12. The most important thing is to be _____
15. RBA deposit
19. Your confort zone is _____ free
20. be strong during _____ moments
21. follow the _____ rule
22. _____ is what holds you back
23. the most imporment thing is _____
25. RBA deposit

Word Bank

**Be arrogant
loyal
keep promises
face
Do small kind of acts
three
overcome
step**

Japanese
fear
people
Discipline
Dont listen
important
apologize
listen

28. RBA withdraws
31. you need to _____ out of your confort zone
35. never let your _____ make up your decision
36. Never _____ into purepressure
37. people tend to _____ time
38. RBA withdraws
40. People really open up if you _____
Down
1. RBA withdraws
2. Doing _____ acts of kindness can make someones day
3. RBA withdraws
8. work first _____ later
9. RBA deposit
10. RBA deposit

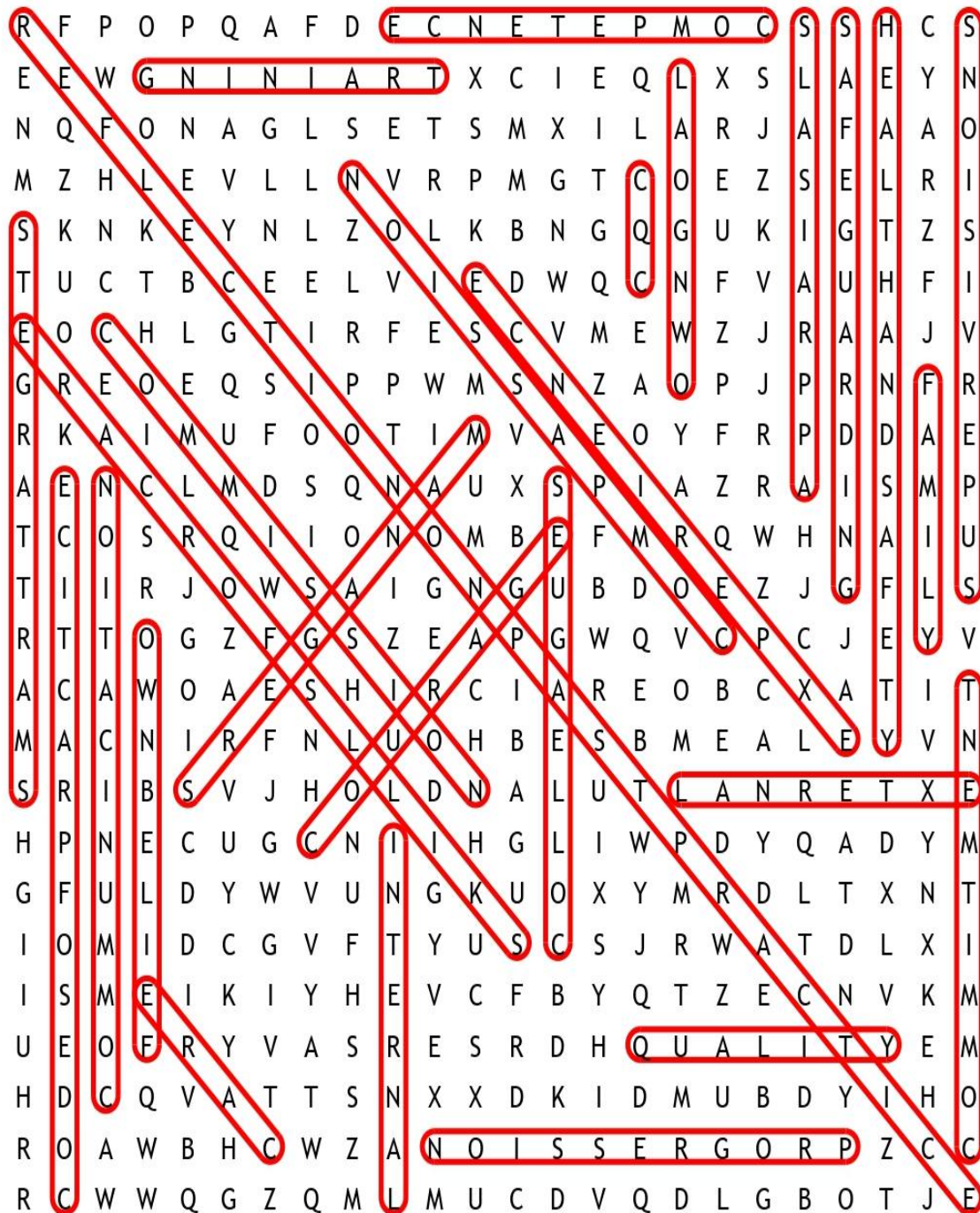
keep to your self
procrastinate
personal bank
Set clear explanation
waste
give
be yourself
risk

