

## Physical

- Preferred music playlists for:
  - Exercise
  - Dance
  - Sleep
- Apps:
  - *Better Sleep*
  - *Calm*

## Intellectual

- Active participant in music
- Learn a new instrument
- Join a choir
- Take a dance class
- App: *Insight Timer*

## Emotional

- Preferred music to access emotions and feelings
- Song lyrics for journal prompts and affirmations

## Social

- Attend a concert/watch live music
- Karaoke
- Go to a dance hall
- Check out a music/record store

## Environmental

- Create a physical space to enjoy music
- Preferred playlists to motivate day
- Preferred music for the car
- Wind chimes indoor/outdoor

## Recreational

- See live music/Broadway show
- Listen to preferred music
- Community classes:
  - Dance
  - Music
  - Drum Circle

## Financial

- Themed playlist to motivate financial activities
- Document preferred music and music activities

## Spiritual

- Breathe/meditate to music
- Sing/listen to music of your faith
- Play instruments with a meditative quality

