



# THE TEMPO OF CALM

Build your UP and DOWN playlists, then conduct your day.

**The big idea:** Your heart, breath, and blood pressure quietly **mirror the tempo of your music**. Choose the tempo and you steer the nervous system — starting with the very first thing you hear each day.

**KEY TAKEAWAY**  
Don't force a better mood. Start where you actually are, then let the music descend or rise — the ISO arc meets you first, then moves you.

## A Build Your Two Playlists

Make two honestly named playlists. The descending or rising order IS the ISO arc — sequence matters as much as the songs.

- DOWN: 8–10 songs that lower your intensity, sequenced medium-energy to truly calm.
- UP: 8–10 songs that raise your energy without making you anxious, sequenced warm to peak.
- Use DOWN within an hour of a stressful event; use UP before anything demanding.
- Notice the difference in your body and your behavior over one week.

| # | DOWN PLAYLIST (CALM) — IN ORDER | UP PLAYLIST (ENERGIZE) — IN ORDER |
|---|---------------------------------|-----------------------------------|
| 1 |                                 |                                   |
| 2 |                                 |                                   |
| 3 |                                 |                                   |
| 4 |                                 |                                   |
| 5 |                                 |                                   |
| 6 |                                 |                                   |





## **B Conduct Your Own Day**

List the soundscapes you inhabit by default, note who's choosing them, and reclaim three this week.

**Morning — state I want / music I'll choose:** .....

**Commute — state I want / music I'll choose:** .....

**Wind-down — state I want / music I'll choose:** .....

**Where I'll build in silence before sleep:**

### **CARRY IT TO YOUR JOURNAL →**

What's the first music you hear each day — by design or by accident? If it's tuning your nervous system for sixteen hours, what would you change tomorrow?

