

YOUR QUICK CALM CHECKLIST

 <https://bit.ly/QuickCalm>



SCAN ME

Before You Start:

- **Find a quiet space (or grab your earbuds)**
- **Choose your calming music (50-60 BPM)**
- **Set aside 5 uninterrupted minutes**
- **Get comfortable: sit or lie down**

During Your Practice:

- **Start your music and close your eyes**
- **Begin with a complete exhale (whoosh!)**
- **Inhale through nose for 4 counts**
- **Hold your breath for 7 counts**
- **Exhale through mouth for 8 counts (whoosh!)**
- **Repeat 4-5 cycles, syncing with the music as you feel comfortable**
- **Gently return focus to breath and music when mind wanders**

After Your Practice:

- **Notice how you feel: body, mind, heart**
- **Note any changes in tension, breathing, or heart rate**
- **Make a note of what music worked best for you**
- **Plan when you will try this again**

YOUR PERSONAL REMINDER CARDS (FILL-IN TEMPLATES)

🎵 <https://bit.ly/Remindercard>



SCAN ME

My Song: _____

Artist: _____

Theme/Message:

My Personal Affirmation:

Where I'll See It: _____

Daily Practice Time:

My Song: _____

Artist: _____

Theme/Message:

My Personal Affirmation:

Where I'll See It: _____

Daily Practice Time:

PLAYLIST BUILDING TEMPLATE

🎵 <https://bit.ly/PlaylistBuilding>



SCAN ME

Playlist Name: _____

Purpose/Goal: _____

Best Time to Use: _____

Target BPM Range: ☐ 40-60 ☐ 60-80 ☐ 80-100 ☐ 100-120

Foundation Songs (songs I already know work for this purpose):

1. _____ Artist: _____ Why: _____
2. _____ Artist: _____ Why: _____
3. _____ Artist: _____ Why: _____

New Discoveries (songs found through AI or streaming suggestions):

1. _____ Artist: _____ Source: _____
2. _____ Artist: _____ Source: _____
3. _____ Artist: _____ Source: _____
4. _____ Artist: _____ Source: _____
5. _____ Artist: _____ Source: _____

Testing Notes:

Date tested: _____

How did I feel before: _____

How did I feel after: _____

Heart rate changes (if tracking): _____

Songs to remove: _____

Songs to add: _____

YOUR 7-DAY MUSIC CREATION STARTER PLAN

 <https://bit.ly/7DayMusicCreation>



SCAN ME

Day 1: Choose your tool. Download one app or plan to use Voice Memos. Test it for 2 minutes.

Day 2: Create your first 30-second tune using the exercise above. Don't share yet. Just create.

Day 3: Create a second tune with a different emotional theme. Compare how you feel after each.

Day 4: Rest day. Reflect: What did I notice? What surprised me?

Day 5: Create a tune and share it (or share that you created) with one person.

Day 6: Try a different tool or method. Experimentation builds confidence.

Day 7: Create your longest piece yet. Aim for 60 seconds. Celebrate completing

Week 1.

Quick Reference Checklist:

- ☐ I've chosen my primary tool for music creation
- ☐ I've created my first 30-second tune
- ☐ I've identified when in my day I'll create (coffee time, evening wind-down, etc.)
- ☐ I've shared one creation or told someone I'm creating
- ☐ I've started tracking my practice (date, creation, mood before/after)
- ☐ I understand heart-safe guidelines (volume, position, breaks, warning signs)
- ☐ I've committed to the 'One Loop Wins' philosophy (something is always better than nothing)

Your Next Steps:

1. Right now: Choose your tool
2. Today: Create your first 30-second tune
3. This week: Follow the 7-day starter plan
4. This month: Aim for 3-4 creation sessions per week (remember: one loop wins)

The music you create matters not because of how it sounds to others, but because of what it does for you: it heals, connects, and reminds you that despite everything your heart has been through, you still have something beautiful to offer the world.

Now go create your tune. Your heart is waiting to hear it.