THE IMPORTANCE OF POSITIVE PLAYLISTS

OMAG Regional Meeting | Midwest City
Music can transport us to a time and place; it connects with our emotions.
IT’S HOW OUR BRAINS WORK

♫ When you hear a familiar song, it activates neuropathways associated with past experiences
♫ It gets stuck seeking completeness
♫ Thoughts – true or not – get stuck for the same reason
THOUGHTS

Something we have;
not something we
hone, right?
OVERTHINKING

• When what you think gets in the way of what you want
• Extra layers of thought
• Form of fear

99.5% OF LEADERS STRUGGLE WITH OVERTHINKING
5 PRIMARY EMOTIONS

- Happy
- Sad
- Angry
- Afraid
- Ashamed (Disgust)
Overthinking leads to inaction, which leads to more overthinking.

Jon Acuff
Sometimes, the most powerful words we say are the ones we say to ourselves.
The brain’s ability to adapt.
ANECDOTE TO OVERTHINKING

REQUIRES ACTION

› Retire broken playlists
› Replace broken playlists
› Repeat until automatic
IS IT TRUE?
IS IT HELPFUL?
IS IT KIND?

JON ACUFF

RETIRE
BROKEN
PLAYLISTS
REPLACE BROKEN PLAYLISTS

♫ If you can worry, you can wonder
♫ If you can doubt, you can dominate
♫ If you can spin, you can soar
Words matter. And the words that matter most are the ones you say to yourself.

David Taylor-Klaus
POSITIVE PLAYLISTS

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