



## Goal Achievement: Creating A Soundtrack That Motivates You

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Much like any great movie, **music plays a vital role in your pursuit of success.** When you set a goal for yourself, music can help you achieve it. Whether you listen while you work out or just work, certain songs can get you pumped up and ready for whatever challenge you may face.

Of course, musical tastes vary and your own individual playlist will be different from someone else's, but there are a few styles of music that are staples in the motivational music scene.

#### 80's Montage Music

**These songs are prime choices when creating a motivational soundtrack.** The quintessential example of this is the soundtrack to the *Rocky* series. That main theme has been used in many a montage and it's still applicable in many real world situations.

That's just the beginning. You also have songs like Europe's *The Final Countdown* as well as Joe Esposito's *You're the Best Around* as options. The latter is most famous for its use at the end of *The Karate Kid*, where it plays while Daniel makes his way to the finals.

When it comes to motivation, few songs are better suited than *You're the Best Around*. **This song will give you the energy and confidence you need for success.** It's so affirming that a confidence boost comes even as you read the title!

#### Movie Soundtracks

This overlaps with the aforementioned genre, but there are quite a few movie scores that can have a positive effect on you.

You can't go wrong with John Williams' now classic *Superman* theme. Much like the hero himself, this tune gives you the positive energy you need to focus on your goals. ***It helps you believe that you're capable of great things***, and that's the exact sentiment you want to feel in the music for your soundtrack.

### **Oldies and Classic Rock**

Try adding a few tracks from the golden days to your playlist. Whether you're a Beatles or Elvis fan, oldies have a positive energy to them. You'll just *feel good* listening to them!

It's the same with classic rock. After listening to a song like Rush's *The Spirit of Radio*, you just may feel better and energized. ***You can then transfer that positive energy and emotion into whatever your endeavor may be.***

### **The Flaming Lips**

***This lesser known band produces a unique brand of music that's happiness incarnate.*** Listening to their music may make you feel all warm and fuzzy inside.

Unlike the other categories, this selection is more about improving your mood and lifting your spirits, as opposed to pumping you up to meet a challenge.

Some other artists, like Polyphonic Spree, produce a similar brand of music. They're most well known song, *Light and Day*, is also very positive and uplifting.

### **Epic Music**

These are the type of songs you find in movie trailers. Songs like Nightwish's *Ghost Love Score* or E.S. Posthumus' *Pompeii* make great background music while also filling you with a sense of excitement and anticipation. Just hearing the song can be an awe-inspiring experience and that's great when you want to elicit the same reaction from others.

Music is a major part of anyone's life. ***It has an impact on us that's hard to define, but impossible to ignore.***

While it's not the only factor in improving your life, whether it's getting in shape, impressing the boss with hard work, or boosting your own self-confidence, it's a definite asset to your efforts.

Try listening to these songs and others to create a motivational playlist that can spur you on to success!