13. What saying is "one kind word can warm three summers"?
14. People like it if you _____ for your action
16. What did you learn in habit 1,2,3
17. What is the common ingredient to success?
18. you need to put _____ things first
24. If you _____ with your partners You need to rebuild it
26. What is the RBA like
27. RBA deposit
29. _____ are the biggest influencers
30. RBA deposit
32. What is the hardest habit out of all 7
33. Your _____ zone represents what your familiar with
34. loyal people keep _____
39. winning means rising each time you _____

Be loyal
Comfort
checking account
pay attention
fear
Gossip and break confidence
Fall
golden

play
Set false expectations
Break Promises
say sorry
RBA
secrets
small
hard

Personal Development

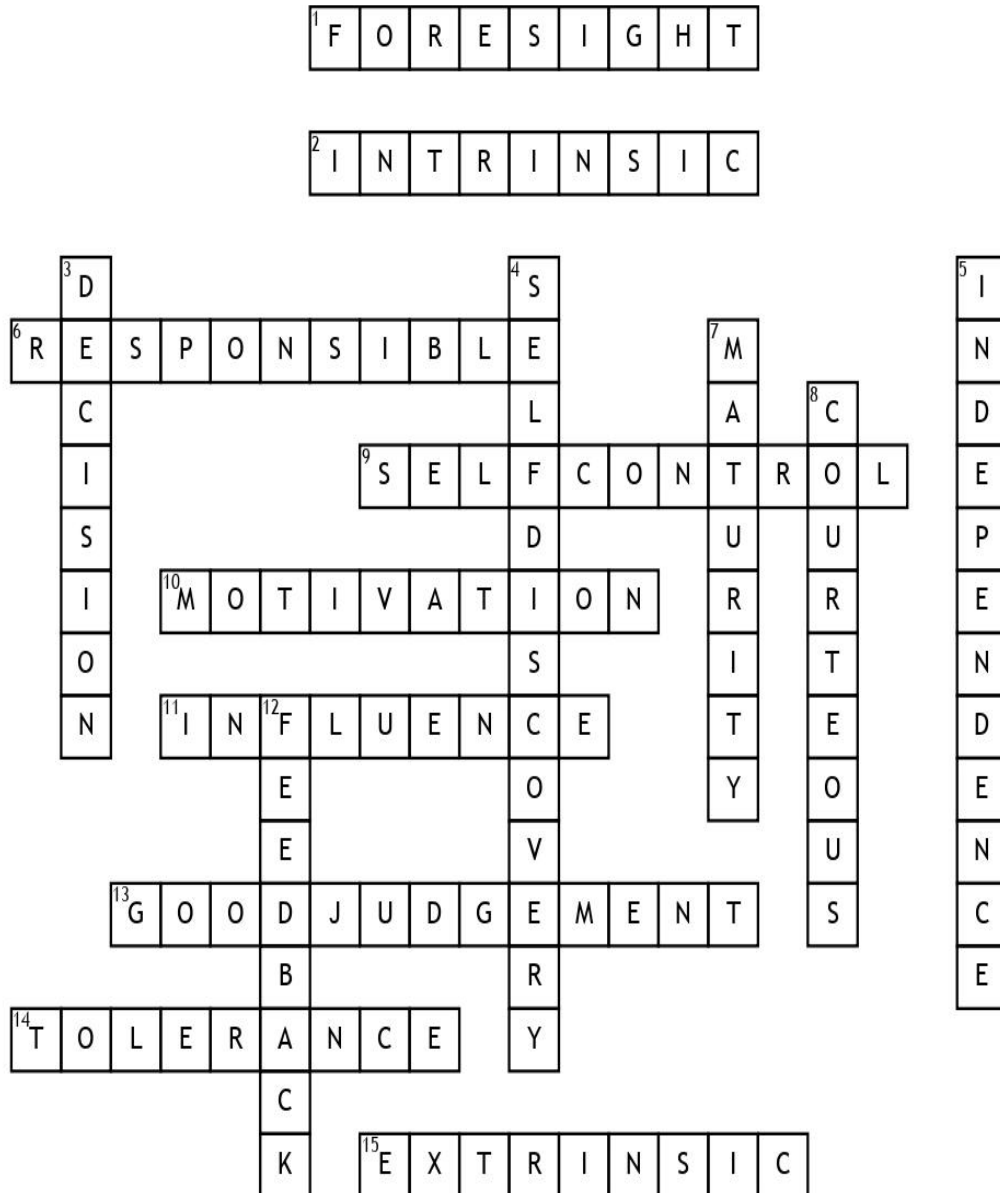


Reflection on past practice
 Skills for Care
 Safeguarding
 Competence
 Colleagues
 Experience
 External
 Own Goal
 Family

Health and Safety
 Communication
 Supervisions
 Compassion
 Own Belief
 Appraisals
 Internal
 Courage
 Care

Codes of Practice
 Smart Targets
 Progression
 Commitment
 Commission
 Managers
 Training
 Quality
 CQC

Personal Development



Across

1. The ability to think ahead
2. Coming from within
6. Doing the right thing even when it may be hard
9. Being in charge of yourself
10. The reason you choose to do something
11. Anything that affects your thoughts/behaviors

