

3 STEPS TO: TURN YOUR FEELINGS INTO A SONG

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3 STEPS TO TURN YOUR FEELINGS INTO A SONG

**SONGWRITING DOESN'T HAVE TO BE
COMPLICATED.**

**IT'S NOT ABOUT BEING PERFECT... I
T'S ABOUT BEING HONEST.**

**THIS IS THE EXACT PROCESS I USE WITH
MY STUDENTS TO HELP THEM TURN THEIR
FEELINGS INTO LYRICS.**

**EVEN IF THEY'VE NEVER WRITTEN A SONG
BEFORE**

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3 STEPS TO TURN YOUR FEELINGS INTO A SONG

STEP 1: SAY IT HOW YOU'D SAY IT

BEFORE YOU TRY TO WRITE A SONG...

**JUST START BY BEING HONEST.
TAKE A MOMENT WITH YOURSELF.**

**WHAT'S ON YOUR MIND?
WHAT'S IN YOUR HEART?
WHAT DO YOU WANT TO SAY?**

**NOW WRITE IT HOW YOU'D ACTUALLY SAY IT.
NOT HOW YOU THINK A SONGWRITER SHOULD
SOUND.**

**NO BIG WORDS. NO PRESSURE.
JUST YOUR WORDS.**

LITTLE REMINDER

**YOU DON'T NEED TO SOUND LIKE ANYONE ELSE.
YOUR VOICE, EXACTLY AS IT IS, IS ENOUGH.**

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STEP 2: GET IT ALL OUT

NOW... LET IT BE MESSY.

**BEFORE YOU TRY TO TURN IT INTO A SONG,
JUST GET EVERYTHING OUT OF YOUR HEAD &
ONTO THE PAGE.**

**DON'T OVERTHINK IT.
DON'T TRY TO MAKE IT SOUND GOOD.
DON'T WORRY ABOUT STRUCTURE.
JUST WRITE.**

**IT MIGHT BE ALL OVER THE PLACE, THAT'S OKAY!
THAT'S PART OF THE PROCESS.
WRITE WHAT YOU'RE FEELING.
WRITE WHAT YOU'RE THINKING.
EVEN IF IT DOESN'T MAKE SENSE YET.**

LITTLE REMINDER

MESSY IS WHERE THE MAGIC STARTS.

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STEP 3: SIMPLIFY & STRUCTURE

**LOOK BACK AT WHAT YOU WROTE
AND NOTICE THE LINES THAT STAND OUT THE
MOST.**

**WHICH WORDS FEEL THE STRONGEST?
WHICH PARTS HIT YOU IN THE HEART?
TAKE THOSE LINES AND SIMPLIFY THEM.**

**KEEP THEM CLEAR & EASY TO REMEMBER.
YOU CAN REPEAT THE MOST POWERFUL LINES
THIS OFTEN BECOMES YOUR CHORUS.**

**THEN GENTLY ORGANISE YOUR IDEAS
INTO A SIMPLE FLOW.
IT DOESN'T HAVE TO BE PERFECT.
JUST START PUTTING THE PIECES TOGETHER.**

LITTLE REMINDER

**THERE'S NO "RIGHT" WAY TO WRITE A SONG
JUST YOUR WAY.**

3 STEPS TO TURN YOUR FEELINGS INTO A SONG

**YOU'RE ALLOWED TO START MESSY
IF THIS FELT A LITTLE SCARY... THAT'S
OKAY.
WRITING FROM YOUR FEELINGS CAN FEEL
VULNERABLE.**

EVERY SONG STARTS SOMEWHERE.

**TAKE THE PRESSURE OFF.
LET IT BE SIMPLE.
LET IT BE REAL.
LET IT BE YOURS.**

**YOUR STORY MATTERS.
AND YOUR VOICE DESERVES TO BE
HEARD.**



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3 STEPS TO TURN YOUR FEELINGS INTO A SONG

**IF YOU WANT SUPPORT TURNING YOUR
FEELINGS INTO A FULL SONG...**

**I OFFER 1:1 SONGWRITING SESSIONS
WHERE WE DO THIS TOGETHER**

**DM ME 'SONG' OR FOLLOW ALONG ON
MY PAGE FOR MORE!**



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3 STEPS TO TURN YOUR FEELINGS INTO A SONG

SONGWRITING CHALLENGE

PICK ONE... OR TRY THEM ALL

WRITE A SONG ABOUT:

- 1. A DREAM YOU'VE HAD**
- 2. SOMEONE YOU LOVE**
- 3. A TIME YOU FELT REALLY HAPPY**
- 4. A TIME YOU FELT HEARTBROKEN**
- 5. YOUR YOUNGER SELF**
- 6. WHO YOU'RE BECOMING**
- 7. A PLACE THAT FEELS LIKE HOME**
- 8. SOMETHING YOU'RE HEALING FROM**
- 9. SOMETHING YOU WISH YOU COULD SAY TO SOMEONE**
- 10. FALLING IN LOVE**
- 11. LETTING GO**
- 12. YOUR BIGGEST DREAM**
- 13. A MOMENT THAT CHANGED YOU**
- 14. FINDING YOURSELF AGAIN**
- 15. A PLACE YOU'VE TRAVELLED TO & HOW IT MADE YOU FEEL**



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