

MY LIFE SONGS

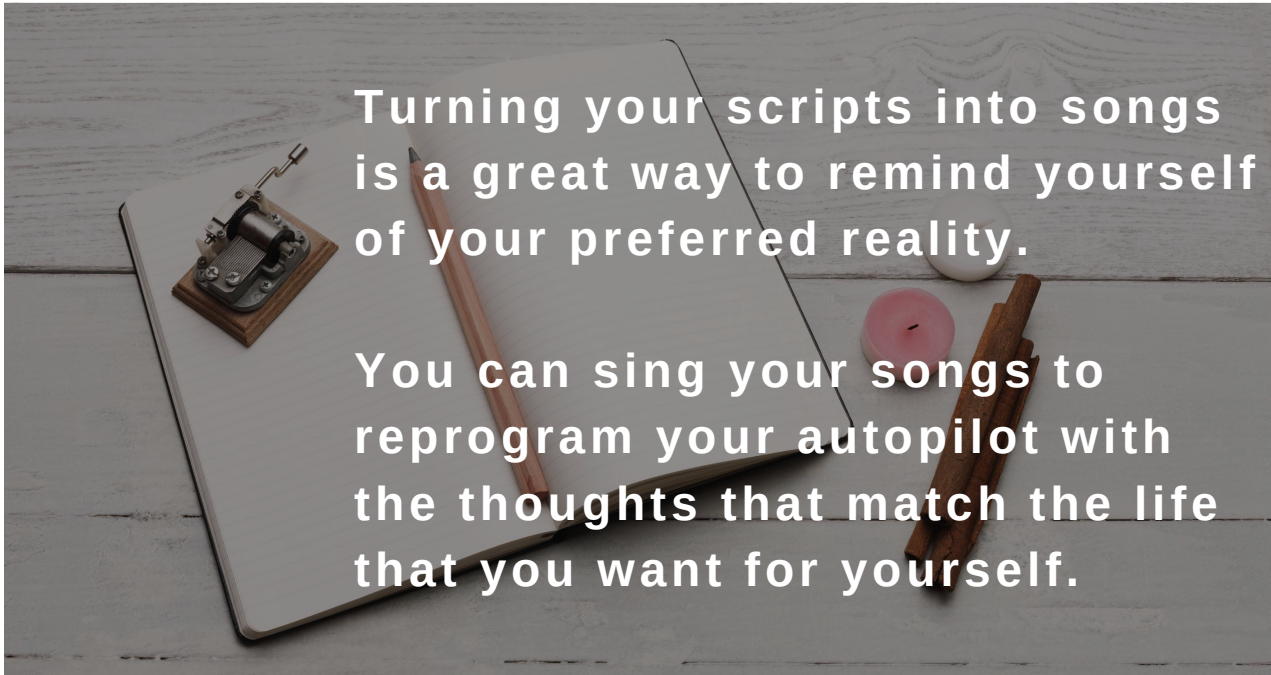
Now that you have your Preferred Reality Scripts, you can turn them into your Life Songs.

Your **Life Songs** are written by you, for you, about your life. You sing them to you; You don't need anybody's approval to sing them, and you don't need to worry if anyone else will like them. They are your songs - if you like them, they are the right songs for you. You don't need to record your songs, you just need to learn them and sing them to yourself regularly. You can create any song you want, and even change the words when you want to. Your songs will often morph as the possibilities expand in your own mind. It can be a 10-second song or a 5-minute song; you just need to know all the words.

There are thousands of highly talented artists who have already recorded hundreds of thousands of songs that you can choose from.

You can pick songs that make you feel good and that you can sing, at least a part of the song.

You then simply re-write the words to match your preferred reality.



Turning your scripts into songs is a great way to remind yourself of your preferred reality.

You can sing your songs to reprogram your autopilot with the thoughts that match the life that you want for yourself.

MY LIFE SONGS

Here is a simple example of changing a well-known song into a basic wealth song.

Song: Happy Birthday.

Preferred Reality Scripts: Money comes to me easily and effortlessly.

Money creates a positive impact on my life.

Original Song	Syllables	New Lyrics
Happy Birthday to you	6	Money comes to me
Happy Birthday to you	6	Positive in my life
Happy Birthday dear (your name)	7 to 10ish	Easily and happily
Happy Birthday to you	6	Lots of money comes to me

In the above example, I changed the word “effortlessly” to “happily” because I wanted to make it easier to sing. I also added extra syllables to the last line because it sounded ok to me to fit those syllables.

Your main goal is to create a song that:

- You can remember
- Is easy and fun for you to sing
- Gives you the message that will reprogram your autopilot.

How would you like to word it?

Original Song	Syllables	New Lyrics
Happy Birthday to you	6	
Happy Birthday to you	6	
Happy Birthday dear (your name)	7 to 10ish	
Happy Birthday to you	6	

You can pick the songs that you love and use your own words to make your Life Songs. You don't have to use the full song, and you are not making it for performance or recording. You are making it for you; you are creating a tool to support you to create the life that you want.

MY LIFE SONGS

Six Steps to Writing Your Life Song

1

Find 5 to 10 songs that you really like and enjoy singing along to. You are looking for songs that create positive emotions and that you can comfortably sing (at least parts of the song).

2

Write the song title, how that song makes you feel, where can you quickly find that song when you need it. Note down what you might like to use that song for, e.g. Career Song, Love Song, Friendship Song, Health Song, Travel Song, Abundance Song, Family Song, Wealth Song, Adventure Song etc..

3

Pick your **Preferred Reality Scripts** that you want to put to that song.

4

Write out the current song lyrics, allowing space to write your lyrics next to each line. Pick which part of your Preferred Reality Script you are going to put in each line and rearrange or replace the words to fit the syllables or flow of each line.

5

Keep singing and rearranging it until you're happy with it.

6

Remember that your songs are for you to enjoy and learn, always keep a light heart about it and be kind to yourself. You might decide to focus on one song for the next few weeks or months. When you are ready, you can write another song.

Song Title	Makes me feel? Excited, calm, happy	Where I can find this song? CD, YouTube, Music Folder	What could I use this song for? Health, wealth, love, career, etc.
I Got a Feeling	Happy Enegetic	YouTube	Health

MY LIFE SONGS

My Possible Life Songs

Song Title	Makes me feel? Excited, calm, happy	Where I can find this song? CD, YouTube, Music Folder	What could I use this song for? Health, wealth, love, career, etc.

MY LIFE SONGS

My Possible Life Songs

Song Title	Makes me feel? Excited, calm, happy	Where I can find this song? CD, YouTube, Music Folder	What could I use this song for? Health, wealth, love, career, etc.

MY LIFE SONGS

Song: _____

Preferred Reality Scripts: _____

Original Song	Syllables	New Lyrics

MY LIFE SONGS

Song: _____

Preferred Reality Scripts: _____

Original Song	Syllables	New Lyrics

MY LIFE SONGS

Song: _____

Preferred Reality Scripts: _____

Original Song	Syllables	New Lyrics

MY LIFE SONGS

Song: _____

Preferred Reality Scripts: _____

Original Song	Syllables	New Lyrics