13. Considering the consequences of your choices

14. Allowing others the freedom of choosing their own behaviors/beliefs

15. Coming from outside yourself

Down

3. A choice you made up your mind about

4. Learning about yourself

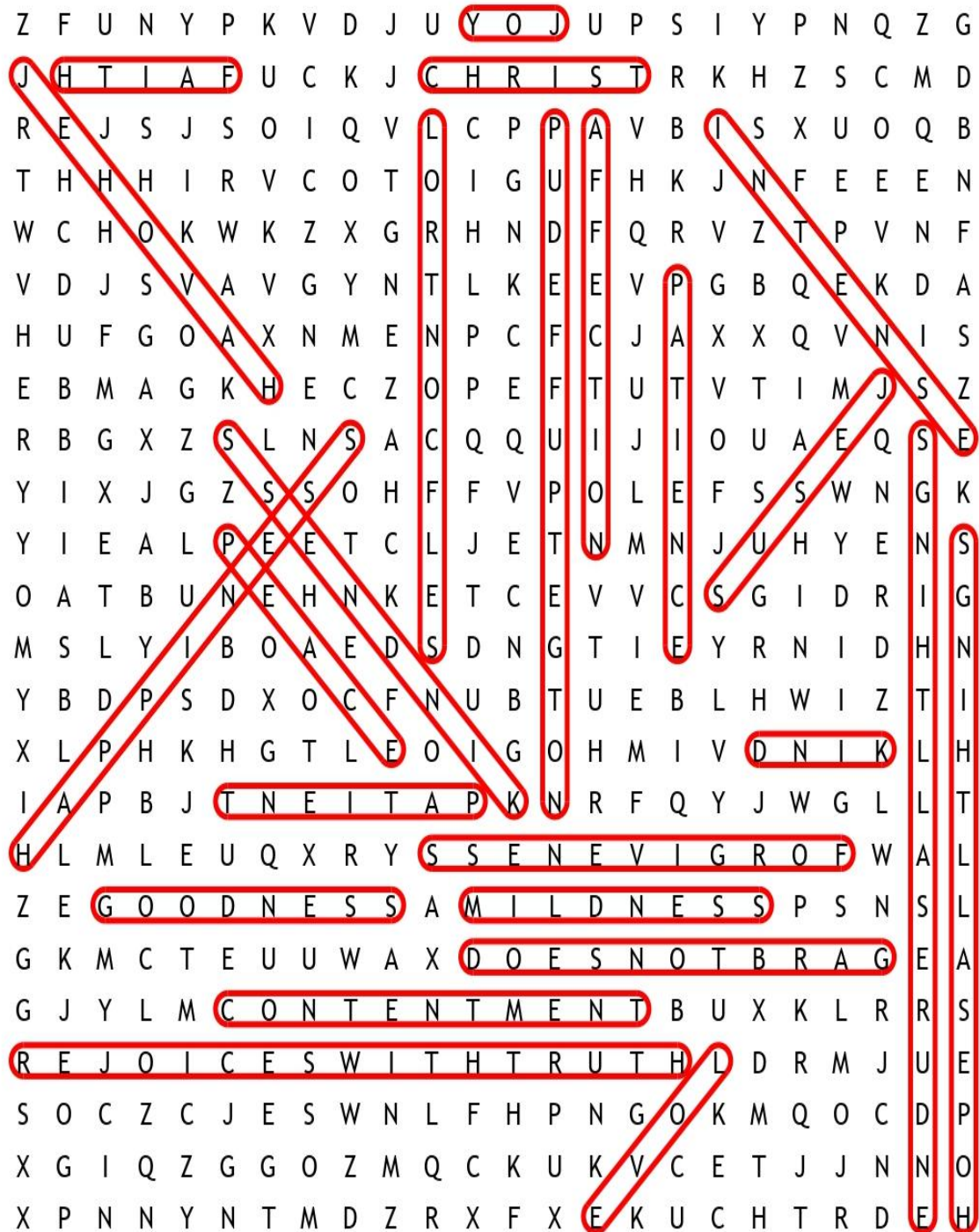
5. Freedom; Self-sufficient

7. Responding to situations appropriately

8. Being polite & showing regard for others

12. Information received from others about yourself

Self-Sacrificing Love



REJOICES WITH TRUTH
 HOPES ALL THINGS
 CONTENTMENT
 HAPPINESS
 KINDNESS
 JEHOVAH
 JESUS
 LOVE

ENDURES ALL THINGS
 DOES NOT BRAG
 FORGIVENESS
 MILDNESS
 PATIENCE
 PATIENT
 FAITH
 KIND

NOT GET PUFFED UP
 SELF CONTROL
 AFFECTION
 GOODNESS
 INTENSE
 CHRIST
 PEACE
 JOY

Self Love

1. LYPRINOSEAT personality
2. FSEL ESEEMT Self esteem
3. VMTOIONATI motivation
4. EFSL IGEAM self image
5. SNWSEAKESE weaknesses
6. THERSGNST strengths
7. LIAOTETPN potential
8. SOIEONMT emotions
9. GNCINHGA changing
10. NIIDTYTE identity
11. VIORPME improve
12. TTLNSEA talents
13. LUSTFA faults
14. FSGIT gifts
15. SLAGO goals
16. IAGEM image
17. VELO Love
18. GDO god

