

Create the soundtrack of your life



Playlist for Life is a charity that specialises in harnessing the power of music to connect people, and to help those living with dementia and those who care for them. **We want everyone to have their own playlist of music that means something to them.**

The 'soundtrack of your life' is a personal collection of songs that gives you that flashback feeling whenever you hear them. Start building the soundtrack of your life by collecting your musical memories using the prompts below. You can start with any prompt you like.

This playlist belongs to: _____

Your 'Memory Bump' (strong memories formed aged 10-30)

Can you think of songs that remind you of your youth?



Song

Memories

Special moments and milestones

Which songs take you back to a special memory in your life?



Song

Memories

Songs from childhood

Are there nursery rhymes or songs from a children's TV show that you loved?



Song

Memories

Important places

What songs remind you of your hometown?



Song

Memories

Important people

Think of a person who's important to you. What songs remind you of them?



Song

Memories

Party tunes

Which songs always get you dancing and/or singing along?



Song

Memories

Hobbies, interests and beliefs

Are there pieces of music that make you think of a group that you belong to?



Song

Memories

Holidays

Which songs remind you of a favourite holiday?



Song

Memories

TV themes

Are there TV shows with theme tunes you'll always remember?



Song

Memories

Concerts you've been to

Which tunes remind you of the best live music event you've attended?



Song

Memories

To find out more about connecting through music, visit www.playlistforlife.org.uk



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Now that you've built your own playlist, why not try asking a friend or family member about songs that are important to them?

Building a soundtrack and discovering the memories associated with each song is a wonderful way to connect with family and friends. Fill in this playlist template for a friend or family member.

**Top
Tips**

Try sharing your songs and memories before asking about theirs

These are just starting points for conversation – you don't need to answer all of them

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