

Embraceable Me: Music for Journaling & Healing

Welcome to Your Journey

You are holding more than a playlist guide—you are holding a roadmap to becoming embraceable. Not by changing who you are, but by discovering, accepting, and celebrating the person you've always been beneath the wounds, the doubts, and the walls you've built for protection.

This journey uses the transformative power of music paired with intentional journaling to guide you through seven essential chapters of self-discovery. Each chapter represents a crucial stage in learning to embrace yourself fully: from acknowledging hidden pain to crowning yourself with self-love.

Why Music + Journaling?

Music bypasses the mind and speaks directly to the soul. When we're learning to embrace ourselves, we're often fighting years of negative self-talk, trauma, and conditioning that our logical minds struggle to overcome. Music helps us:

- **Access buried emotions** that need to be processed and released
- **Reprogram limiting beliefs** through repetitive, positive messaging that sinks deeper than affirmations alone
- **Create emotional safety** through beauty, rhythm, and artistry that makes vulnerability feel less threatening
- **Connect to something larger** than our individual pain, reminding us we're not alone
- **Celebrate our progress** with joy, power, and movement

Journaling gives voice to what music awakens. While music opens the door to our inner world, journaling allows us to:

- **Name and claim our truth** by putting pen to paper
- **Process complex emotions** that surface during songs
- **Track our growth** over time as we revisit entries
- **Discover patterns** in our thoughts and behaviors
- **Dialogue with ourselves** in ways that reveal surprising insights
- **Make commitments** to the person we're becoming

Together, music and journaling create a sacred practice that engages your whole self—heart, mind, body, and spirit.

How to Use This Guide

For First-Time Users:

1. **Read through all seven chapters** to understand the complete arc of the journey
2. **Start with Chapter 1** and move sequentially through the chapters—this journey is designed to build on itself
3. **Give yourself time**—this isn't a race. Some people spend a week on each chapter, others a month
4. **Create a ritual** around your music + journaling practice (special space, candle, tea, comfortable seating)

For Your Journaling Practice:

1. **Set the space** - Find a quiet place where you won't be interrupted
2. **Press play** - Let the entire chapter playlist play through
3. **Listen first** - On your first time through, just listen and feel. Notice which songs move you
4. **Write freely** - Let the music guide your pen. Don't edit, don't judge—just write
5. **Use the prompts** - Each chapter includes 4 journaling prompts to guide your reflection
6. **Speak affirmations** - Sing along to empowering lyrics. Your voice matters
7. **Return often** - These playlists reveal new layers each time you experience them

Choose Your Own Adventure:

While we recommend experiencing the chapters in order, you can also:

- **Jump to what you need today** - Feeling low on boundaries? Go to Chapter 4
- **Create a custom flow** - Mix and match chapters based on your current needs
- **Use individual songs** - Some songs will become your personal anthems
- **Share with others** - Use these playlists for group healing circles or accountability partnerships

What to Expect on This Journey

This work is not easy. You will cry. You will confront truths you've been avoiding. You will feel resistance. You will want to quit.

This work is worth it. You will also laugh. You will dance. You will have breakthrough moments that change everything. You will discover strengths you didn't know you possessed. You will fall in love with yourself—perhaps for the first time.

The Seven Chapters Arc:

- **Chapter 1: Hidden Pain, Healing** - You begin by getting honest about what hurts
- **Chapter 2: Self-Worth and Identity** - You reclaim the truth of who you are
- **Chapter 3: Self-Compassion and Grace** - You extend kindness to yourself
- **Chapter 4: Boundaries and Balance** - You protect your peace and energy
- **Chapter 5: Gratitude and Joy** - You celebrate what's already here
- **Chapter 6: Growth & Empowerment** - You step into your power
- **Chapter 7: Crowned with Self-Love** - You rest in the royalty of being embraceable

Before You Begin

Take a moment right now. Place your hand on your heart. Take three deep breaths.

Say this out loud: *"I am worthy of this journey. I am ready to embrace myself."*

You don't have to believe it yet. You just have to be willing to begin.

Your embraceable self is waiting.

Chapter 1: Hidden Pain, Healing

Purpose: This playlist creates a sacred space for processing pain, acknowledging wounds, and opening your heart to healing. These songs are essential for the journaling journey because they validate your struggles while gently guiding you toward hope and restoration.

