

## 4-2: A Little Self-Love Goes a Long Way!

Try to beat the clock as you unscramble the words below. (Hint: they are all known byproducts of self-compassion).

1. CEOENDNCFI
2. CNESEIREL
3. NWIEGLBLE
4. REHGTSTN
5. RCUETYIS
6. EOCNTRLEA
7. ATICNEEP
8. TONRGEISYE
9. KDINSENS
10. ONMITAIOVT