



Music Mood Shift Exercise Worksheet

Starting feeling: _____

Goal feeling: _____

Mood Shift Playlist:

Songs: *Choose at least three total; one for each category*

Reflection of starting feeling:

1. _____ Artist: _____

2. _____ Artist: _____

3. _____ Artist: _____

Transition:

1. _____ Artist: _____

2. _____ Artist: _____

3. _____ Artist: _____

Reflection of goal feeling:

1. _____ Artist: _____

2. _____ Artist: _____

3. _____ Artist: _____

Reference: Blog - “Emotions vs. Feelings” and Podcast - “Emotional Mapping”