



## **Bravery**

Playlist

20 Songs to Help You  
Find Your Brave

*the Lily-Jo project*

# **BRAND PLAYLIST CURATION + PROMOTION**

A series of music playlists for The Lily-Jo Project's online mental health resource. Produced as blogs, social media carousels, and YouTube/Spotify playlists. Playlist articles tend to bring in 20-25X more visitors compared to other blogs on the website.

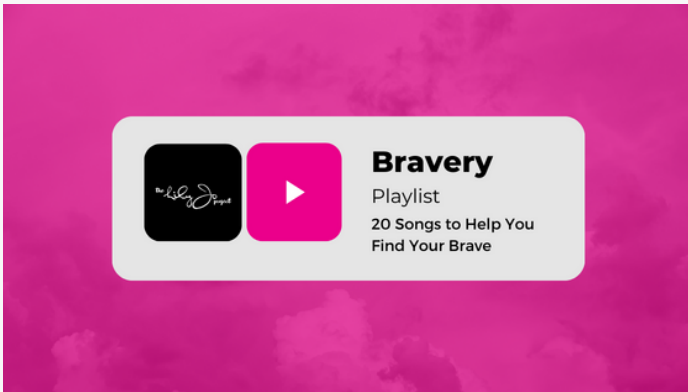
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Audience / The Lily-Jo Project's online community, music must be suitable in family and classroom settings.

Niche / Mental Health, Wellbeing & Music

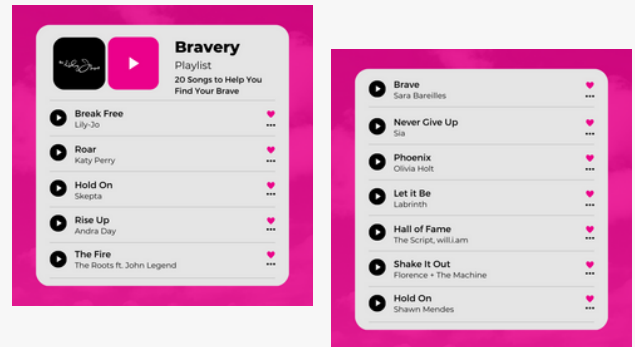
Voice / U.K. English

## Playlist: Top 20 Songs to Help Find Your Brave



1. Break Free, Lily-Jo
2. Roar, Katy Perry
3. Hold On, Skepta
4. Rise Up, Andra Day
5. The Fire, The Roots ft. John Legend
6. Brave, Sara Bareilles
7. Never Give Up, Sia
8. Phoenix, Olivia Holt
9. Let it Be, Labrinth
10. Hall of Fame, The Script, will.i.am
11. Shake It Out, Florence + The Machine
12. Hold On, Shawn Mendes
13. Thunder, Imagine Dragons
14. The Greatest, Sia ft. Kendrick Lamar
15. Known, Philippa Hannah and Lily-Jo
16. Stone Mountain, St. Beauty
17. Just Like Fire, P!nk
18. Scars To Your Beautiful, Alessia Cara
19. To Be Human, Sia ft. Labrinth
20. Fight Song, Rachel Platten

## Socials: Swipe-right style graphics + captions



The theme for #ChildrensMentalHealthWeek is 'Find Your Brave' - so we've put together a little playlist to help you do just that 🎧

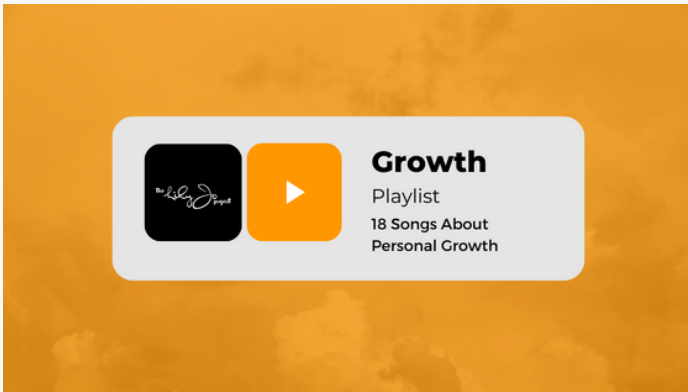
Here's what we've learned along the way about bravery:

