



RESILIENCE & GRIT

Build the forward-motion playlist that carries you through.

The big idea: Uplifting music lifts you only when you **actively intend** it to — intention is the active ingredient (Ferguson & Sheldon, 2013). Positive emotion then broadens what you can do (Fredrickson).

KEY TAKEAWAY
When knocked down, choose music that expresses the state you want to reach — not just music that matches the misery — and reach toward it actively.

A The Forward-Motion Playlist

Build a playlist of songs that carried you THROUGH — not songs about being happy — and use them with active intention.

- Choose songs that helped you keep moving while you were still in the difficulty.
- Use it with intention — actively reach toward the state you want while it plays.
- For the deepest moments, learn the song: play it, sing it, internalize the words.
- Keep the playlist built and ready. Adversity doesn't schedule itself.

#	FORWARD-MOTION SONG	WHAT IT CARRIED ME THROUGH
1		
2		
3		
4		
5		
6		





B Reach, Don't Just Cope

Separate coping from reaching, and choose a song that honors what you're carrying.

A song I use to COPE (matches the misery):

A song I'll use to REACH (expresses where I want to be):

A song I could learn to process a specific loss:

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What's the song you reach for when life knocks you down — not the one you think you should, but the one you actually do? What does it do that nothing else manages?

