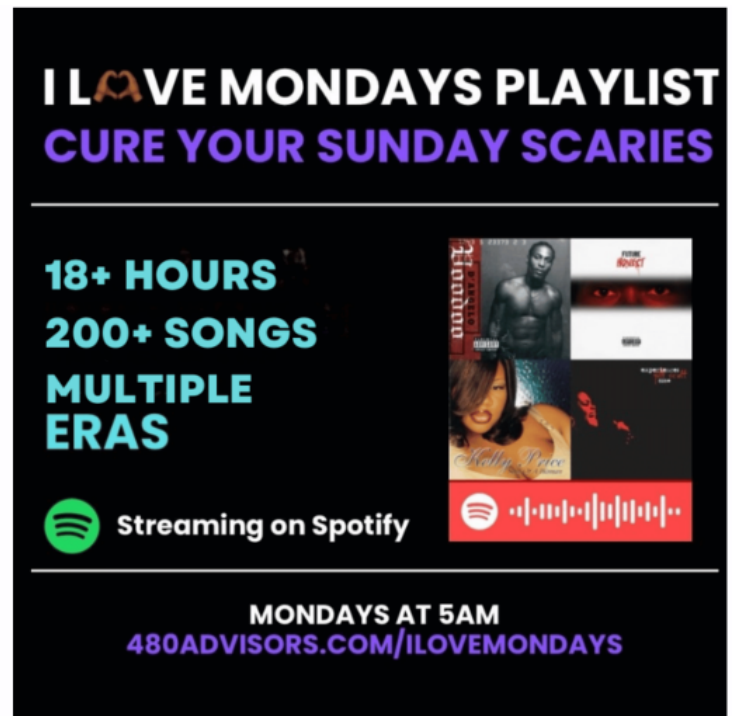


Make Juneteenth BBQs 10X Better with the I LOVE MONDAYS Playlist on Spotify

18 Hours of continuous songs from nearly 300 artists across multiple genres.



Washington, D.C, District of Columbia Jun 18, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Every superhero needs a soundtrack—and the [I LOVE MONDAYS Playlist](#), featuring over **18+ hours of specially curated gems from nearly 300 artists** across multiple genres and eras, is exactly what you need to **kick off your Monday the right way**. Whether you're getting ready for the day, powering through a workout, dropping the kids, or pushing through work deadlines, this playlist has a theme song for you, just in time for rooftop and BBQ SZN !

"Sometimes all we need is a little musical motivation to keep us uplifted and focused during the daily grind," said Antonio White, playlist curator and founder of 480 Advisors, a strategic advisory and executive management firm based in the DMV. "I wanted to curate a playlist that hard workers could vibe to anytime, anywhere, and feel that familiar feeling when they hear a song they forgot about or haven't heard in a while."

The **I LOVE MONDAYS Playlist** on **Spotify** is the companion to the [I LOVE MONDAYS Newsletter](#)—a weekly 5AM Monday digital bulletin board for goal-setting leaders of all levels, featuring curated tips on personal leadership, management and leisure tips.

Playlist Highlights:

- **18+ hours** of continuous listening, stream it from beginning to end and take a journey, or shuffle around, do you!
- **200+ tracks** by nearly 300 artists
- **Multiple eras and genres** of music: *soul, hip-hop, gospel, funk, jazz, Afrobeat, house, R&B,*

rock, inspirational and more

- **Features undisputed legends and fresh new voices**—from *Stevie, Lauryn, and Nas to Earth Wind & Fire, Frank Ocean, and SZA, and even local DMV artists like Aye Rozayy!* It's a musical Time Machine and a celebration of almost 100 years of American music history!

Stream:

- **Listen on Spotify:** [I LOVE MONDAYS Playlist](#)

About 480Advisors

Founded by Antonio White, a two-time White House presidential appointee, 480 Advisors is a strategic advisory and executive management firm helping leaders expand influence, protect legacy, and elevate culture through public affairs counsel, public relations, Diplomat-level project management, and bespoke relationship development solutions. Subscribe to the I LOVE MONDAYS Newsletter at 480advisors.com, Mondays at 5AM.

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