**Doc to plan the Real Talks conference 2021 song challenge**

This document is to help you choose which days you’ll send entries for, put down songs for those categories as you think of them but also for your future reference!

**Saturday June 5th, 30 days to go:**

**A song that relates to how you love to spend your me-time**

**Sunday June 6th, 29 days to go:**

**A song that vibrates good vibes**

**Monday June 7th, 28 days to go:**

**No words or in another language but evokes a feeling**

**Tuesday June 8th, 27 days to go:**

**A song with sad lyrics but an upbeat tempo**

**Wednesday June 9th, 26 days to go:**

**A late night vibing song**

**Thursday June 10th, 25 days to go:**

**A song by an artist who inspires you**

**Friday June 11th, 24 days to go:**

**A song that reminds you to take it easy**

**Saturday June 12th, 23 days to go:**

**A song that reflects how you feel when depressed**

**Sunday June 13th, 22 days to go:**

**A song that helps when you feel depressed**

**Monday June 14th, 21 days to go:**

**A song for when working out**

**Tuesday June 15th, 20 days to go:**

**A song that reminds you of a good time**

**Wednesday June 16th, 19 days to go:**

**A song that’s bittersweet**

**Thursday June 17th, 18 days to go:**

**A song related to a tough time you’ve been through**

**Friday June 18th, 17 days to go:**

**A song about healing/ recovery**

**Saturday June 19th, 16 days to go:**

**A song that reflects how you feel when anxious**

**Sunday June 20th, 15 days to go:**

**A song that helps when you’re anxious**

**Monday June 21st, 14 days to go:**

**A song for when you’re in a good mood**

**Tuesday June 22nd, 13 days to go:**

**A song related to body image**

**Wednesday June 23rd, 12 days to go:**

**A song by an artist someone who supports you loves**

**Thursday June 24th, 11 days to go:**

**A song by an artist you vibe with**

**Friday June 25th, 10 days to go:**

**A song about perseverance/resiliency**

**Saturday June 26th, 9 days to go:**

**A song about embracing yourself, appreciating who you are**

**Sunday June 27th, 8 days to go:**

**A song that helps you relax/fall asleep**

**Monday June 28th, 7 days to go:**

**A song that gets you out of bed, in a good mood**

**Tuesday June 29th, 6 days to go:**

**A song that helped you understand someone else**

**Wednesday June 30th, 5 days to go:**

**A song that pushes you forward**

**Thursday July 1st, 4 days to go:**

**A song about family or community**

**Friday July 2nd, 3 days to go:**

**A song that relates to a mental illness you or someone you know has**

**Saturday July 3rd, 2 days to go:**

**A song that reflects a part of your philosophy**

**Sunday July 4th, 1 day to go:**

**A song that empowers you**

**We hope this was fun and rewarding to do, thank you for taking part in our challenge and we hope to see you at our Real Talks too!**

**Don’t forget everyone registered for our conference will get the playlist we will build with the entries sent in and we’ll play that playlist in-between sessions during the conference!**

**The Student Mental Health Pros**