

SUCCESS+

# MUSIC PLAYLIST BUILDER

Your Science-Backed De-Stresser



Whether you're feeling on top of the world, stuck in a rut, or somewhere in between, music has the incredible power to amplify, soothe, or transform your emotions. This resource is your backstage pass to building playlists that truly resonate with your feelings.

Gone are the days of scrolling aimlessly through streaming platforms, or repeating the same few songs. This resource will empower you to tune into your emotions and match them with the right tracks. Think of it as a supportive best friend who gets you and always has the perfect song recommendation to make you smile.

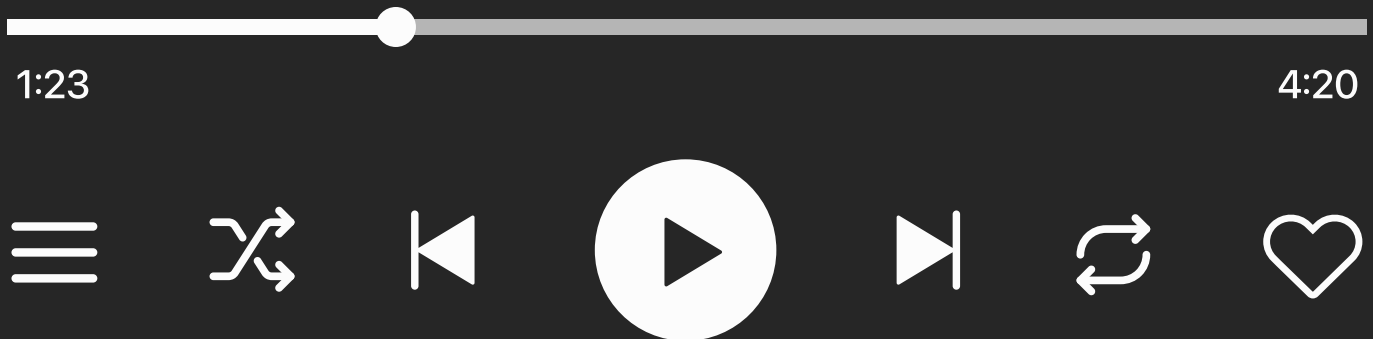
With the SUCCESS+ Music Playlist Builder, you'll not only create playlists that vibe with your current mood, but discover how intentional listening can boost your wellbeing, motivation, and self-awareness.

If you're ready to hit play on a calmer you, take a look at the directions below!

#### How to use the SUCCESS+ Music Playlist Builder:

1. **Identify Your Mood:** Are you feeling sad, angry, joyful, or something else?
2. **Match It:** Use our mood-based music recommendations to pick genres, artists, and songs that align with your feelings.
3. **Curate Your Playlist:** Follow the prompts to build a playlist that speaks to you.

**Remember:** This is about understanding yourself, celebrating your highs, and navigating your lows with empathy and empowerment.



# How Music Heals

Music can be so much more than background noise. It's a powerful tool for healing and self-expression. When life feels overwhelming, music provides a safe space to feel your emotions, process them, and move forward.

Research shows that music can lower stress hormones, release dopamine (the "feel-good" chemical), and improve your brain's focus and clarity.

## How Music Can Affect Your Emotions and Energy

Ever notice how the right song can completely shift your mood? Music taps directly into the brain's limbic system—the center that regulates emotions and memory. Uplifting tracks can promote energy while calming melodies can help you de-stress. Whether you need to work through sadness or celebrate, music can both reflect and help elevate your emotional state.

Recognizing and honoring how you feel in the moment can help build greater self-awareness. So how can this resource help you turn feelings into positive action and allow you to emotionally and mentally? It all starts with the perfect song.

## The Science of Music and Mood Regulation

Music and your brain are best friends in disguise. Music doesn't just change how you feel—it can also change how you think. For example, listening to music while you're stressed can help slow down racing thoughts, and in turn, make it easier to focus and problem-solve. Whether you're seeking energy or peace, music is a scientifically-backed tool for managing your emotions in real time.

**Remember:** Change starts with small habits, and intentional listening is one of them. By curating playlists that reflect or shift your emotional state, you're practicing mindfulness in a fun, approachable way. Think of it as setting a soundtrack for your life:

### Morning Motivation

Start your day with energizing tracks to set a positive tone.

### Midday Reset

Use calming instrumentals to focus during work or study.

### Evening Reflection

Unwind with soft, peaceful music that encourages relaxation.

Over time, these small, intentional choices add up and can help you feel more control over your emotions, more focused on your goals, and more connected to yourself.

It's about creating a supportive routine that nurtures your mental health—one song at a time.

# Match Your Mood

Music has the unique ability to reflect and even change our emotions. This resource introduces mood-based themes designed to match how you're feeling or help you shift to a better mindset. Each theme acts as a starting point and offers a vibe that resonates with specific states of mind.

Each theme is a doorway to a musical space where you can reflect, reset, and recharge. Let your mood guide your choices, and watch how the right playlist can shift your entire day.

