

Day 1 - List five things that always puts a smile on your face



YOU NEVER
TRULY
DRESSED
WITHOUT A SMILE

Songs to inspire you

Ed Sheeran: Happier

P!nk: Cover me in sunshine <https://www.youtube.com/watch?v=vGZhMIXH62M>

Ronan Keating: When you said nothing at all <https://www.youtube.com/watch?v=lobNcpiwpSc>

Pharrell Williams: Happy https://www.youtube.com/watch?v=ZbZSe6N_BXs

Bob Marley: 3 little birds <https://www.youtube.com/watch?v=HNBCVM4KbUM>

Movie: Das Glücksprinzip (2000)

Day2 - If you could have only five things for the rest of your life,
what would it be?



SATISFACTION
IS NOT HAVING
GREAT POSSESSIONS
BUT HAVING FEW WANTS

Songs to inspire you

1D: This little things <https://www.youtube.com/watch?v=xGPeNN9S0Fg>

Jessi J: Price tag <https://youtu.be/qMxX-QOV9tI>

Travie McCoy feat. Bruno Mars: Billionaire <https://youtu.be/8aRor905cCw>

Movie : 100 Dinge

Day 3 - What are the 5 most frequent thought (good and bad)



THINKING
IS THE
TALKING OF THE SOUL
WITH ITSELF

Songs to inspire you

Ed Sheeran: Thinking out loud <https://youtu.be/lp-EO5I60KA>

Londonbeat: I've been thinking of you https://www.youtube.com/watch?v=dGw3w_njQ4g

Marshmello Demi Lovato It's ok not to be ok <https://youtu.be/wAPlzt2L7wE>

Of Monsters and Men: Little Talks <https://youtu.be/ghb6eDopW8I>

Movie: Stranger than fiction

Day 4 - Sit silently for 20 minutes, what thoughts came up?



DO NOT FIX PROBLEMS

FIX YOUR THINKING

THEN THE PROBLEMS

FIX THEMSELVES

Songs to inspire you

Marshmello Ft. Khalid: Silence <https://www.youtube.com/watch?v=Tx1sqYc3qas>

Disturbed: Sound of silence (kann triggern!!!) <https://www.youtube.com/watch?v=u9Dg-g7t2l4>

Simon & Garfunkel: Sound of Silence <https://www.youtube.com/watch?v=NAEppFUWlfc>

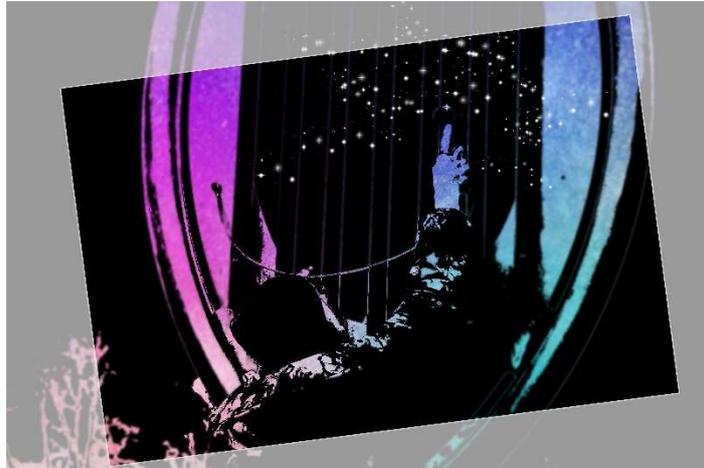
Pentatonic: Sound of Silence <https://www.youtube.com/watch?v=gdVjVtpr55M>

Depeche Mode : Enjoy the silence <https://www.youtube.com/watch?v=aGSKrC7dGcY>

Coldplay: Fix you <https://www.youtube.com/watch?v=n9aL0otZalc>

Movie: Jenseits der Stille, The Silence

Day 5 - What is your greatest motivation in life?



