

Motivated by Music

Music can encourage many emotions and feelings, can motivate, can improve your cognitive performance and can help with memory amongst many other benefits. Use this resource as a 'checklist' music to help you find which styles of music are best for you to unlock the benefits listed above.

Miss Tinks X

a song with a colour in the title	a song covered by someone else	a song that makes you sad	a song with lots of meaning	a song from a long time ago
a good karaoke song	a song that makes you dance	a song that breaks your heart	a song that reminds you of someone you'd rather forget	a love song
a song from a voice that you love	a song you could play at a wedding	a song with a number in the title	a song from the year you were born	a song with a person's name in the title
a song that reminds you of summer	a song that motivates you	a classic favourite	a song with a great message	a song that never gets boring
a song that makes you happy	a song that everyone knows	a song that needs to be played loudly	a song from an artist who's no longer living	a song that has great childhood memories
a song that reminds you of when you were young	a song that makes you reflect	a song from a band who have split up	a driving song	a song that reminds you of someone