



NeverBroken
You



FROM HERE TO THERE

A DAILY GUIDEBOOK TO GET YOU
THROUGH



AMY RISE INFINITY

NEVERBROKENYOU.COM

This is a daily helper.

No expectations. No guidelines.

Just something to keep you going.

There's no ask, no rules.

One step, one day, at a time.

With Love, Amy

TODAY

DATE DOESN'T MATTER. YOU'RE HERE. THAT'S WHAT MATTERS.

∞ YOU'RE OKAY ∞
LET'S START THE DAY
YOU'RE NOT ALONE
∞ SO HERE WE GO ∞

What are you most afraid of? What hurts the most today?

One thing that you can do (even if it's just breathing).

What is hard right now? Tell me all about it.

Maybe One Little Piece of Light.

You Got This. If you don't, WE do.

Space for whatever.
(scribble, scream, shout, or leave it be)
the quiet is for you

Maybe not today, but you are going to be okay.