

Fall Playlist



Think about your own personal "top hits" playlist around this time of year. What songs do you gravitate towards? When you're getting cozy in your favorite sweater on a crisp fall day - what's your go to soundtrack? List all your favorite songs and/or create an update fall playlist.

Is there a particular artist that you're drawn towards during this time of the year? Certain sound qualities, or lyrics? What's the general vibe of these songs?

What feelings do you want to ignite during these precious fall months? What energy are you intentionally after? There's no right or wrong answer here. You can choose to call in energy and vibrance, or serenity and balance. Write down what feels true for you.

Be sure to share your fall songs with us in Sonder Club so we can put together a playlist with your favorites! No matter what your soundtrack is, we hope you find some time to dance your way through the fall.