

motivational blues

motivational blues 01-10-2017

lyrics: Rickard Verner Hultgren

music: Rickard Verner Hultgren

3
 ♪ = ♪ *swing*

G⁷ F⁷ C G⁷

Slow breath-ing for fo-cus-ed flo - w now. A - ppre-ci-
 I a - nd you **build** o - ur va - lue now. You will get

5 C C C C⁷

ate, cri - ti - cize, achi-eve or miss? Id-en - ti -
 [meaning of end results] from the [re-sults]. To do now:

F F⁷ C C⁷

9 D.S. al Coda

fy - ing with, or doing ac-tions?
 [doing the next move]. I achi-eve that.

CODA

G⁷ F⁷ C C

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 acetylcholine.

I achieve that

Focus on the next marker. This correlates to dopamine.