

## **Tips to Get in the Songwriting Mindset-**

1. Have a journal accessible all the time to write down ideas
2. Schedule daily time for yourself to write or play and work on ideas, and make it a discipline.
3. Don't force yourself to make something, let it come out when it is ready.
4. Be mindful about what times and situations make you most creative so that you can recreate the right conditions for yourself.
5. Set up a creative space that you only write in, this can help with getting you in the right mindset.
6. Schedule a retreat for yourself to get away from your daily noise and focus on writing, preferably away from home if you can. This could be as simple as a few hours outside on a weekend.
7. Start practicing mindfulness or meditation, these practices often allow the brain to be more creative.
8. Practice stream of consciousness writing
9. Pick an adventure to a place that inspires you and go
10. Journal your thoughts, talk with others. It will get you thinking more.

## Finding Writing Inspiration-

I was having a conversation with an artist this week who feels stuck in songwriting. He's super talented and plays out all the time, but he's been very slow to write originals and release any music.

I'm sure there are many of you who've been in the same place. You love music and want to keep going, but something gets in the way. Don't worry, it's probably more common than you think. I would guess the people who can write prolifically are very rare.

I had a few questions for him, and we figured out that he just feels like his life is dull, and doesn't have anything exciting to write about.

So I probed a little and we found that wasn't true.

Here's what I asked-

1. What things in life outside your control have you dealt with? Health, family issues, loss of loved ones, hard friendships?
2. What joy or pain have you had around mental health or spirituality?
3. What reasons do you have for why you do or don't believe a certain philosophy or worldview?
4. What situations have changed you in your life? Good or bad, what sparked the change?

All of us have joys and pains that make our lives unique. The hardest part though is climbing back inside those emotions and experiencing it again so that you are writing authentically.

## Comments from this Post:

**Jack Pierone** Mary Oliver used to set aside an hour every day to write poetry. Sit at her desk with nothing to distract her. Some days nothing would come out. But then she said that part of her mind that likes to create realized she was a reliable date and started showing up a lot more often.

I find this way harder to keep up, but what I've been doing instead is making sure I write every premise I have for a song even if I'm busy. Only 1 of every 20 or so comes out to a song, but I've written more music in the past 3 months that I like than I did in the year before that


**Ben Anderson** I've always written about my relationships, with significant others mostly but sometimes friends. I try to keep my music personal, I find that's what inspires me most.

**Shawn F Walker** Just write about life happening for real . If you chick dicks you around, you have to write it down . People won't know songs are about them . They will just say man , this is good .

**Seth Witcher** Lately I've been writing about what drives me as a person. A lot of times those things that drive us can inspire other people to get over the hill they've been climbing

**Brian Anthony** to quote the Beatles... GET BACK. go watch videos or listen to the records that made you wanna play or sing in the first place. It doesn't matter if it's the Beach Boys or Slayer. Just be a kid again, even if for a few minutes.


**Patrick Thomas Hlavinka** Just learn basic chord progressions, melodies, harmonies and make up some bullshit. That's 99 percent of songs "artists" write. Time to become a musician and stop reading tabs and copying stuff without learning concepts.


**Jason Reif**  I think many of you might benefit from trying to practice some mindfulness meditation in conjunction with songwriting. Often my best production ideas come from clearing my mind and calming down before I do creative work. Flow state is a real thing!


**Robert Christenson** Man inspiration can be from anything , i wrote a song , if i were a turtle , watching a turtle eat a French fry.

To many artist over think the simplicity of inspiration. So its best to just come up with jingles throughout the day , till one goes..... Click and write around it. Thats what i do . but thats also how i end up with songs about midgets murdering a guy so , its hit or miss

**Henrique Caetano de Souza** you're feeling all the time. So the movement of life makes you inspired for writing songs. Sometimes when you feel like uninspired, try to look around and find what keeps you moving currently.

**Grover Windham**  I never chase a song. I let it come to me. Neil Young calls it having the light. Bob Dylan calls it a well spring. Everytime I've ever sat down with a pen and paper and said ok I'm gonna write a song it always sucks to the point I won't even use bits and pieces of it in other songs. the whole thing gets canned. I'll wait til the light comes back around.

**Iaret Heru**  Write what you wish it was, what it was when it was interesting, what other more interesting people are doing from any perspective (1st, 2nd, 3rd person), write about being bored or boring, write about an object, write as if you were the object, tell a story that is completely made up, write about what it feels like not to be able to write, write what you think a better artist would write....

**Matthew Villani**  I have cycles where I write songs for a few years then get a few years of "musician's block" where I barely write any songs. I think what happens is a concept I do revolutionizes how I go about songwriting, and I explore every possible iteration and variation of that "theme" or other themes like it and notice at one point creativity starts to run dry, then I go for 2-3 years without writing many songs, then suddenly I get a strong desire to get back into songwriting once an idea comes and I'm so happy to get back into songwriting that I began probing around, and a few years of dry creativity causes me to look at things differently and within a couple months something happens that lets me create something groundbreaking and push my musical creativity in an entirely different direction.

**John Ferguson** I think it's important to be alert to the song titles and lyrical hook lines in conversations you have with people. They'll say something and if it sounds like a line from a song then why shouldn't it be. You can relate those moments to so many things in your life. It just depends on how open your mind is to that. Being open and honest about your emotions is the first step I think.

**Nydia Kelly** Currently having writer's block. I tend to write when things are hurting or frustrating or I'm angry etc to get the emotions out. Although the songs aren't always sad or angry. When I force things I write garbage. Shrug