Inspiration

Imagination

Positivity

Happiness

Hard-work

Motivate

Inspire

Success

Passion

Ability

Victory

Achieve

Talent

Dreams

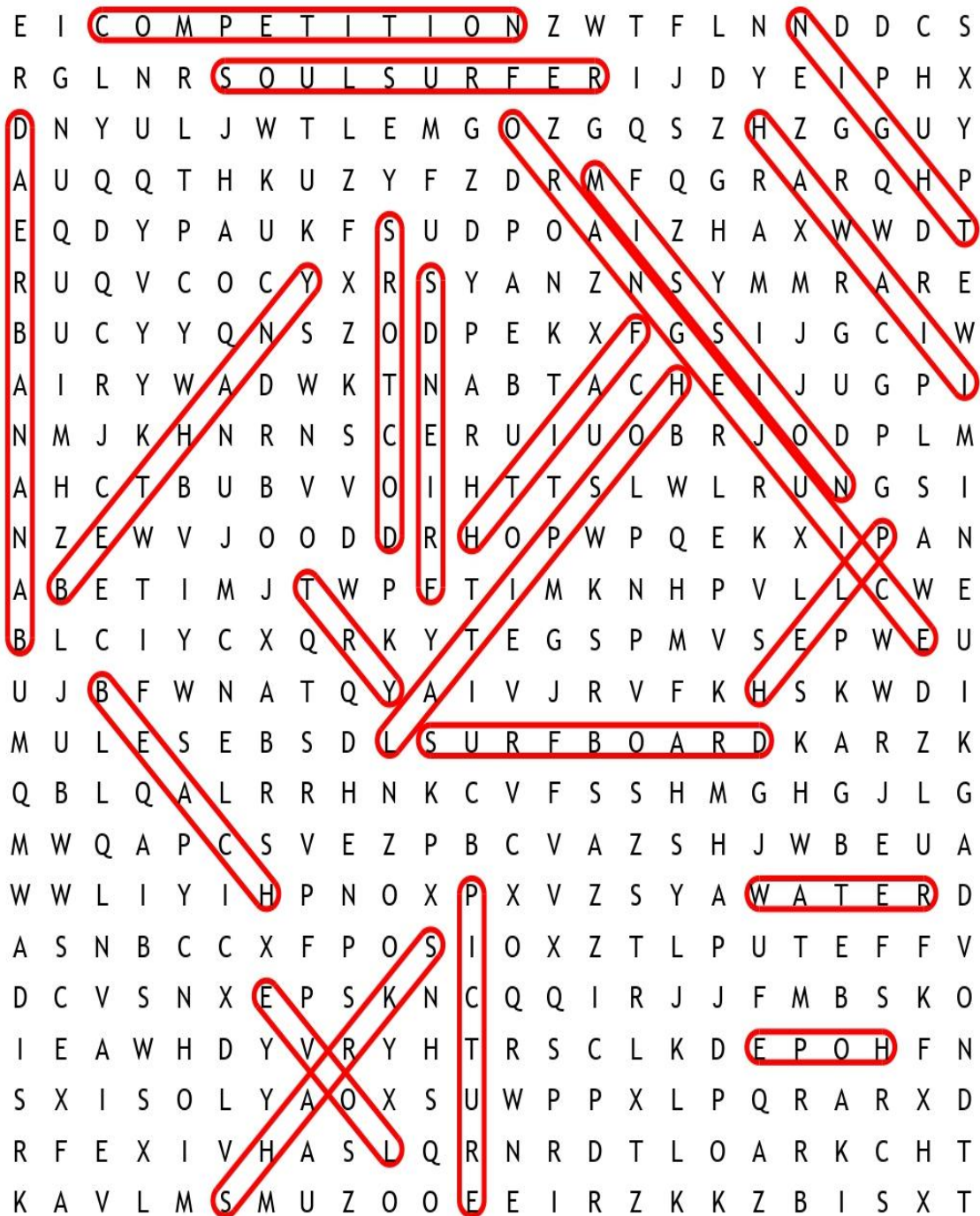
Love

Life



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

Inspirational movie



orange juice

Surfboard

Friends

sharks

beach

try

banana bread

hospital

doctors

night

help

Competition

picture

bethany

water

hope

soul surfer

mission

hawaii

faith

love