

1,000 Waking Minutes™ A Musical Journey Through Time

Every day, we are given 1,000 waking minutes. How we choose to spend them can shape our health, happiness, and overall well-being. This playlist of songs is inspired by moments of reflection, memories, and the passage of time. Let these melodies remind you of the preciousness of each minute and inspire you to live each one fully.

- 1 Time After Time** by Cyndi Lauper
"If you're lost, you can look and you will find me, time after time..."
- 2 Time** by Pink Floyd
"And you run and you run to catch up with the sun, but it's sinking..."
- 3 Time of Your Life (Good Riddance)** by Green Day
"It's something unpredictable, but in the end it's right. I hope you had the time of your life."
- 4 Time in a Bottle** by Jim Croce
"If I could save time in a bottle, the first thing that I'd like to do..."
- 5 Clocks** by Coldplay
On the struggle of time, urgency, and a longing for something like going home or finding a place of peace. *"Confusion never stops, closing walls and ticking clocks... Oh, take me back to the start. Am I a part of the cure, or am I part of the disease?"*
- 6 One Moment in Time** by Whitney Houston
"Give me one moment in time when I'm more than I thought I could be..."
- 7 If I Could Turn Back Time** by Cher
"If I could turn back time, if I could find a way..."
- 8 Minute by Minute** by The Doobie Brothers
"Minute by minute by minute by minute, I keep holding on..."
- 9 (I've Had) The Time of My Life** by Bill Medley and Jennifer Warnes
"Now I've had the time of my life, no, I never felt like this before..."
- 10 Time Is Love** by Josh Turner
"Time is love, gotta run, love to hang longer, but I got someone who waits..." And another great line: *"Gotta fly, fly - before one more moment gets by."*
- 11 Life in One Day** by Howard Jones
"Don't try to live your life in one day, don't go speed your time away."
- 12 Don't Blink** by Kenny Chesney
"Don't blink, just like that you're six years old and you take a nap and you wake up and you're twenty-five.. Trust me friend, a hundred years goes faster than you think, so don't blink. So I've been tryna slow it down, I've been tryna take it in, in this here-today-gone-tomorrow world we're livin' in."
- 13 Letter to Me** by Brad Paisley
"If I could write a letter to me and send it back in time to myself at 17..."
- 14 26 Cents** by The Wilkinson
"Here's a penny for your thoughts, a quarter for the call, and all of your mama's love..."
- 15 Through the Years** by Kenny Rogers
"Through the years, you've never let me down, you turned my life around..."
- 16 Seasons of Love** by Jonathan Larson from the Broadway Musical, Rent
"525,600 minutes, 525,000 moments so dear. 525,600 minutes. How do you measure, measure a year? ...How about love?"
- 17 Time Is on My Side** by The Rolling Stones
"Time is on my side, yes it is..."

Take a moment to reflect on your **1,000 waking minutes each day**. Scan the **QR code** to listen to this curated playlist and let these songs accompany you on your journey to a mindful, well-lived life.

SCAN TO
LISTEN!

