

Music Playlists

TO IMPROVE YOUR MOOD

HOW I FEEL RIGHT NOW:

●

HOW I WANT TO FEEL (GOAL FEELING):

●

SONG TITLE (BASED ON HOW YOU FEEL NOW):

●

SONG TITLE:

●

SONG TITLE:

●

SONG TITLE:

●

SONG TITLE (BASED ON GOAL FEELING):

●

N O T E S

The use of Music Playlists can help you change negative feelings to more positive feelings. You can move from sadness and depression to happiness and contentment. From anxiousness to calm. From anger to a feeling of relaxation. You get the idea!

How to: Choose 4-5 (or more) songs that you enjoy listening to that you think will transition you from a negative feeling to a more positive feeling. Start with a song that represents your current (negative) feeling and then gradually add songs (with each song) to achieve a more positive feeling until you've reached your goal feeling. Once you've chosen the songs and put them in the best order, then create a playlist on your phone or device. That way, when you're feeling (fill in the blank) and want to improve your mood, turn on your tunes and let the music do the rest!

[The Heart's Way, Imagery and Insights](#)