

Boosting Mood with Music

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



We have all experienced the power of music, whether we have consciously considered its impact or not. We may have been moved to tears by a song, found a sense of deep peace and ease, or gained motivation and inspiration from an uplifting track. Music indeed has the power to shift and lift the mood in various ways.

The following exercise is an exploration of the effect that various pieces of music have on the mind and our emotions. Fill out the chart below over seven consecutive days, listening to one piece of music at approximately the same time each day.

EXERCISE:

Fill out the chart below without overthinking it. Choose a variety of songs to explore the various effects that different genres of music have on you.

SONG NAME	LEVEL OF PEACE/ CONTENTMENT BEFORE (Scale of 1-10)	LEVEL OF PEACE/ CONTENTMENT AFTER (Scale of 1-10)

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SONG NAME	LEVEL OF PEACE/ CONTENTMENT BEFORE (Scale of 1-10)	LEVEL OF PEACE/ CONTENTMENT AFTER (Scale of 1-10)

REFLECTIONS:

After the seven days have passed, take a moment to reflect upon and answer the following questions.

1. What songs had the greatest impact on your mood? What songs lifted your mood (if any)? Which ones lowered your mood (if any)?

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2. Were you surprised by any observed changes in your mood or were the outcomes as you would have predicted?



3. Create a list of songs that you can turn to when you are feeling down or need a boost. Keep this list as a reference for times when it is needed.