- ★ Let go of fear and past mistakes
- ★ It's okay to rely on support from others
- ★ Tune out negativity from others and within ourselves
- ★ Embrace your scars and experiences
- ★ Focus on the first step

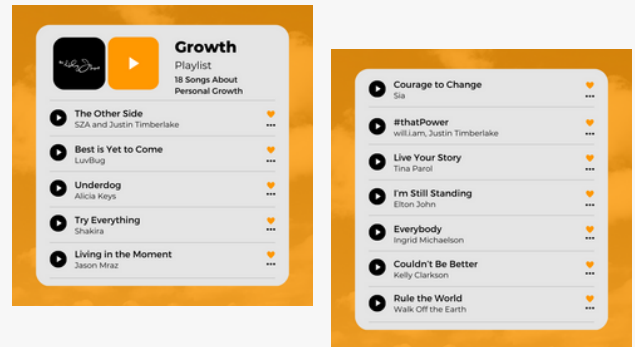
**Blog: Full Article w/Links to Listen on YouTube & Spotify**

[www.thelilyjoproject.com/2020/02/06/top-20-songs-to-help-you-find-your-brave](http://www.thelilyjoproject.com/2020/02/06/top-20-songs-to-help-you-find-your-brave)

## Playlist: 18 Songs About Personal Growth



## Socials: Swipe-right style graphics + captions



1. The Other Side, SZA and Justin Timberlake
2. Best is Yet to Come, LuvBug
3. Underdog, Alicia Keys
4. Try Everything, Shakira
5. Living in the Moment, Jason Mraz
6. Courage to Change, Sia
7. #thatPower, will.i.am & Justin Timberlake
8. Live Your Story, Tina Parol
9. I'm Still Standing, Elton John
10. Everybody, Ingrid Michaelson
11. Couldn't Be Better, Kelly Clarkson
12. Rule the World, Walk Off the Earth
13. Good Day Sunshine, The Beatles
14. Let the Sun Shine, Labrinth
15. Never Ever Give Up, Matthew West
16. Tell Me How You Feel About That, Lily-Jo
17. Just Hold On, Steve Aoki & Louis Tomlinson
18. Anything's Possible, Lea Michelle

As #ChildrensMentalHealthWeek comes to a close, we wanted to give you the chance to keep celebrating this year's theme of growth! 🌱



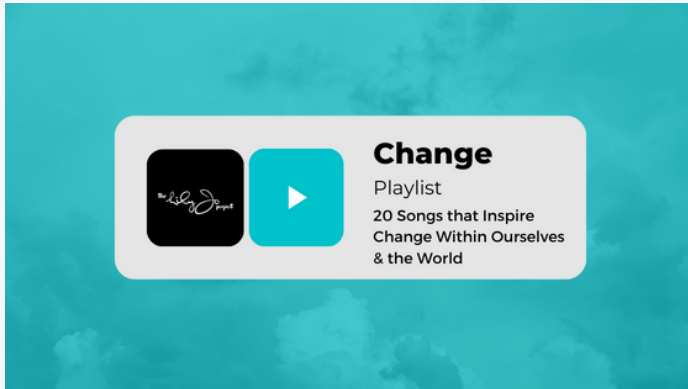
🎧 Check out our brand new playlist featuring songs all about personal growth, change, and development.

For an in-depth overview of each song with our favourite lyrics and what they tell us, read the full article on our blog (Link in bio!)

