

My Life's Playlist

KNOW YOURSELF

Name: _____ Date: _____

Directions: In this activity, you will brainstorm about memorable events in your life to create your life's playlist. Begin by reflecting on some of your life's most memorable moments. You can use this list of events for inspiration:

- A special family event or celebration (e.g., a special birthday)
- A personal achievement or milestone (e.g., winning a sports game, getting braces)
- A "first" (e.g., first day of middle school or high school)
- A special trip (e.g., going camping)

Part One: "Memorable Moments"

Think of up to 10 memorable moments in your life. Record them in the chart below. For each memory write what you saw, what you thought and how you felt.

| Memorable Moments | What did you SEE, THINK, FEEL |
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Part Two: “My Life’s Playlist”

Using the “Memorable Moments” column above, choose at least five moments to inspire your playlist.

Create your playlist by choosing a moment, pairing it with the song of your choice and writing why you chose the song. Your “why” should include a description of what the song makes you envision (SEE), what the song makes you feel and how the song makes you think. When making your playlist, be sure to have a clear sequence; for example, place the songs in chronological order according to your life’s memorable moments.

| Song | Artist | Why did you choose this song? What do you envision, think, feel? |
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