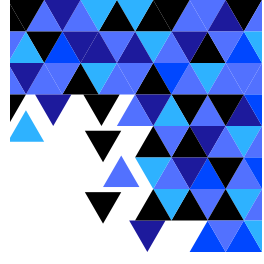


# As Told by Kole



#PodcastNotes for Episode 60

The Power of  
Playlists

I AM absolutely and positively a music fanatic. I LOVE music. I have music notes tatted on me, I have "#iSing" tatted on me - I am absolutely in love with music. To know me is to know this.

Today, I want to talk to you about the power of playlists. I use playlists for EVERYTHING. Why? Because music has proven to be mood-altering. Music gets me through EVERYthing.

This podcast is gonna be short because I'm gonna give you an assignment. I want you to create some playlists. If you're not a music person, reach out to me and I'll help you. I want you to create playlists on Spotify, Apple Music, Google Play Music, YouTube or whatever you use. What kinds of playlists? I'm glad you asked! I want you to think about all the things you want to feel. Happiness, peace, gratitude, etc. - and then I want you to find songs that encourage or boost those moods. Start listening to those songs on the regular and watch how your life improves! I do a weekly playlist on Spotify, so if you have Spotify, be sure to find me at NaKoleWatson and you'll see it in my public playlists! If you prefer, you can access it by visiting <http://bit.ly/NaKolesList>.

Feel free to share your playlists with me. It doesn't matter the genre - I don't discriminate!

Have an amazing day today. Show love to yourself AND others. If you want to download my podcast notes and learn more about me, just head over to NaKoleWatson.com. Be GREAT! I speak life to you and everyone and everything connected to you! Catch me tomorrow!

XOXO,

Na'Kole