

# motivational blues

motivational blues 17-05-2017

lyrics: Rickard Verner Hultgren

music: Rickard Verner Hultgren

$\text{♩} = \text{♩} \text{ } \text{swing}$

I and you **build** o-ur va - lue now. View the

[the end result object]. Respect the view. View the

[chunked down result object]. Respect the view.

CODA

I and you **build** our va-lue now.

## COMMENTS

Imagine persons that you want to interact with. It can be another person or a future you. Sing this song about the interaction.

*I and you **build** our value now.*

We build the value of our interaction. This correlates to oxytocine.

*View the [the end result object].*

Describe the end result object of an activity. It can be your activity or the activity of another person. This correlates to testosterone and serotonin.

*View the [the chunked down result object].*

Describe the road map to the end result. This correlates to acetylocholine dopamine.

*Respect the view.*

In order to deeply interact with another person the view of that person must be respected.