Why This Matters for Becoming Embraceable: Before you can fully embrace yourself, you must first acknowledge and heal the hidden wounds you carry. This playlist helps you name your pain, surrender control, and trust in the healing process. Embraceability begins with honesty about where you hurt.

Complete Track List:

1. **God Provides** - Tamela Mann (4:00)
2. **I Trust You** - James Fortune, Fiya (5:43)
3. **Trust and Obey** - Erica Campbell (3:39)
4. **Deliver Me (This Is My Exodus)** - Donald Lawrence, The Tri-City Singers (5:44)
5. **Healer** - Kari Jobe (5:07)

6. **We Fall Down - Live** - Donnie McClurkin (4:53)
7. **Everyone Hurts** - Kirk Franklin (6:33)
8. **Broken & Beautiful** - Kelly Clarkson (3:38)
9. **Gracefully Broken** - Tasha Cobbs Leonard (6:16)
10. **You Say** - Lauren Daigle (4:34)
11. **Goodness of God - Live** - CeCe Winans (4:57)
12. **Testimony** - Anthony Brown & group therAPy (4:17)
13. **When The Saints Go To Worship** - Benita Washington (8:22)
14. **Say Amen** - Howard Hewett (4:34)
15. **Awesome Wonder** - Youthful Praise (6:17)

Playlist Link: [Gospel](#) [Open in Spotify](#) [Secular](#)

Journaling Prompts for Chapter 1:

- What hidden pain am I finally ready to acknowledge?
 - Where do I need healing most in my life right now?
 - What would it feel like to be "gracefully broken" instead of ashamed?
 - How has pain shaped who I am, for better or worse?
-

Chapter 2: Self-Worth and Identity

Purpose: This empowering playlist celebrates your inherent worth and helps you reclaim your identity. These songs are crucial for journaling because they affirm your beauty, strength, and uniqueness—truths you need to internalize before you can embrace yourself fully.

Why This Matters for Becoming Embraceable: You cannot embrace what you don't value. This playlist rewrites negative narratives and replaces them with powerful declarations of self-worth. Each song reinforces the truth: you are a masterpiece, you are light, you are unstoppable. Embraceability flows from this deep knowing that you are worthy of love, starting with your own.

Complete Track List:

1. **Identity** - James Fortune (4:12)
2. **Masterpiece** - Tori Kelly, Lecrae (4:44)

3. **Beautiful** - India.Arie (4:05)
4. **I Am Light** - India.Arie (3:52)
5. **sobeautiful** - Musiq Soulchild (4:51)
6. **Golden** - Jill Scott (3:51)
7. **This Woman's Work - 2021 Remaster** - Maxwell (4:00)
8. **Beautiful** - Christina Aguilera (3:58)
9. **This Is Me** - Keala Settle, The Greatest Showman Ensemble (3:54)
10. **Unstoppable** - Sia (3:37)
11. **I'm Every Woman** - Chaka Khan (4:09)
12. **Man! I Feel Like A Woman!** - Shania Twain (3:54)
13. **Independent Women, Pt.1** - Destiny's Child (3:41)
14. **I'm That Chick** - Mariah Carey (3:31)
15. **Good as Hell** - Lizzo (2:39)

Playlist Link: [Open in Spotify](#)

Journaling Prompts for Chapter 2:

- When do I feel most like myself?
 - What lies have I believed about my worth?
 - What makes me beautiful beyond physical appearance?
 - How would I live differently if I truly believed I was unstoppable?
-

Chapter 3: Self-Compassion and Grace

Purpose: This playlist guides you into the tender space of self-compassion, where you learn to extend grace to yourself as freely as you would to others. These songs are vital for journaling because they teach you to forgive yourself, embrace your flaws, and recognize that being human means being imperfect—and that's not just okay, it's beautiful.

Why This Matters for Becoming Embraceable: Self-compassion is the bridge between healing and wholeness. After acknowledging your pain (Chapter 1) and reclaiming your worth (Chapter 2), you must learn to be gentle with yourself. This playlist reminds you that you are enough, exactly as you are. Embraceability

deepens when you stop demanding perfection and start offering yourself the same grace, patience, and kindness you deserve.