## Blog: Full Article w/Links to Listen on YouTube & Spotify

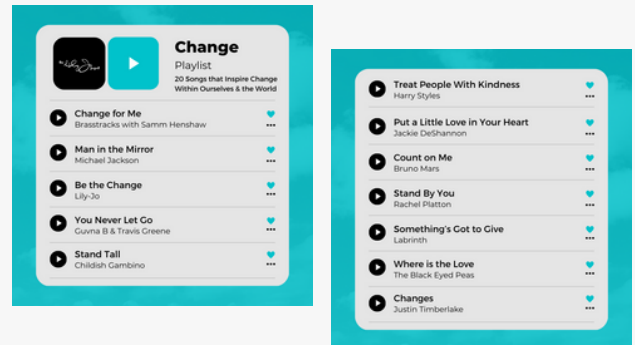
<https://www.thelilyjoproject.com/2022/02/11/18-songs-about-personal-growth/>

## Playlist: 20 Songs that Inspire Change




1. Change for Me, Brasstracks with Samm Henshaw
2. Man in the Mirror, Michael Jackson
3. Be the Change, Lily-Jo
4. You Never Let Go, Guvna B & Travis Greene
5. Stand Tall, Childish Gambino
6. Treat People With Kindness, Harry Styles
7. Put a Little Love in Your Heart, Jackie DeShannon
8. Count on Me, Bruno Mars
9. Stand by You, Rachel Platten
10. Something's Got to Give, Labrinth
11. Where is the Love, The Black Eyed Peas
12. Changes, Justin Bieber
13. Burning Gold, Christina Perry
14. 11:59, Michael Franti & Spearhead
15. Living for the City, Stevie Wonder
16. Love is Still the Answer, Jason Mraz
17. Change, Christina Aguilera
18. With My Own Two Hands, Ben Harper
19. What's Going On, Marvin Gaye
20. Backup, Ripe

## Socials: Swipe-right style graphics + captions



At The Lily-Jo Project, we think music is a great tool for not only self-expression, but also self-reflection. That's why we've curated this lighthearted playlist featuring 20 songs with profound messages about self-evaluation, change, and transformation.

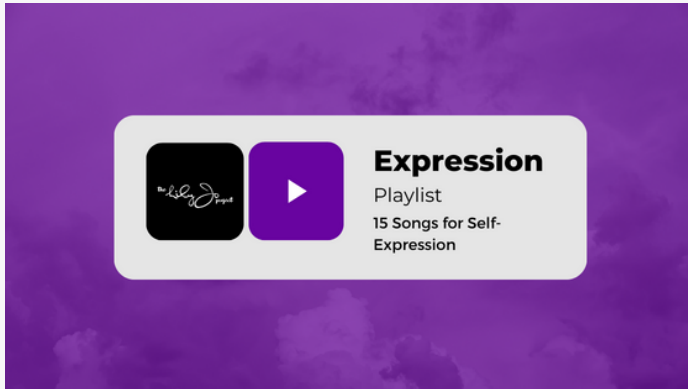
We hope you may find it helpful during these challenging times 🧡

 Catch the full playlist on The Lily-Jo Project blog!

## Blog: Full Article w/Links to Listen on YouTube & Spotify

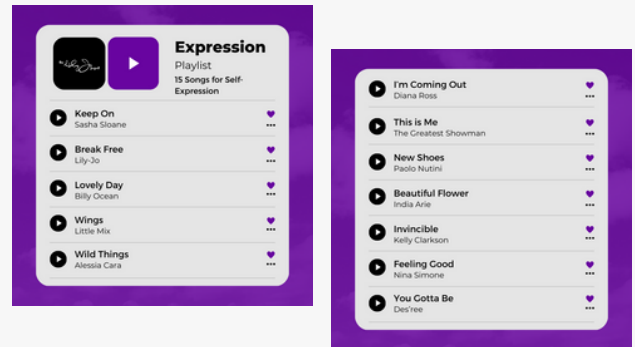
<https://www.thelilyjoproject.com/2020/06/19/20-songs-that-inspire-change-within-ourselves-and-the-world/>

## Playlist: 15 Songs for Self-Expression



1. Keep On, Sasha Sloane
2. Break Free, Lily-Jo
3. Lovely Day, Billy Ocean
4. Wings, Little Mix
5. Wild Things, Alessia Cara
6. I'm Coming Out, Diana Ross
7. This is Me, The Greatest Showman
8. New Shoes, Paolo Nutini
9. Beautiful Flower, India Arie
10. Invincible, Kelly Clarkson
11. Feeling Good, Nina Simone
12. You Gotta Be, Des'ree
13. Born to Be Brave, High School Musical the Musical
14. Unstoppable, Lily-Jo
15. Express Yourself, Labrinth

