



## **Year Review with Music**

A great way to start is to think about songs that have had an impact on you over the past year. You can organize this by month, season, or however you want. I've provided some prompts and examples to help you turn this experience into journal or blog entries if desired. With a blank piece of paper (I recommend unlined)

1. Write down a song title, and then listen to the song without any lyrics or visuals
2. Listen to the song again with the lyrics printed or on-screen in front of you. Circle or mark those words that have a particular effect on you.
3. Write out those words or phrases on your blank paper.
4. What does the music capture? A memory of an event, interaction, person? Note this.
5. How does your body feel when you listen? What part of your body is affected? Note this.

None of these prompts require you to write a full sentence, just to respond in some way. It could be with words, sketched images, or entire stories. There is no right or wrong way to process this experience

Share your "Year Review with Music" or your song for the start of 2020 on our Facebook page. I'd love to hear what music has made an impact on you in 2019 OR what might be your opening song for 2020 and Why?

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