Complete Track List:

1. **Bless Me (The Prayer Of Jabez)** - Donald Lawrence & The Tri-City Singers (6:42)
2. **In The Room (feat. Tasha Cobbs Leonard)** - Maverick City Music, Naomi Raine, Chandler Moore, Tasha Cobbs Leonard (9:57)
3. **I Forgive Me** - James Fortune (4:36)
4. **Flaws** - Kierra Sheard (3:04)
5. **It Is Well - Live** - Kristene DiMarco (7:18)
6. **Peace Be Still** - Hope Darst (5:20)
7. **Peace (feat. Jonathan McReynolds)** - Koryn Hawthorne, Jonathan McReynolds (3:16)
8. **I Am Enough** - Daphne Willis (3:17)
9. **All About That Bass** - Meghan Trainor (3:07)
10. **Video** - India.Arie (4:09)
11. **Self Love** - Jayson Lyric, Nevaeh (2:39)
12. **Good Thing (with Kehlani)** - Zedd, Kehlani (3:30)
13. **Confidence** - Savannah Cristina (3:21)
14. **The Winner In Me** - Coko (5:15)
15. **Hall of Fame (feat. will.i.am)** - The Script, will.i.am (3:22)

Playlist link: [Open in Spotify](#)

Journaling Prompts for Chapter 3:

- What mistakes do I keep punishing myself for? Am I ready to forgive myself?
 - How would my life change if I treated myself with the same compassion I show others?
 - What does "I am enough" really mean to me? Do I believe it?
 - What flaws am I learning to embrace as part of my story, not obstacles to my worth?
-

Chapter 4

Purpose: This playlist teaches you the sacred art of setting boundaries and finding balance in your life. These songs are essential for journaling because they remind you that saying "no" to what doesn't serve you is saying "yes" to yourself. Peace, rest, and balance aren't luxuries—they're necessities for an embraceable life.

Why This Matters for Becoming Embraceable: You cannot fully embrace yourself while stretched too thin, overwhelmed, or depleted. Boundaries are not walls—they are bridges to your authentic self. This playlist guides you toward inner peace, helps you release what weighs you down, and empowers you to protect your energy. Embraceability requires the courage to honor your limits and the wisdom to choose balance over burnout.

Complete Track List:

1. **Breathe (feat. Jonathan McReynolds)** - Maverick City Music, Chandler Moore (5:26)
2. **Refiner (feat. Steffany Gretzinger)** - Maverick City Music, Chandler Moore (12:12)
3. **God Is Good** - Jonathan McReynolds (3:28)
4. **Mirror Talk** - China Styles (3:08)
5. **Perfect Peace** - Sherree Patrice (4:55)
6. **I'm At Peace** - Vicki Yohe (5:50)
7. **PEACE** - Anna Golden (4:19)
8. **Indescribable - Live** - Kierra Sheard, BRL (9:09)
9. **Oceans (Where Feet May Fail)** - Bri Babineaux (5:46)
10. **King of Glory - Live** - CeCe Winans (10:35)
11. **Brighter Days** - Blessing Offor (3:28)
12. **Self Love** - Queen Naija (2:55)
13. **No Looking Back** - Danita (4:07)
14. **I Am A Winner** - Jekalyn Carr (4:08)

Playlist Link: [Open in Spotify](#)

Journaling Prompts for Chapter 4:

- Where in my life do I need to set better boundaries? What's stopping me?
- What does "perfect peace" feel like to me? When was the last time I experienced it?

- What do I need to stop doing, release, or say "no" to in order to find balance?
 - How can I protect my energy while still being open and loving toward others?
-

Chapter 5: Gratitude and Joy

Purpose: This playlist celebrates the transformative power of gratitude and the liberating energy of joy. These songs are essential for journaling because they shift your focus from what's missing to what's already present, from heaviness to lightness. Joy is not a luxury—it's your birthright, and gratitude is the key that unlocks it.

Why This Matters for Becoming Embraceable: You cannot fully embrace yourself from a place of scarcity and complaint. Gratitude opens your eyes to the abundance already flowing through your life, while joy reconnects you to the playful, radiant parts of yourself that deserve to shine. This playlist reminds you that even in the midst of your journey, there is so much to celebrate. Embraceability flourishes when you learn to dance with life, count your blessings, and choose joy as an act of resistance against anything that tries to dim your light.