## Socials: Swipe-right style graphics + captions



The theme for Children's Mental Health Week is #ExpressYourself! 🧑🏻‍🦯 🧑🏻‍🦲 🧑🏻‍🦳 🧑🏻‍🦴

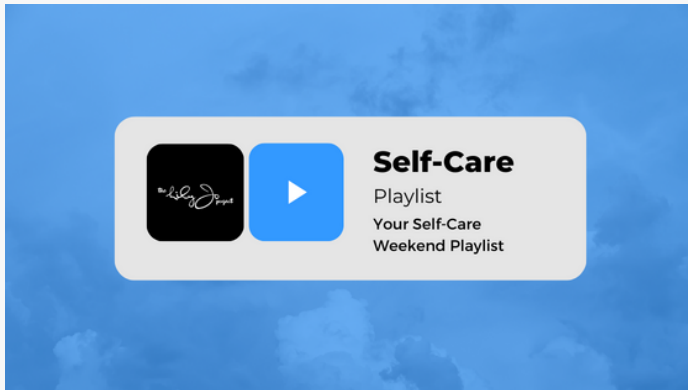
To celebrate this amazing week dedicated to children's mental health, we've put together a playlist with songs all about self-expression 🎵 ✨

😎 Catch the full article with links and top tips for #selfexpression on our blog!

## Blog: Full Article w/Links to Listen on YouTube & Spotify

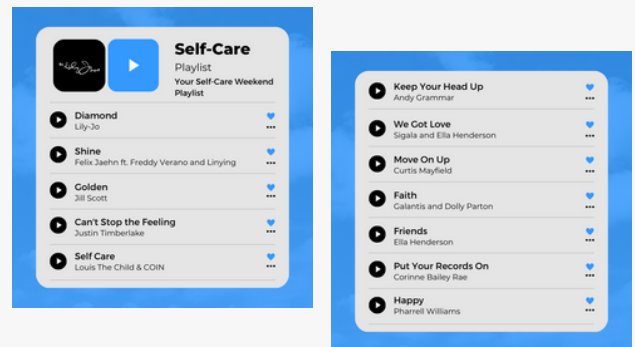
<https://www.thelilyjoproject.com/2021/02/02/15-songs-for-self-expression-raising-awareness-for-place2be-and-childrens-mental-health-week-2021/>

## Playlist: Your Self-Care Weekend Playlist



1. Diamond, Lily-Jo
2. Shine, Felix Jaehn ft. Freddy Verano and Linying
3. Golden, Jill Scott
4. Can't Stop the Feeling!, Justin Timberlake
5. Self Care, Louis The Child & COIN
6. Keep Your Head Up, Andy Grammar
7. We Got Love, Sigala and Ella Henderson
8. Move on Up, Curtis Mayfield
9. Faith, Galantis and Dolly Parton
10. Friends, Ella Henderson
11. Borderline (An Ode to Self Care), Solange
12. Put Your Records On, Ritt Momney (originally by Corinne Bailey Rae)
13. Just Fine, Mary J. Blige
14. Need to Know, Lily-Jo
15. Happy, Pharrell Williams

## Socials: Swipe-right style graphics + captions



Happy Monday everyone! In honour of our #InternationalWeekendofSelfCare campaign this weekend, we've created an official #selfcare playlist to help you feel:

- ✨ Relaxed
- ✨ Motivated
- ✨ Inspired
- ✨ Encouraged

Add these songs to your regular rotation or listen to the playlist in full on YouTube! (Link in bio)

## Blog: Full Article w/Links to Listen on YouTube & Spotify

<https://www.thelilyjoproject.com/2021/08/13/your-self-care-weekend-playlist-15-songs-for-self-care/>



**HMC**

**For new project inquiries, please feel free  
to get in touch.**

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