

THE LEADER'S PLAYLIST: PUTTING PLAYLIST INTO PRACTICE

Step 1: Get a bellyful	When you've finally had enough, ask yourself these questions: <ul style="list-style-type: none">• What are you no longer willing to tolerate in your life?• Have you truly had a bellyful, such that you are willing to dive deep and uncover the playlist running your life?
Step 2: Get curious	When you're ready to get curious, ask yourself the following questions: <ul style="list-style-type: none">• Where do you need to give up what you think you know and get curious about why and how patterns are showing up in your life?• Where is blaming yourself or others (aka your judgment) getting in the way of your curiosity?
Step 3: Tune into the melody of emotions	To tune into your emotions, ask yourself the following questions: <ul style="list-style-type: none">• As you connect to the part of your life where have you had a bellyful, what emotions are you feeling right now?• What frequency (low or high) are those emotions? Name them with as much specificity as possible.
Step 4: Name the playlist through your earliest memory	To see your own life pattern, ask yourself these questions: Where have you felt those same emotions identified in Step 3 before? Trace and identify. <ul style="list-style-type: none">• Document as many experiences where those feelings occurred that you can remember. Then, to name your own playlist, ask yourself these questions: <ul style="list-style-type: none">• With your earliest memory, what did you say to yourself about life as a result of feeling those emotions?• What did you say about others?• Can you boil it down to a statement—a refrain? "I Am _____."
Step 5: Identify the songs of your playlist	When you're ready to determine the songs on your initial playlist, do the following: <ul style="list-style-type: none">• Find songs that match your playlist title and corresponding emotions. It might be the lyrics or the tone of the music, but it should elicit that emotion when you hear the song.• Determine which song impacts you the most or is the most resonate with your playlist title. That will be your anchor song that you can use to remind yourself when you are going down the wrong neural pathway.• Reflect on how the songs represent the feelings instilled in you by your life through the decades? What songs are annoyingly stuck in your head?
Step 6: Create a new playlist	To find your new playlist, ask yourself these questions: <ul style="list-style-type: none">• When you are happiest, what emotion are you feeling?• What if you find ways to keep recreating that?• What is the new frequency, the new song that can replace the old one?• What is the what-if statement you need to keep the cynic in you from repeating lower-frequency music?
Step 7: Devote your life to a more meaningful mission	To find your meaningful mission, ask yourselves these questions: <ul style="list-style-type: none">• If you embrace that you are "all good" or whole, what then matters to you in this world?• What are you passionate about devoting your life to? Is there not a more meaningful way to spend your life than pursuing this?

For more information about the steps, see my book, [The Leader's Playlist](#).