



THE IMPORTANCE OF POSITIVE PLAYLISTS

OMAG Regional Meeting | Midwest City

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

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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?

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OVERTHINKING

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

*99.5% OF LEADERS
STRUGGLE WITH
OVERTHINKING*

5 PRIMARY EMOTIONS



Happy



Sad



Angry



Afraid



Ashamed (Disgust)

“

Overthinking leads to
inaction, which leads to
more overthinking.

Jon Acuff

**SOMETIMES, THE MOST
POWERFUL WORDS WE SAY
ARE THE ONES WE SAY TO
OURSELVES.**

“

NEUROPLASTICITY

The brain's ability to
adapt.



ANECDOTE TO OVERTHINKING

REQUIRES ACTION

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

RETIRE

BROKEN

PLAYLISTS

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IS IT TRUE?

IS IT HELPFUL?

IS IT KIND?

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

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“

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

David Taylor-Klaus

”



POSITIVE PLAYLISTS

Require Action

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Replace broken playlists

Repeat until automatic

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