**A WINNER
IS
A DREAMER
WHO NEVER GIVES UP**

Songs to inspire you:

Drake: Start it from the bottom <https://youtu.be/RubBzkZzpUA>

Rudimental & Major Lazer feat. Anne-Marie: Let me live my life

<https://www.youtube.com/watch?v=L08uxunfLi4>

Eminem: Loose yourself <https://youtu.be/Yhyp-hX2s>

Tina Turner: The best <https://www.youtube.com/watch?v=GC5E8ie2pdM>

Elton John: I m still standing <https://www.youtube.com/watch?v=ZHwVBirgD2s>

Imagine Dragons: Whatever it takes <https://www.youtube.com/watch?v=gOsM-DYAEhY>

Zoe Weez: That's how it goes <https://www.youtube.com/watch?v=VBLhoR50R2Q>

Ain't no Mountain High Enough - Marvin Gaye y Tammi Terrell .flv

<https://www.youtube.com/watch?v=AFUrG1-BAt4>

Movie: Good Will hunting, Das Streben nach Glück, Cast away

Day 6 - What characteristics in people you worship most?



EVERY SAINT
HAS A PAST
AND EVERY SINNER
HAS A FUTURE

Songs to inspire you

Allecia Carra: Scars to you beautiful <https://youtu.be/MWASeaYuHZo>

Imagine Dragons: Thunder <https://youtu.be/fKopy74weus>

Kelly Clarkson. Stronger <https://youtu.be/Xn676-fLq7I>

The Script feat. Will.I.AM: Hall of fame <https://youtu.be/mk48xRzuNvA>

Movie: Stronger, Extrem laut und unglaublich nah, 7 lives

Day 7 - What is your greatest desire?
What are your steps toward it?



**TAKE YOUR
DREAMS
SERIOUSLY**

Songs to inspire you

Muse - Undisclosed Desires <https://www.youtube.com/watch?v=R8OOWcsFj0U>

One Republic: Something I need <https://youtu.be/qKCGBgOgp08>

John Legend: All of me <https://www.youtube.com/watch?v=ngq5Aw0Q6rQ>

Rita Ora Your Song <https://www.youtube.com/watch?v=4vAf1esMT8s>

Juice WRLD: Wishing well <https://www.youtube.com/watch?v=C5i-UnuUKUI>

Sananda Maitreya: Wishing Well <https://www.youtube.com/watch?v=ynIHsHYaig0>

B.o.B. Airplane <https://youtu.be/kn6-c223DUU>

Movie: 500 Days of summer, Inception, a star is born, 8 Miles

Day 8 - Five Things you did for someone
without thinking of yourself



THE TRUE MEANING
OF LIFE
IS TO PLANT TREES,
UNDER WHOSE SHADE
YOU DO NOT EXPECT
TO SIT

Songs to inspire you

Bruno Mars: Count on me <https://www.youtube.com/watch?v=6k8cpUkKK4c>

Aviici Hey Brother <https://www.youtube.com/watch?v=6Cp6mKbRTQY>

Rhinanna Umbrella (Cover) <https://www.youtube.com/watch?v=j1Bi4Y23BtY>
<https://www.youtube.com/watch?v=uN7E0e4J5sc>

Movie: 7 Leben, Ziemlich beste Freunde

Day 9 - Five Things that are troubling you most



I DON'T GO LOOKING
FOR TROUBLE.
TROUBLE
USUALLY FINDS ME

Songs to inspire you

Lenka: Trouble is a friend https://www.youtube.com/watch?v=QHpvlr_kG6U

P!nk Trouble <https://www.youtube.com/watch?v=mFu3YzRnyDU>

Taylor Swift: I kwew you where trouble: <https://www.youtube.com/watch?v=vNoKguSdy4Y>

Coldplay: Trouble <https://www.youtube.com/watch?v=kcASP3-HuI>

Movie: Tricks, a long way down, what about Bob, Vielleicht Lieber morgen, To the bones, Atypical

