

motivational blues

motivational blues 05-10-2017

lyrics: Rickard Verner Hultgren

music: Rickard Verner Hultgren

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

Slow breath-ing for focused flo - w now. A - ppre-ci-
What do I want to contr-ib-ute to now? What would I
I a - nd you **build** o - ur va - lue now. You will get

ate, cri - ti - cize, achi - eve or miss? Id - en - ti -
give to myself that makes me thankful? What would I
[meaning of end results] from the [res - ults]. To do now:

fy - ing with, or do - ing ac - tions? give to others that make them thankful?
[doing the next move]. I ach - ieve that.

CODA

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

COMMENTS

Imagine an interaction with another person or a future you.

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

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

I will get [meaning of end results]

What will I gain from the end result? This correlates to testosterone.

from the [end results]

Specify the end results. This correlates to serotonin.

To do now [doing the next move]

This ensures you of the momentum towards the end result. This correlates to acetylocholine.

I achieve that

Focus on the next marker. This correlates to dopamine.