



AFFIRMATIONS IN MOTION

Build the interior choir that speaks to you in hard moments.

The big idea: Sung words are recalled far more accurately than spoken ones — **melody is a mnemonic scaffold** (Wallace, 1994). Song succeeds where flat mirror-affirmations fail.

KEY TAKEAWAY
Choose the song that expresses who you want to become — not how you feel now — and loop it with active intention while you reach.

A Build Your Interior Choir

Identify the songs that already function as your inner voice, and label each by the state it produces.

- Identify the two or three songs that surface unbidden in hard moments. Name them.
- Notice what state each reliably produces — resolve, confidence, calm, courage. Label them.
- Build the choir deliberately — one song for each state you regularly need.
- Teach it to your kids: help them find their own strength song before they need it.

#	INTERIOR-CHOIR SONG	THE STATE IT RELIABLY PRODUCES
1		
2		
3		
4		
5		





B Reach Toward Who You Want to Be

Pick a song for the state you intend — not the one you're in — and loop it with active intention.

A version of myself I'm reaching toward:

The song that expresses that state (not how I feel now):

When I'll loop it while I work toward it:

A song I could learn and sing to go deepest:

CARRY IT TO YOUR JOURNAL →

Is there a version of yourself you're reaching toward right now? What song expresses it — and what would happen if you let it play on loop while you reached?