Complete Track List:

1. **Grateful** - Hezekiah Walker, Love Fellowship (6:55)
2. **Gratitude** - Brandon Lake, Essential Worship (5:33)
3. **He's Already Provided** - Martha Munizzi (8:09)
4. **For Your Glory - Live** - Tasha Cobbs Leonard (6:46)
5. **Blessed** - Jill Scott (3:26)
6. **joyful** - Dante Bowe (2:16)
7. **joy.** - for KING & COUNTRY (3:53)
8. **Happy - From "Despicable Me 2"** - Pharrell Williams (3:53)
9. **I Gotta Feeling** - Black Eyed Peas (4:49)
10. **Shine** - Ashanti (3:40)
11. **calm & patient** - Jhené Aiko (3:33)
12. **All Joy** - Natalie Layne (2:46)
13. **Self Crowned** - China Styles (3:25)
14. **Self-Care Queen** - Room2Breathe (3:00)
15. **She Ready** (2:56)

Playlist link: [Open in Spotify](#)

Journaling Prompts for Chapter 5:

- What are five things I'm grateful for today that I often take for granted?
 - When was the last time I felt pure, unfiltered joy? What was I doing?
 - What blessings have already shown up in my life that I've been too busy to celebrate?
 - How can I choose joy today, even in the midst of challenges?
-

Chapter 6: Growth & Empowerment

Purpose: This playlist celebrates your journey of growth and the powerful person you're becoming. These songs are essential for journaling because they remind you of your resilience, courage, and unstoppable strength. Every challenge you've faced has shaped you into someone extraordinary—and this playlist declares that truth boldly.

Why This Matters for Becoming Embraceable: Embraceability reaches its fullest expression when you recognize your own power. After healing, reclaiming worth, extending grace, setting boundaries, and cultivating joy, you step into empowerment—owning your story, your strength, and your capacity to rise. This playlist is your anthem for moving forward with confidence, knowing that what doesn't break you makes you stronger. Embraceability is not passive acceptance—it's active celebration of who you are becoming.

Complete Track List:

1. **Best For Last** - Donald Lawrence, Yolanda Adams (5:18)
2. **Rise Up** - Andra Day (4:13)
3. **Hero** - Mariah Carey (4:17)
4. **I Made It (feat. Tye Tribbett)** - Fantasia, Tye Tribbett (5:40)
5. **I Got That** - Anthony Brown & group therAPy (6:18)
6. **Stronger (What Doesn't Kill You)** - Kelly Clarkson (3:41)
7. **Fight Song** - Rachel Platten (3:24)
8. **Girl on Fire** - Alicia Keys (3:44)
9. **Brave** - Sara Bareilles (3:40)
10. **Roar** - Katy Perry (3:43)
11. **Run the World (Girls)** - Beyoncé (3:56)

12. **Good Morning Gorgeous** - Mary J. Blige (2:54)

13. **Flowers** - Miley Cyrus (3:20)

14. **One In A Million** - China Styles (3:13)

15. **It's A New Day** - will.i.am (3:39)

Playlist Link: [Open in Spotify](#)

Journaling Prompts for Chapter 6:

- What challenges have I overcome that prove my strength and resilience?
 - How have I grown in the past year? What version of myself am I leaving behind?
 - What does empowerment look like for me? How can I step into it more fully?
 - What would I do today if I truly believed I was unstoppable?
-

Chapter 7: Crowned with Self-Love: Instrumental Meditation

Purpose: This playlist creates a sanctuary of peace through instrumental jazz, inviting you to rest in stillness and crown yourself with self-love. These songs are essential for journaling because sometimes the most profound truths emerge not from words, but from silence. Let the melodies speak what your heart cannot yet articulate.

Why This Matters for Becoming Embraceable: After all the active work of healing, reclaiming, forgiving, setting boundaries, celebrating, and growing, you need space to simply be. This instrumental journey offers sacred silence for reflection, meditation, and deep connection with yourself. Embraceability deepens in the quiet moments when you can hear your own heartbeat and honor the crown of self-love you've earned. These melodies remind you that you are royalty—worthy of rest, worthy of peace, worthy of being cherished exactly as you are.

