

The Soundtrack of Your Life Worksheet

Directions: Provide the song title you most remember for these occasions and/or people. Are there any patterns or commonalities?

Events:	Song Title:
Early Childhood	
Mother Sang	
Father Hummed	
Childhood	
In School	
In Church	
First Date	
First Kiss	
Break up	
Graduation	
met spouse	
love song	
Wedding	
Sang to children	
At work	
Dance to	
Sing along with	
Workout/Walk	
Favorite singer	
Cook to	
Create to	
Make out to	
Cry to	
Laugh to	
Makes you dream	
Makes you sad	
Haunts you	
Touches your heart	
Want at funeral	
Favorite song	
Other:	

People:	Song Title:
Mother	
Father	
Sibling	
Teacher	
Friend	
Spouse	
Child(ern)	
Other:	