

7 Steps to Listen to Music Mindfully

Follow the below steps and start with a single song. Then, adapt based on your experience.

1



Get comfortable

2



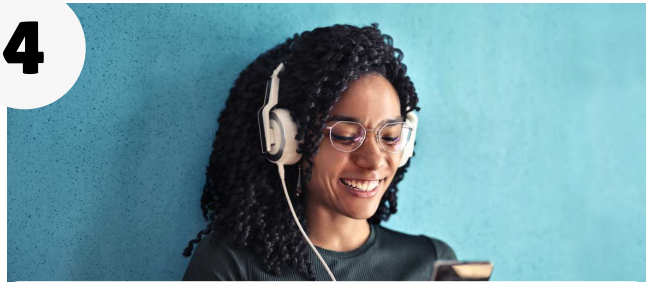
Put on headphones

3



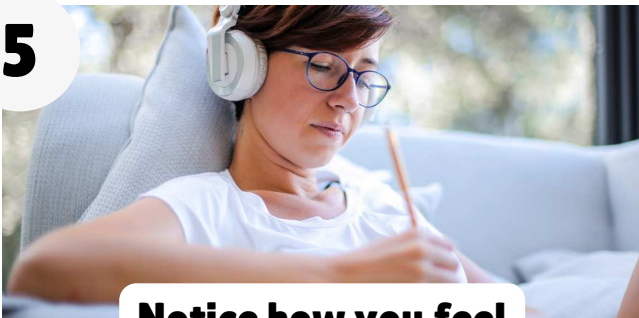
Pick a style of music you enjoy

4



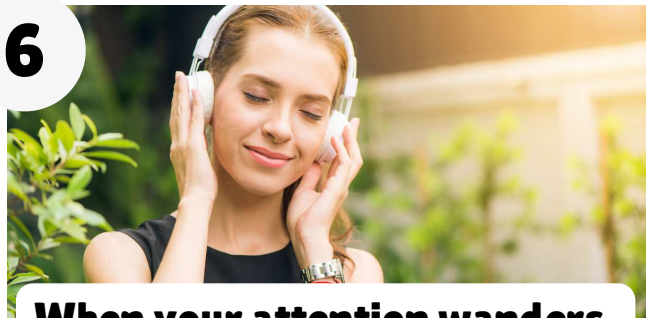
Give the song your full attention

5



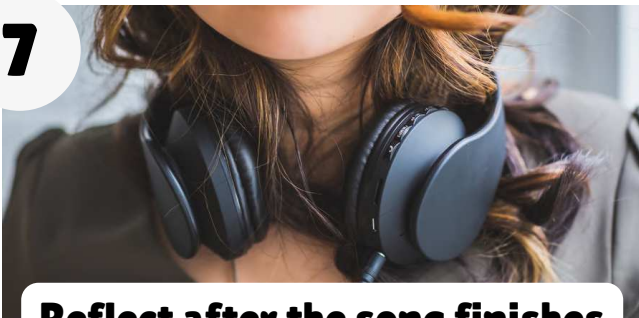
Notice how you feel

6



**When your attention wanders,
bring it back to the music**

7



Reflect after the song finishes