

Identity/Values Music Collage

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Our Identities are an important part of how we view the world and our place in it. As we grow into ourselves, we naturally search for – and find comfort in – like minded people and places. This exercise is designed to help you hone your focus from the general Music Listening Assessment we've also made available here into designing a playlist or original piece of music that you can turn to for the specific purpose of affirming yourself in moments where you may need a reminder or validation that who you are, and the things you value, matter.

- Choose 5 identities that are important to you (i.e., your race, gender, religion, etc.)
 - or, alternately, 5 values that you find important (strength, faith, etc.)
- Find a song/piece of music or compose a song that expresses how you feel about that identity/value
- Create a musical collage using a streaming service like Spotify or Apple Music to build a playlist, or you can compose your own using software like Garageband or Audacity.
- Name and Save your playlist/original composition(s) in a way that you can easily find them in the future, or create a social media post or blog to share them with people you value.

Experiences like this can be a great springboard for not only self-affirmation, but conversation and community building! And remember, humans are fluid beings that change and grow, and your musical choices can too. Feel free to revisit this exercise and playlist anytime you feel you need the affirmation or space to explore new ideas.