

How to Feel Again

THINGS TO TRY

- 1) Movies (Especially ones you used to love)
- 2) Music (The songs you used to listen to)
- 3) Places, Epic places (Something that moves you)
- 4) Take a drive (Somewhere old, Somewhere new)
- 5) Animals
- 6) Talking to someone, uninvolved
- 7) Writing or Art (No boundaries, no judgment)
- 8) Listen to Yourself

NEVERBROKENYOU.COM

AMYINFINITY.COM

∞

© 2019 AMY INFINITY