Complete Track List:

1. **Early Morning Drive** - Wayman Tisdale (5:38)

2. **City Of Light** - Boney James (5:21)

3. **Lights Down Low** - Boney James (4:32)

4. **Butter** - Boney James (5:04)

5. **Day By Day** - Najee (5:04)

6. **Nice And Easy** - Walter Beasley (4:23)

7. **Sao Paulo** - Rick Braun, Richard Elliot (4:28)
8. **State Of Grace** - Jeff Lorber, Dave Koz (4:03)
9. **Pieceful Dreams** - Pieces Of A Dream (4:25)
10. **Suede** - Marion Meadows (4:16)
11. **Champagne Life** - Gerald Albright, Norman Brown (5:22)
12. **It's a New Day** - Bob Baldwin (5:21)
13. **Chillaxin** - Euge Groove (6:06)
14. **The Moment** - Boney James (4:24)
15. **Nightfall** - Kim Waters (5:32)
16. **Sunday Cruise** - Althea Rene (4:00)
17. **Sensuality** - Brian Culbertson (6:30)
18. **Last Night (feat. Rick Braun)** - Brian Culbertson, Rick Braun (5:20)
19. **Passion Play** - Andy Snitzer (4:10)
20. **You're Beautiful** - Kenny G (4:12)

Playlist link: [Open in Spotify](#)

Journaling Prompts for Chapter 7:

- What does silence reveal to me that noise drowns out?
 - When I sit quietly with myself, what do I notice about my inner state?
 - What does it mean to crown myself with self-love? How can I honor that today?
 - If my life right now was a melody, what would it sound like? Peaceful? Chaotic? Hopeful?
-

How to Use These Playlists for Your Embraceable Journey

Creating Your Journaling Practice:

1. **Set the Space:** Find a quiet place where you won't be interrupted. Light a candle, make tea, get comfortable.
2. **Press Play:** Let the music wash over you. Don't skip songs—each one has been carefully selected for your journey.

3. **Listen First:** On your first time through, just listen. Notice which songs make you cry, which ones make you smile, which lyrics stop you in your tracks.
4. **Write Freely:** Let the music guide your pen. Don't edit yourself. Write whatever comes up—memories, feelings, prayers, declarations.
5. **Speak Affirmations:** Sing along to the empowering lyrics. Your voice speaking these truths over yourself is powerful.
6. **Return Often:** These playlists are designed for repeated use. Each time through, you'll discover new layers of healing and revelation.

Why Music Matters for Embraceability:

Music bypasses our mental defenses and speaks directly to our hearts. When we're learning to embrace ourselves, we're often fighting years of negative self-talk, trauma, and conditioning. Music helps us:

- **Access buried emotions** that need to be processed
- **Reprogram limiting beliefs** through repetitive, positive messaging
- **Create emotional safety** through beauty and artistry
- **Connect to something larger** than our pain
- **Celebrate progress** with joy and power

The journey to becoming embraceable isn't about perfection—it's about authenticity. These playlists meet you in your brokenness (Chapter 1) and lift you into your power (Chapter 2). Together, they form a complete arc of transformation: from pain to purpose, from shame to celebration, from hiding to shining.

Download & Share

Total Listening Time:

- Chapter 1: Hidden Pain, Healing - ~73 minutes (15 songs)
- Chapter 2: Self-Worth and Identity - ~56 minutes (15 songs)
- Chapter 3: Self-Compassion and Grace - ~69 minutes (15 songs)
- Chapter 4: Boundaries and Balance - ~79 minutes (14 songs)
- Chapter 5: Gratitude and Joy - ~68 minutes (15 songs)
- Chapter 6: Growth & Empowerment - ~62 minutes (15 songs)
- Chapter 7: Crowned with Self-Love: Instrumental Meditation - ~98 minutes (20 songs)

- **Complete Journey: ~505 minutes (8 hours 25 minutes)**

Print this guide, save it to your phone, or share it with someone on their own embraceable journey. Remember: you were made to be embraced—by yourself, by others, and by the Divine. These songs are your soundtrack to claiming that truth.

The Complete Embraceable Journey: Move through all seven chapters in order for the full transformation experience—from acknowledging pain, to reclaiming worth, to extending grace, to setting boundaries, to celebrating with gratitude and joy, to stepping into your power and growth, to resting in the peaceful sanctuary of self-love. Or choose the chapter that speaks to where you are right now in your journey.

"You are not too much. You are not too little. You are exactly enough, and you are worthy of your own embrace."

Note: All playlists are regularly updated. For the most current versions, visit the Spotify links above.