

MOOD SHIFTING PLAYLIST

Welcome to the Emotion-to-Music Journey

Take a moment to pause, breathe, and check in with yourself. This reflective exercise invites you to explore your emotions and gently support your shift toward a more desired emotional state—through music, creativity, and self-awareness.

Using the emotion wheel as your guide:

1. **Identify Your Current Emotion**

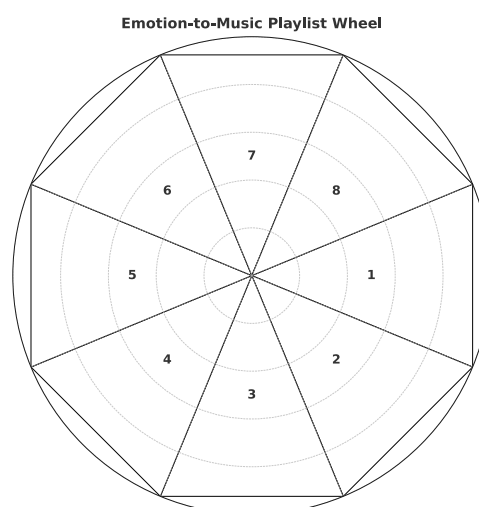
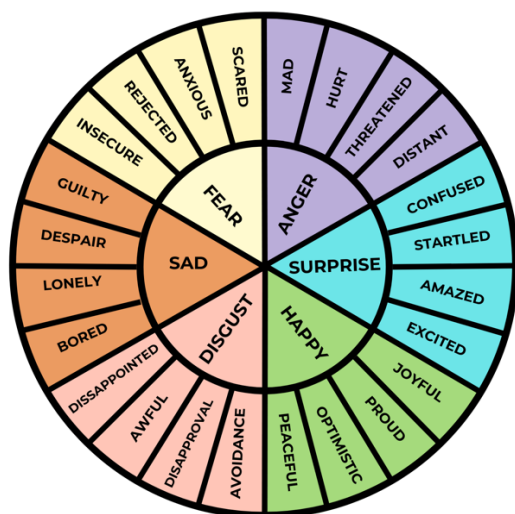
Begin by noticing how you're feeling in this moment. Look at the centre of the emotion wheel and work your way outward to find the word that best describes your present emotion. Write it in the first segment of the blank circle.

2. **Choose Your Desired Emotion**

Now, gently consider how you would like to feel instead. Find a word from the wheel that represents that emotional goal, and write it in the eighth segment.

3. **Bridge the Gap**

Using the wheel, select six emotions that could serve as stepping stones between where you are and where you'd like to be. Let each one feel like a small, manageable shift. Write these in order in the remaining segments of the circle, moving clockwise.



4. **Create Your Emotional Playlist**

Think of one song that matches the essence of each emotion you've chosen. These may be songs you already know or new ones you discover. Write the song titles in each segment next to the emotions.

5. **Listen and Shift**

Find a quiet space. Press play on the first song, and simply listen. Move through each track in order, noticing how the music guides your emotions gently from one state to the next. Allow yourself to feel each step. There's no rush.

Let this be a mindful journey—a personal ritual of emotional care and transformation through the healing power of music.

Take a few breaths... and begin when you're ready.

 **Enjoy your journey through music!** 