## Happy Vibes:

When you're feeling on top of the world, amplify your energy with upbeat tracks that celebrate life. This selection is perfect for sunny afternoons, hitting milestones, or dancing in your room.

### Recommended Genres:

Pop, indie rock, EDM

### Examples:

["Good as Hell" by Lizzo](#)

["On Top of the World" by Imagine Dragons](#)

## Sad Soul Soothers:

When the world feels heavy, let reflective and gentle melodies provide space for your feelings. This theme helps you process and understand your emotions while providing a sense of comfort.

### Recommended Genres:

Acoustic, lo-fi beats, singer-songwriter

### Examples:

["Someone Like You" by Adele](#)

["Fix You" by Coldplay](#)

## Stressed Out Serenity:

For those moments when your brain feels like a browser with 100 tabs open, this theme offers calm, soothing tracks to quiet your mind and help you reset.

### Recommended Genres:

Ambient, classical, soft jazz

### Examples:

["Clair de Lune" by Debussy](#)

["Weightless" by Marconi Union](#)

## Angry Anthems:

Frustrated? Channel that intensity into music that pumps you up and helps you release tension. This theme is all about empowerment and finding strength through catharsis.

### Recommended Genres:

Rock, hip-hop, heavy electronic

### Examples:

["Misery Business" by Paramore](#)

["Love Bites \(So Do I\)" by Halestorm](#)

# Step-by-Step Guide to Building Playlists

Creating a playlist is both an art and an act of self-care. Here's a simple process to help you build a collection of songs that speak to your soul:

## 1. Identify Your Mood

Take a moment to check in with yourself. Are you feeling excited, frustrated, nostalgic, or calm? Write down a word or phrase that captures your emotional state—this will guide the vibe of your playlist.

## 2. Choose a Theme

Pick a mood-based theme that resonates with you. For example:

- Feeling pumped? Go for “Happy Vibes.”
- Feeling overwhelmed? Opt for “Stressed Out Serenity.”

## 3. Start With Your Favorites

Begin by adding a few go-to tracks that align with the theme. These songs are your “anchor” tracks—the ones you know will always hit the right note.

## 4. Discover New Gems

Use streaming platforms, mood-based playlists, or our recommendations to explore new songs. Look for tracks that complement the energy of your anchor songs and broaden the vibe of your playlist.

## 5. Layer Your Playlist

Add variety by balancing familiar hits with fresh finds. Consider including songs with different tempos, tones, or genres to create a dynamic listening experience.

## 6. Refine and Perfect

Listen to your playlist and adjust as needed. Are there any tracks that don't quite fit? Replace them with better options until the flow feels just right.

## 7. Hit Play With Intention

Your playlist isn't just music—it's a tool for self-care. Use it during specific moments, like your morning routine, workout sessions, or quiet evenings. Let it become your emotional anchor whenever you need it.

With these steps, building playlists is more than organizing a few songs. It's a way to nurture your emotional well-being.



# How to Create “Emotional Anchors” with Music

Emotional anchors are songs that instantly connect you to a specific feeling, memory, or mindset. Here’s how to find and use them:

- Reflect on moments when music deeply moved you. Was it during a road trip, a tough time, or a joyful celebration? Add those songs to your playlist.
- Choose tracks with lyrics, rhythms, or melodies that consistently evoke a particular emotion. For example, a triumphant beat for confidence or a soft instrumental piece for calm.
- Use these songs as anchors to boost your mood or reset your energy when you need it most:

What’s your go-to song for feeling unstoppable?

 by: 

What’s a nostalgic song that comforts you?

 by: 

Which track always makes you smile, no matter what?

 by: 

## Pro tip: Layer Your Vibes

Start with emotional anchor songs, then layer in complementary tracks that match your playlist’s energy. Each time you listen, you’ll be taken on a musical journey that flows naturally from one song to the next.

## Test, Adjust, and Use Intentionally

Listen through your playlist to see how it feels as a whole. Are there any songs that disrupt the vibe? Replace them. Then, use your playlist as a soundtrack for specific moments in your life, such as your morning routine, workout, or wind-down time.

By blending reflection with intentionality, your playlist will be more than just a collection of songs, but rather, a powerful tool for connection and comfort.



# Congratulations!

You've just created a playlist that's more than music. It's a reflection of you.

Whether it's a collection of anthems that make you feel unstoppable or calming melodies that help you unwind, this playlist is your emotional toolkit.

Life throws a lot at us, and it's easy to feel overwhelmed. But remember: even small, intentional actions like pressing play on the right song can spark big changes.

Music has the power to amplify your joy, provide space for your sadness, and reignite your motivation when you need it most.

So, take these tips with you wherever you go.

Keep adding to your playlists, creating new ones, and using music as a way to check in with yourself.

Now it's time to hit play and let your playlist be the soundtrack to your motivation.

Here's to your journey of reflection, growth, and epic vibes.