





Music can transport us to a time and place; it connects with our emotions

IT'S HOW OUR BRAINS WORK

- When you hear a familiar song, it activates neuropathways associated with past experiences
- It gets stuck seeking completeness
- ▶Thoughts true or not get stuck for the same reason



THOUGHTS

Something we have;

not something we

hone, right?





OVERTHINKING

- When what you think gets in the way of what you want
- Extra layers of thought
- Form of fear





5 PRIMARY EMOTIONS



Нарру



Sad



Angry

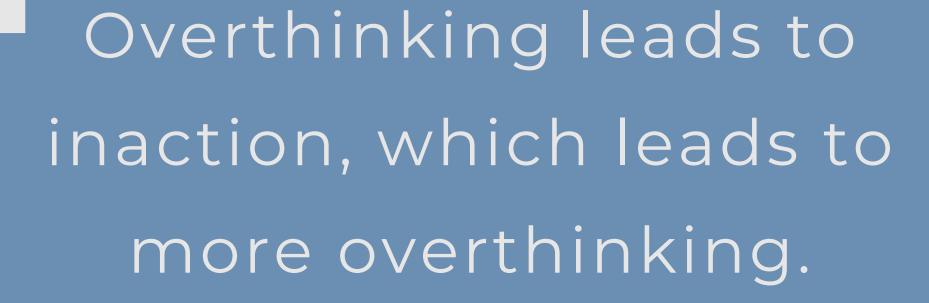


Afraid



Ashamed (Disgust)





Jon Acuff







NEUROPLASTICITY

The brain's ability to adapt.





ANECDOTE TO OVERTHINKING

REQUIRES ACTION

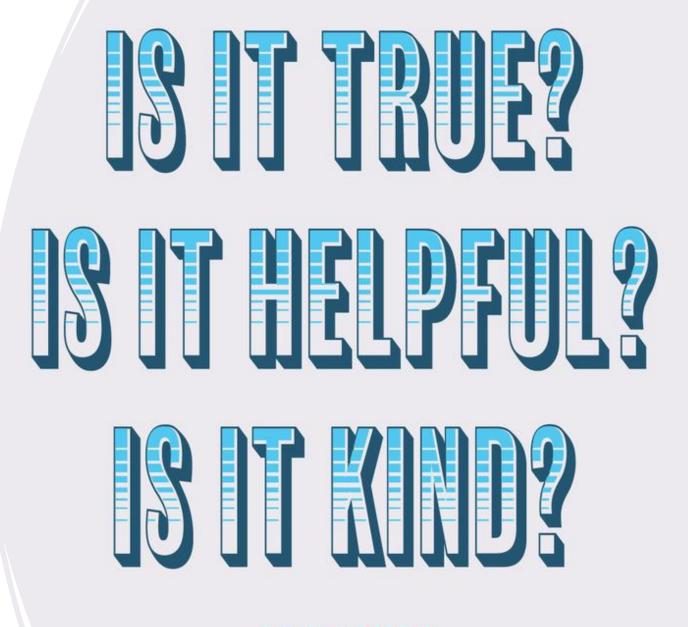
- ♪ Retire broken playlists
- ♪ Replace broken playlists
- ♪ Repeat until automatic



RETIRE

BROKEN

PLAYLISTS





JON ACUFF

REPLACE BROKEN PLAYLISTS

- ♪ If you can worry, you can wonder
- ♪ If you can doubt, you can dominate
- ♪ If you can spin, you can soar



REPEAT
UNTIL
AUTOMATIC





Words matter. And the words that matter most are the ones you say to yourself.

