WORDS THAT HEAL

Audit the words you're absorbing, then aim them on purpose.

The big idea: Prosocial lyrics in background music **measurably increase helping, giving, and empathy** — without listeners consciously attending to the words (Greitemeyer, 2009).

KEY TAKEAWAY

The car and the kitchen are prime real estate for the messages you want absorbed. Hide the veggies — load the Trojan horse on purpose.

A Audit & Aim Your Lyrics

For three days, actually read the words of what plays in your background — then build one playlist whose lyrics point where you want to go.

- For three days, read the lyrics of your gym, commute, and house music. What are those words repeating into you?
- Build one PROSOCIAL playlist: songs whose words point toward who you want to be and how you treat people.
- If you have kids, choose the car and kitchen music with intention — prime real estate for messages that stick.
- Notice which messages come back. When someone quotes a lyric as wisdom, the effect is working.

#	PROSOCIAL SONG	THE VALUE / MESSAGE IT CARRIES
1		
2		
3		
4		
5		
6		

B Load the Horse on Purpose

Curate your delivery windows and, if you're up for it, write one song of your own.

Values slipping past the filter I want to change: .....

A lesson I want someone I love to carry: .....

My simplest one-verse draft of that lesson:

CARRY IT TO YOUR JOURNAL →
Think of a moment when a song was the only thing two very different people had in common. What did those particular words make possible?