

# THE SOUNDTRACK OF YOUR WORK

A playful, poetic journey  
into the tone, texture,  
and presence of your  
work — using the  
metaphor of music



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# On Repeat

Let's start by tuning in...

🎵 What's a song you've had on repeat lately?

Or: What's your-go-to summer track — the one that always gets played?



You're welcome to share out loud, type in the chat, or just hold it quietly.





## 🎵 Track 1: Star Dreams

Reclaim the earliest resonance of your creative self.

‘Imagine you’re flipping through old records of yourself.  
You pick one from childhood...’

### REFLECTION PROMPTS

① What kind of music star did you dream of being as a kid?

Who did you imagine listening with?

(Alone? On a road trip? In your room?)

What part of that star self still lives in you?

🗣️ What’s one musical memory from childhood that still plays in you?

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Now Playing...



## Tracks 2–5: Soundtrack Now

Attune to your current energetic signature.

- (2) What genre or musical mood best describes your work right now?**
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(3)

## Where is it playing?

(A rooftop at golden hour, a neighborhood bar with string lights,  
a mossy forest studio, an underground club, headphones on  
a crowded train, beside a mountain stream)



# 4 What emotional state do people usually arrive in when they meet your work?

Overwhelmed, curious, numb, seeking calm, heavy-hearted, lit up, disconnected, tender, hopeful



TRACKS 2 – 5: SOUNDTRACK NOW

**5**

## **What emotional tone do people leave with after being in your presence?**

Open, grounded, softened, clearer, activated, harmonized, reconnected, reverent

What surprised you in naming your current sound?

**#Share:** What are a few words that describe the genre or energy of your work right now — and where it plays.

**Tracks 2 – 5: Soundtrack Now**

## TRACKS 6 & 7: SONIC DETAILS



Feel into the rhythm, shape, and layered influences behind your sound.

**[6] What rhythm or instrument best expresses your work?**

*(Brush snare, heartbeat drum, slow bassline, staccato piano, deep synth, rustling leaves, trickling stream)*

**[7] What's a subtle or unexpected influence on your sound?**

*(Jazz improvisation, birdsong, 90s R&B, protest chants, lullabies, gospel choirs, Tibetan bells, club anthems)*

**#Share:** *What's one texture, rhythm, or unexpected influence that surprised you when you named it?*



## Track 8: Shadow + Play

Make space for what's wild, hidden, and soulful.



**(8) If you could release an anonymous album — no name, no expectations — what kind of music would it be?**

(Genre, mood, theme — your shadow world, your wild edge, your private joy)

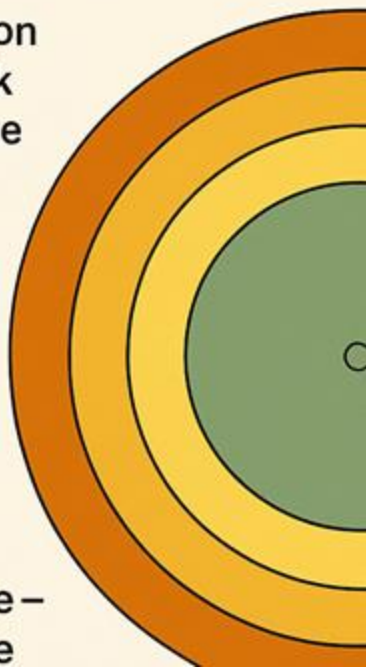
**\*Share:** If you had a secret side project — what would its vibe or genre be?

## Track 9:

# ALBUM OF THE YEAR

Now imagine this: you've just won Album of the Year — for the work you've already done. You take the mic. The crowd goes quiet. What do you say.

- Who are you thanking in your acceptance speech? Who are you grateful for? Or who were your biggest musical influences (real or metaphorical)? (Mentor, archetypes, musical ancestor, community, influence — the ones who shaped your tone



# Album of the Year

What will you do with the  
prize money?

Start a label?

Build a forest stage?

Fund someone else's voice?

Make your next album in nature?



