

Mood-Song Playlists

Here are some “moods” for you to create your own mood playlists. I gave a few to get you started. Feel free to create song lists for other moods!

Positive moods:

Happy

- Africa (Toto)
- I Like It, I Love It (Tim McGraw)
- Cantina Band (Star Wars soundtrack, John Williams)
- _____
- _____
- _____

Excited

- Higher Ground (Stevie Wonder)
- Grandma’s Feather Bed (John Denver)
- Sing Sang Sung (Gordon Goodwin’s Big Band)
- _____
- _____
- _____

Inspiring/Powerful

- We Will Rock You (Queen)
- Tom Sawyer (Rush)
- Wonder Woman’s Wrath (Wonder Woman soundtrack, by Rupert Gregson-Williams)
- _____
- _____
- _____

Silly/Fun

- Amish Paradise (Weird Al Yankovich)
- Lumberjack Song (Monty Python)
- Always Look on the Bright Side of Life (Monty Python)
- _____
- _____
- _____

Neutral (not good *or* bad) moods:

Relaxation/Sleep-Inducing

- Misty Mountains (The Hobbit soundtrack, by Howard Shore)
- Weightless (Marconi Union)
- Rain sounds (not a song, just sound effects)
- _____
- _____

Peaceful

- Over the Rainbow (Israel Kamakawiwo'ole version)
- Anything by Simon & Garfunkel
- Morning Mood (Grieg)
- _____
- _____
- _____

Sad/Healing

- You've Got a Friend (Carole King version)
- Hurt (Johnny Cash)
- The Sound of Silence (Simon&Garfunkel or Disturbed versions)
- _____
- _____
- _____

Negative moods:

Angry

- Requiem: Confutatis/Lacrimosa (Mozart)
- Anakin's Dark Deeds (Return of the Sith soundtrack, by John Williams)
- Land of Confusion (Disturbed version)
- _____
- _____
- _____

Depressed

- So Far Away (Avenged Sevenfold)
- "Pippin's Song" (Lord of the Rings soundtrack, by Howard Shore)
- Adagio in G minor (Albinoni)
- _____
- _____
- _____

Frustrated/Stressed

- Cry Me a River (Diana Krall version)
- Afterlife (Avenged Sevenfold)
- Well of the Souls (John Williams)
- _____
- _____
- _____

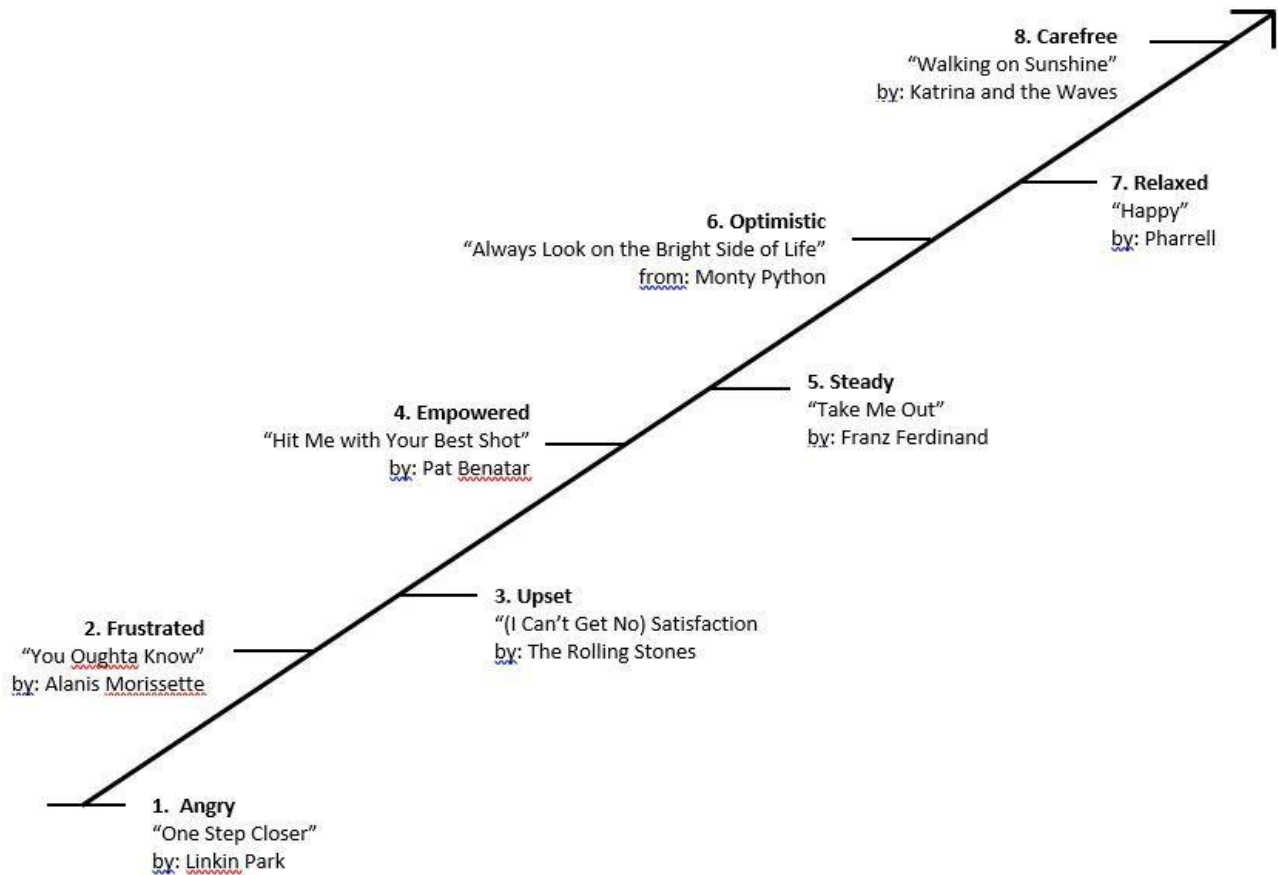
Restless

- Ride of the Valkyries (Wagner)
- Carnival of the Animals: Aquarium (Saint-Saens)
- Symphony No.9, 4th Mvmnt (Dvorak)
- _____
- _____
- _____

The “Iso song playlist”

1. Play a song that matches how you feel **right now**
2. Then play new songs to get to the mood you **want**

Here’s somebody’s Iso song playlist: *angry to carefree*, with 6 "between" songs...



This person is feeling **angry** but wants to feel **carefree (happy)**. They'll do that by listening (in order) to...

1. "One Step Closer"
2. "You Oughta Know"
3. "I Can't Get No Satisfaction"
4. "Hit me with your best shot"
5. "Take me out"
6. "Always look on the bright side of life"
7. "Happy", and
8. "Walking on sunshine"

Make your own *Iso Song Playlist*

It *must* be songs that YOU like:

1. **Where are you starting? What do you feel right now? (*anxious, stressed, depressed*):**
 - Your Song Choice:
2. **In-between emotion: (ex. *a little bit anxious, a little bit depressed*):**
 - a. Your Song Choice:
3. **In-between emotion: (*neutral*):**
 - a. Your Song Choice:
4. **In-between emotion: (*neutral or a power song*):**
 - a. Your Song Choice:
5. **In-between emotion: (*little happy/optimistic*):**
 - a. Your Song Choice:
6. **The emotion you want to feel (*focused, calm, relaxed, energized, or whatever you want!*):**
 - a. Your Song Choice:

