

Your Name

Dr. Atkins

English 201

Date

Music and My Life: How My Playlist Describes Me

The different types of music that we listen to identify who we are as individuals. Each person's taste in music is unique and holds a special value to that that person. Whether it's a catchy tune on the radio, or part of our own personal playlist on our iPods, music helps us get through the day. A certain song, to me, may get me motivated while other songs may help me unwind. For example, I love techno music, and it gets me extremely motivated if I'm at the gym. Other people absolutely hate techno music and think it's annoying. It is these differences, however, , my own personal preferences, which set me apart from everyone else. I have always believed that music plays a big factor in describing someone's personality. My personality can be described in four categorised. I'm a very loving person, but at the same time laid-back and spontaneous. I'm also a procrastinator which means I need a little motivation every once in awhile to get me going. I chose these categories to describe me, not because they're my only character traits, but because they are the ones that define the music I listen to day by day.

Loving

The number one reason for me being such a loving person would be due in part to my boyfriend. He has brought out another side of me that I never knew was there. I typically take things day by day, so to feel such a strong connection to someone was scary to me. He's technically my first love, so at first I was very apprehensive. That's

why I think that “Is This Love” by Bob Marley is a good example of how I was first feeling. After we got past the “Is This Love?” (Marley) stage, almost three years down the road, I’ve come to realize how much he’s opened me up to love. That’s why the best song to describe how he’s made me a better person would be “Love Song” by 311. Not only do the words describe my feelings for him, but the rhythm is slow and mellow. Nick Hexum of 311 sings, “Whenever I’m alone with you, you make me feel like I am home again.” He’s the only person that I can feel completely myself around. Also, the song “Better Together” by Jack Johnson is another example of my loving personality. In the song Jack Johnson sings “It’s always better when we’re together.” I think that this holds true with me and boyfriend, me and my friends, or even me and my family members. I just love being surrounded by other people and a social lifestyle comes naturally to me.

Laid Back

One of the reasons why I can get along with so many people is because I have a laid back personality. Things that typically irritate someone else I can usually shrug my shoulders easily. I’m not caught up in he-said she-said drama; instead, I just enjoy life. “Mellow Mood” by Slightly Stoopid can always put me into a really good laid back mood. The song is about how love is all you need if you’re having a rough time. It has a soothing sort of melody to it that can just put me at ease and make me feel comfortable. It makes the nonsense drama going on around me melt away. Another song that makes me feel comfortable and lazy is “Stay (Wasting Time)” by Dave Matthews Band. This song is a good description of me because I always want to stay in my bed and waste as much time as possible. My bed is probably one of my most favorite places to lounge around. “It makes me wanna stay,” (Dave, Stay) as it says in the song and procrastinate as much as

possible. I'm so laid back that I'd rather have people just come hang out with me in my room then go downtown to dancesome nights. Especially on rainy days, my bed is my favorite place to be. "Can't you see that it's just raining, ain't no need to go outside." Jack Johnson sings this in "Banana Pancakes." This is the ultimate laid back being lazy sort of song. It's all about staying inside, waking up slow, and hanging out while lounging around all day. If I could do that everyday, I would.

Motivation

Because I'm such a procrastinator and love being as laid back and lazy as possible, I need other forms of motivation to get me going. In order for me to get up and work out rather than take a nap or hang out with friends in the apartment, I need songs like Kanye West's "Stronger." That song is the perfect song to get me motivated. Every time I hear this sort of techno hip/hop remix it makes me do one of two things: get up and dance or go work out. Usually if I'm getting ready to go out I'll listen to that song or songs like "Pump It" by the Black Eyed Peas. The hyped up beats, repetitions, and catchy choruses get me excited and energized. I can't wait for what's coming next. Another song that I've always loved and used to get me motivated is "Believe" by the Chemical Brothers. This song is all about the techno. It's got crazy beats and lots of liveliness. After listening to these types of songs I feel energetic and ready to go. It puts me in a completely different world than the previous songs I've mentioned. If I'm not feeling in the mood to go downtown with friends, listening to this music will make me want to get out and dance no matter what.

Spontaneous

Even though I'm a laid back person, I'm also extremely spontaneous. Being spontaneous helps me enjoy life more. I love being random and planning things last minute because I am a day-to-day type of person. "Down" by 311 describes my willingness to do things whenever and wherever. I hate planning for the future and I'm always willing to do something right in the moment. Sometimes I'm a little out of control like the song "No Control" by Pepper describes. I have a good balance, though, between being spontaneous and laid back. It's enough so that I can take pleasure in life but can also relax and reflect on things at the same time. I think that everyone should be able to let loose a little bit every now and again though. It's important to take things a step at a time but always following a plan or routine every single day is stiff to me. "Let Loose" by the Expendables describes how everyone should just get out and be spontaneous once in awhile. "This is something real for all of us, and this is how we roll, can you feel me? So girl get up and dance, you know what to do... let loose." (Expendables, Let Loose) I used to be really self-conscious and worried about what other people thought of me because I was always the tallest out of all my friends (even a few boyfriends) and felt like I was awkward looking growing up. I can relate to "Let Loose" in a way because I used to be so shy before. Now, I like the song because I can see how long of a way I've come. I'm much more positive and can listen to that song now and say, "Yeah, why not?" It never hurts to let loose sometimes and just be confident in who I am.

Although "Believe" by the Chemical Brothers gets me motivated, others might have a completely different opinion. These are the reasons why we're all different. I can sit back and relax to Jack Johnson or Bob Marley, but it's what works for me just in that particular moment of time. Some people may not realize the part that music plays in their

lives, but it's just as much a part of us as our own heartbeat. It keeps us going and transforms our mood with each changed song. I can go from being loving, to laid back, to motivated, and spontaneous all within a few playlists on my iPod in a matter of minutes. If I had to pick a playlist of my life, these songs would express it.

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