**#Share:** What's the title  
of your next album? Or  
one person you'd  
thank on stage.

# Track 10

Fast forward. Your music has a life of its own. It's reaching people. Who do you want to collaborate with next?



**[10] Which band, singer, or voice do you want to collaborate with — real or in spirit?**

If you could collab with any artist (dead or alive) to express the hidden edge of your work — who would it be?

## Tracks 11 & 12

Fast forward. Who shows up to your shows again and again? What's changing in them?

**(11)** What kind of audience/superfans consistently show up for your shows?

Are they coaches? Caregivers? Founders? Grievors? Builders? What room are they in — the quiet house concert, the underground venue, the open mic?

**(12)** What do they get out of coming to see you play every week?

What changes in them when they sit in your sound? What do they carry home?





# Track 13

You've changed the room. Now change the world.



Fast forward. What's changing in the world because of your sound?

[13] If you could organize a global benefit concert — what would your music change? What kind of world are you composing with your sound?

# Track 14

[14] What's your next song,  
dance move, or playlist?

Is it a song you need to hear?  
A playlist you want to make?  
A musical message you're  
ready to send back  
into the world?

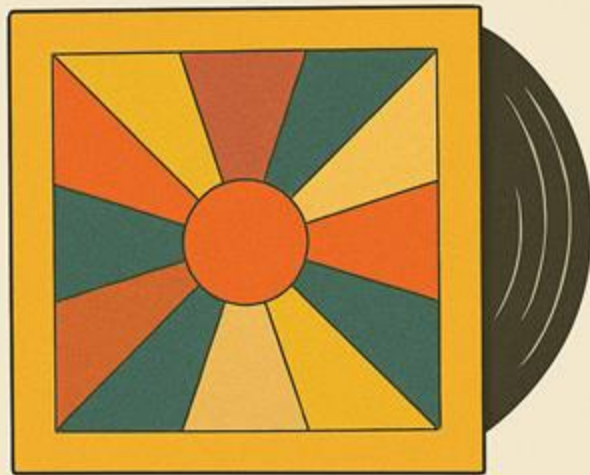


## Track 15

# What's the name of your next album?

(One that only you could write — a reflection of the chapter that's arriving)

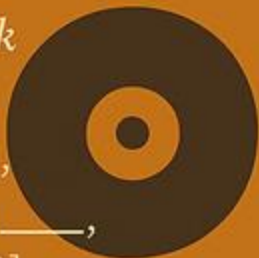
**#Share:** What kind of people are in your audience — and what are they showing up for in you?



# MAD LIB LINER NOTES

Liner notes from the sound of your life. Each blank is *numbered* to match the corresponding reflection prompt in *the Soundtrack of Your Work* experience

I'm the [2] \_\_\_\_\_ you didn't know you needed — playing in [3],  
where people arrive [4] \_\_\_\_\_ and leave [5] \_\_\_\_\_. My rhythm is [6] \_\_\_\_\_,  
sometimes shaped by [7] \_\_\_\_\_. I work with [11] \_\_\_\_\_, ready to [12] \_\_\_\_\_.  
Think: [1] \_\_\_\_\_ meets [8] \_\_\_\_\_. I'm building a world where [13] \_\_\_\_\_.  
I'm grateful for [9] \_\_\_\_\_. I'm building a world where [13]. My next move  
is: [14]. Releasing my next album: [15] \_\_\_\_\_.





# Last Track

Let's close the final loop...

🎵 What's one word, lyric, or sound you're leaving with today?

Or: What's your next track — the one you want to hear, make, or carry forward?



You're welcome to share in the chat, speak it aloud, or just note it quietly.





# Keeping the Sound Going

What part of your soundtrack surprised or affirmed you today?

Where is your sound already being heard — and where is it longing to be played next?

If your next season had a name or track title, what would it be?

## Your Soundtrack for What Comes Next

Create a playlist with tracks that reflect:

- How you want to show up
- What grounds or inspires you
- What helps you reconnect to your tone.



Bonus: *"Name your playlist the same as your next album."*

*The Soundtrack of Your Work*  
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