

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

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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!