

## **ARE WE GOING TO HAVE A GOOD DAY?**

Every morning I recall from the age 9 to 12 started with MTV or VH1 music videos. My mom would wake my sister and me, and the tv would already be on, playing the latest hits. While we got ready and took turns in our only bathroom, we would sing and bop along through our morning routine. This started my day off with a punch of energy and happiness. I'm unsure as to when we stopped listening to music in the morning. Maybe the tv stations stopped playing what we like. Maybe no one turned it on, or it just slowly disappeared from my mornings, day by day. After school however, was filled with music. We listened on iPods and iPads. The music made a great background for us while we caught up for the day or went off to a practice. Whatever life had planned, music boosted me through the rest of the day. Now in college, I realize the power of music on my day. What I listen to and when I listen to it, influences my perception of my day. I start my days with music whenever possible, giving in to the joy and emotion that comes along with it.