Day 10 - Five Things you continued doing even against all odds



THE WORLD IS FULL OF
MAGIC THINGS
PATIENTLY WAITING
FOR OUR SENSES
TO GROW SHARPER

Songs to inspire you

Jason Derulo: If I'm Lucky <https://www.youtube.com/watch?v=oSRXEhSORZo>

Daft Punk: Get lucky <https://www.youtube.com/watch?v=5NV6Rdv1a3I>

Phil Collins: Against all odds

Lana del Ray: Lucky ones https://www.youtube.com/watch?v=c3JHH6Hc_io

Movie: Against all odds, One chance, a star is born, 8 miles

Day 11 - Five Things you think it's too late for



FEAR IS ONLY TEMPORARY

REGRETS LAST FOREVER

Songs to inspire you

Robbie William: no regrets <https://www.youtube.com/watch?v=Uyb67x1C2Dg>

Bruno Mars: When I was your man <https://www.youtube.com/watch?v=ekzHlouo8Q4>

1D Story of my life https://www.youtube.com/watch?v=W-TE_Ys4iwM

Es Sheeran Photograph <https://www.youtube.com/watch?v=fz203qt5Y50>

Movie: too late, Never too late, Knocking on heavens door

Day 12 - Five Things you fear the most



**EVERYTHING YOU WANT
IS ON THE OTHER SIDE
OF FEAR**

Songs to inspire you

Strumpellas Spirits <https://www.youtube.com/watch?v=fz203qt5Y50>

Imagine Dragons Demons https://www.youtube.com/watch?v=mWRsgZuwf_8

Zoe Wees : Control

Shawn Mendes In My Blood

Movie : What about Bob ? Die Braut die sich nicht traut

Day 13 - What is your place in the universe?



YOU ARE MY UNIVERSE AND I JUST WANT TO PUT YOU FIRST

YOU ARE THE UNIVERSE EXPRESSING ITSELF AS A HUMAN FOR A LITTLE WHILE

Songs to inspire you

Coldplay and BTS Universe https://youtu.be/3YqPKLZF_WU

One Republic Counting Stars https://youtu.be/hT_nvWrelhg

Coldplay: A sky full of stars

Harry Steyles Sign of the times <https://youtu.be/qN4ooNx77u0>

Movie: Passengers

Day 14 - Five Dreams that haven't come true yet



DON'T JUST SEE, FEEL.
DON'T JUST DREAM, DO.
DON'T JUST HEAR, LISTEN.
DON'T JUST TALK, ACT.
DON'T JUST TELL, SHOW.
DON'T JUST EXIST, LIVE.

Songs to inspire you

The Cranberries: Dream

Imagine Dragons Dream <https://youtu.be/ZCSX3mM6940>

Coldplay A head full of dreams <https://youtu.be/vGZMvV9KBp8>

Green Day: Boulevard of broken dreams <https://www.youtube.com/watch?v=Soa3gO7tL-c>

Movie: The secret life of Walter Mitty

Day 15 - Make five wishes



WISHING TO BE WELL

IS PART

OF BECOMING WELL

Songs to inspire you

Pink Floyd: Wish you were here

Eminem: Be careful what you wish for <https://www.youtube.com/watch?v=b2DwnGMAOQs>

Justin Bieber: Wish you would <https://www.youtube.com/watch?v=0n664jRR-xU>

Movie: der 16.Wunsch

Day 16 - Five things you recently lost

Did you get any gain of it?



DON'T SPEND YOUR LIFE

LOOKING

FOR WHAT YOU'VE LOST

Task: write a letter to express anything that was unsaid

Songs to inspire you

Wiz Kalifa: See you again <https://youtu.be/RgKAFK5djSk>

Justin Bieber Ghost <https://youtu.be/rfCvBFlv454>

Martin Garrix: Ocean <https://www.youtube.com/watch?v=meSX3QwHFU0>

Sam Smith Stay with me <https://youtu.be/pB-5XG-DbAA>

Duncan Laurence – Arcade <https://www.youtube.com/watch?v=51u5fnyrGj4>

Movie: I'm losing you, das Schicksal ist ein mieser Verräter, Beim Leben meiner Schwester, The bucket list, Ghost

Day 17 - Five things you gave somebody recently



NOONE
HAS EVER
BECOME POOR
BY GIVING

Songs to inspire you

Soul Asylum: Runaway Train

Midnight Oil: Beds are burning

Movie: Die Revolution der Selbstlosen, Schindler's Liste, Forest Gump

Day 18 – Five things people pushes away from you?



