



## Your Life's Soundtrack

Create a soundtrack for your life, and include a Theme Song for Life. Your Theme Song for Life should be something that sums up your life, not so much your past, but what gives you the motivation or inspiration to keep going.

This soundtrack is going to be played while you complete your workouts. Choose eight to 15 songs that you have always loved.

This is a key component to this program so please take the time to think of songs that really mean something to you. Choose songs that make you feel energized, that bring a tear to your eye.

Track 1: \_\_\_\_\_

Track 2: \_\_\_\_\_

Track 3: \_\_\_\_\_

Track 4: \_\_\_\_\_

Track 5: \_\_\_\_\_

Track 6: \_\_\_\_\_

Track 7: \_\_\_\_\_

Track 8: \_\_\_\_\_

Track 9: \_\_\_\_\_

Track 10: \_\_\_\_\_

Track 11: \_\_\_\_\_

Track 12: \_\_\_\_\_

Theme Song for Life: \_\_\_\_\_

