

# Putting Together An Exceptional Playlist with Purpose

Technology has changed enough over the last decade to allow us to take our entire music library with us and to arrange it into playlists for particular purposes. Because music can now be “on demand,” when you need support you have the choice of putting on the playlist that will help you achieve what you need at that moment.

Putting together playlists can be quite daunting for many, especially when people see this endeavor as one that takes time and money both of which may be unavailable. To prepare “Playlists with Purpose” try doing a little bit at a time. A “Playlist for Sports Performance” might simply be a matter of listening to songs on the radio and noticing how your body responds. If you hear a bright peppy song as you drive, it will most likely spark a similar reaction during an upcoming workout. Songs generally range in length from three to five minutes. By selecting six to eight songs, you can easily have a thirty-minute playlist that inspires and motivates you to an energetic workout.

I recommend generating playlists to accompany your life’s events, activities or desired feelings ie:

- Waking up
- Going to Sleep
- Exercising
- A house social (a party)
- Navigating through difficult times (when you are feeling low)
- Connecting to others when they are not around
- Remembering the feelings of love
- Helping to focus and study
- Fun moments

By changing frequencies, tempo and music tones our entire being is affected. On a cold winter day, with my imagination flowing and with my eyes closed, just listening to music all by myself can transport me to a warmer climate and ultimate relaxation. In my mind, I sip my first margarita and mellow out while listening to the slow, melodic lapping of the waves on the beach. Just like the soothing nature of a hypnotic voice, music can put us to sleep or wake us up with changes in pitch. Having our playlists accessible at our fingertips can provide the special moment we need.