

# How to get out of a mid-life crisis

1. Number
2. Noun
3. Food
4. Adverb
5. Occupation
6. Adjective
7. Any Random Place
8. Noun - Plural
9. Verb
10. Number
11. Kind Of Being - Angel Ghost Etc
12. Verb
13. Verb
14. Noun
15. Noun
16. Genre Of Music
17. Adjective
18. Any Random Place
19. Body Part
20. Adjective
21. Noun
22. Noun - Plural
23. Verb - Ends In Ing

24. Adjective
25. Adjective
26. Family Member - Uncle
27. Adjective
28. Noun - Plural
29. Verb

# How to get out of a mid-life crisis

So you're \_\_\_\_\_ Number \_\_\_\_\_ years old and you're having a mid-life crisis. You can't get out of your \_\_\_\_\_ Noun \_\_\_\_\_ in the morning and all you want to eat is \_\_\_\_\_ food \_\_\_\_\_. What do you do? Follow these tips \_\_\_\_\_ Adverb \_\_\_\_\_...

1.) Get yourself to a \_\_\_\_\_ occupation \_\_\_\_\_ 's office immediately!

2.) Let your \_\_\_\_\_ Adjective \_\_\_\_\_ friends take you to \_\_\_\_\_ any random place \_\_\_\_\_ where you can unwind and think about your \_\_\_\_\_ Noun - Plural \_\_\_\_\_ back at home

3.) \_\_\_\_\_ verb \_\_\_\_\_ outdoors, if possible, \_\_\_\_\_ Number \_\_\_\_\_ times a day!

4.) A dose of yoga will reawaken your inner \_\_\_\_\_ kind of being - angel ghost etc \_\_\_\_\_. Take a deep \_\_\_\_\_ verb \_\_\_\_\_, breathe out and \_\_\_\_\_ verb \_\_\_\_\_ on a \_\_\_\_\_ Noun \_\_\_\_\_.

5.) Buy yourself a new \_\_\_\_\_ Noun \_\_\_\_\_ because you're worth it.

6.) Turn up the volume and listen to \_\_\_\_\_ genre of music \_\_\_\_\_ music as much as possible.

7.) Meet someone \_\_\_\_\_ Adjective \_\_\_\_\_, somewhere like \_\_\_\_\_ any random place \_\_\_\_\_. This can help lift your \_\_\_\_\_ body part \_\_\_\_\_

and make you feel \_\_\_\_\_ Adjective \_\_\_\_\_.

8.) Volunteer at the \_\_\_\_\_ Noun \_\_\_\_\_ store. It will help get your mind off \_\_\_\_\_ Noun - Plural \_\_\_\_\_.

9.) Go water- \_\_\_\_\_ verb - ends in ING \_\_\_\_\_. Keeping your mind more active and less \_\_\_\_\_ Adjective \_\_\_\_\_ will make a  
\_\_\_\_\_ Adjective \_\_\_\_\_ difference.

10.) Talk to your \_\_\_\_\_ family member - uncle \_\_\_\_\_, go to a \_\_\_\_\_ Adjective \_\_\_\_\_ -group to talk about your \_\_\_\_\_ Noun -  
Plural \_\_\_\_\_ or call 1-800- \_\_\_\_\_ verb \_\_\_\_\_ - me-now

Good luck!