STELLAR Life

Hosted by Orion

Let Music Heal You

10 Point Checklist

Tim Ringgold

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Music is not just entertainment or education, it builds confidence in people."

TIM RINGGOLD

10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.

- ☐ Cultivate trust and affinity through music. Treat music as a friend that understands and supports you.

- ☐ Apply the VERO formula (Vision, Event, Response, Outcome) to navigate challenges and adversity. Recognize your creative power to shape the meaning of events and responses.

- ☐ Embrace the concept of "play" as an essential aspect of being human. Find your own verb — a passion or activity that brings joy and a sense of playfulness into your life.

- ☐ Recognize the therapeutic potential of music to heal your mind, mood, and spirit. Embrace the idea that your relationship with music can be a powerful tool for transformation.

- ☐ Learn to choose music that resonates with your emotions and aids in therapeutic effects. Be mindful of how certain types of music can either support or hinder your healing process.

- ☐ Use music as a tool to manage stress and reset your nervous system. Incorporate music into your routine for quick and effective stress relief and relaxation.

- ☐ Foster healing and connection by sharing your creative expressions with a supportive community. Recognize that healing is a shared experience and that seeking help is a sign of strength.

- ☐ Embrace the healing journey and avoid placing rigid expectations on its timeline. Focus on the progress you've made rather than solely fixating on the destination.

- ☐ Practice self-compassion and remind yourself that your journey is unique and valid. Cultivate trust in the process of healing and personal growth, even when faced with uncertainty.

- ☐ Visit Tim Ringgold's website for more information about his music therapy services, blogs, and other amazing resources.