**THE BEST WAY
TO STOP
A BAD HABIT
IS NEVER TO BEGIN IT**

Songs to inspire you

Ed Sheeren Bad Habits

Michael Jackson Men in the mirror

Linking Park: Breaking then habbit <https://air.tv/?v=udnFMwclQFKplgN7BUIA>

Laurell: Habit https://youtu.be/9Ud-3_ncZ_c

Sody: Bitch https://youtu.be/5lyf_zj6nXQ

Robin Thicke: Blurred Line <https://www.youtube.com/watch?v=RA01pdI0jng>

Taylor Swift: Blank Space <https://youtu.be/e-ORhEE9VVg>

Justin Timberlake Mirrow https://youtu.be/uuZE_IRwLNI

Calvin Harris blame https://youtu.be/6ACl8s_tBzE

Movie: Gilbert Grape. Irgentwo in Iowa, Ziemlich ebste Freunde, ein ganzes halbes jahr

Day 19 - Five things you want to be?



IF YOU WANT
TO LIVE
A HAPPY LIFE,
TIE IT TO A GOAL,
NOT TO
PEOPLE OR THINGS

Songs to inspire you

Natasha Beddingfield: The rest is still unwritten

Rachel Platten Fight Song

American Authors: Best day of my life

P!nk: Fucking Pefect

James Blunt: Beautiful

One Direction: what makes you beautiful

Day 20 – Five People who's live is affected by you?



**SOMEONE
IS SITTING IN THE SHADE
TODAY
BECAUSE SOMEONE
PLANTED A TREE
A LONG TIME AGO**

Songs to inspire you

Bruno Mars: Count on me

Cahrlie Puth: One call away

Cheat Codes & Tinashe: Lean on me

Imaginary Future: Lean on me

Day 21 - Five mayor transformations?



THE GREATEST DANGER
IN TIMES
OF TURBULENCE
IS NOT
THE TURBULENCE –
IT IS TO ACT
WITH YESTERDAY'S LOGIC

Songs to inspire you

Michael Jackson: Man in the mirror <https://youtu.be/PivWY9wn5ps>

Bette Middler: The rose

Day 22 – Five things that makes you feel alive?



- ❖
- ❖
- ❖
- ❖
- ❖

Songs to inspire you

Simple Minds: alive and Kicking

BeeGees: Staying alive

N_Trance Staying alive

Sia: Alive

Empire of the sun: Alive

Day 23 - Your deepest pain?



**EMOTIONAL PAIN CANNOT KILL YOU,
BUT RUNNING AWAY FROM IT CAN.**

ALLOW.

EMBRACE.

LET YOURSELF FEEL.

LET YOURSELF HEAL.

Songs to inspire you

Imagin Dragons: Believer

R.E.M. Everybody hurts https://youtu.be/5rOiW_xY-kc

Daniel Powert: Bad Day <https://youtu.be/gH476CxJxfg>

Soul Asylum Runaway Train https://youtu.be/NRtvqT_wMeY

Twenty One Pilots: Stressed out <https://youtu.be/pXRviuL6vMY>

Lana del Rey Summertime sadness <https://youtu.be/TdrL3QxjyVw>

Day 24 - Five things which are very unique on you



PLEASE,
WOULD YOU ONE TIME
LET ME BE MYSELF
SO I CAN SHINE
WITH MY OWN LIGHT

Songs to inspire you

3doors down: let me be myself <https://youtu.be/RmDYbiyMHvo>

Avril Lavigne: Complicated <https://youtu.be/5NPBlwQyPWE>

Madcon Feat. Ameerah - Freaky Like Me

https://www.youtube.com/watch?v=ntgW_zhJXWA

Lady Gaga Born this way <https://www.youtube.com/watch?v=wV1FrqwZyKw>

Linking Park: Numb https://youtu.be/kXYiU_JCYtU