



The Playlist of Your Life

Session 3 Activity:

Think about songs that have lyrics or a message you connect with. Include songs that relate to your values, a certain memory, or person. Once you choose five songs, write them down on the playlist below. Think about the meaning behind why these songs made your playlist. If you finish early, draw your cover art for your playlist in the box below.



My Personal Playlist:

1.

2.

3.

4.

5.

00:00  00:00

