

# Songwriting Journal

DISCOVER YOUR PROCESS

# Let's write a song!

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As a songwriter, you will explore ways to express yourself through your lyrics and music.

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By telling your own stories, you may develop a unique voice.

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You may find that your songs are an inspiration to others.

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Every time you share a song is an opportunity to build confidence and enjoy the excitement of your songwriter journey!



# You are a Songwriter. This is your journal!

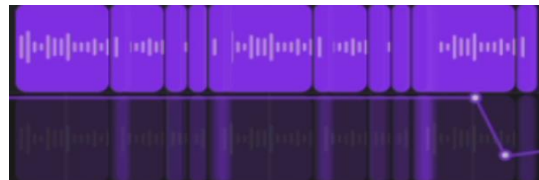
Close your eyes. Take a deep breath, then exhale slowly.

With your eyes closed, imagine yourself promenading down a street, sitting in a park or even a zoo, anywhere you choose. Go somewhere, create the imagery in your mind and be there. Like a dream...

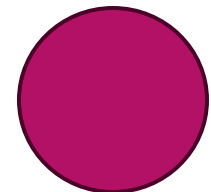
As you explore your place, exactly as you envisioned, physically do one or more of the following things:

- Hum or sing. Start with a single sustained pitch or a few neutral sounds “la, da, doot, zap...” NO WORDS. It could be a melody even.
- Pat your hands on your lap or chest. A beat, a rhythm, a groove?
- Stomp your feet, as if you were strolling along, give it some energy.

Example:



Upload Voice Memo:



# Find your "Yesterday"

Type a few thoughts on where you might find inspiration...

How have you been inspired in the past?

Or by what? When? Who?

A phrase that enveloped your mind for longer than a moment. Or some words of encouragement. A conversation.

Use this box!

Inspiration can come in many forms and from various sources...

Type here:  
wondering  
Dreaming  
Playing  
Imagination, imagining  
Ball  
Bell  
Other songs  
Listen to a song  
Dream  
A mirror  
A past  
A photo  
Nature, birds, bees, colors, smells, plants...  
Future  
Cooking

# Got Lyrics?... Use Something from your inspiration notes.

- ▶ Find that encouraging or inspirational phrase you wish to use.
- ▶ Sing that phrase paired with your melody and groove from slide 3.
- ▶ Record It!

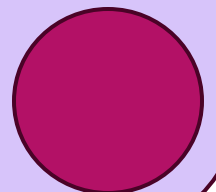
**Example:** When I put my mind to it, I can do anything!



Type Here:

I am wondering down the road  
I see colors wherever I go  
If you manage to come along  
I am happy to sing my song

Upload Yours Here



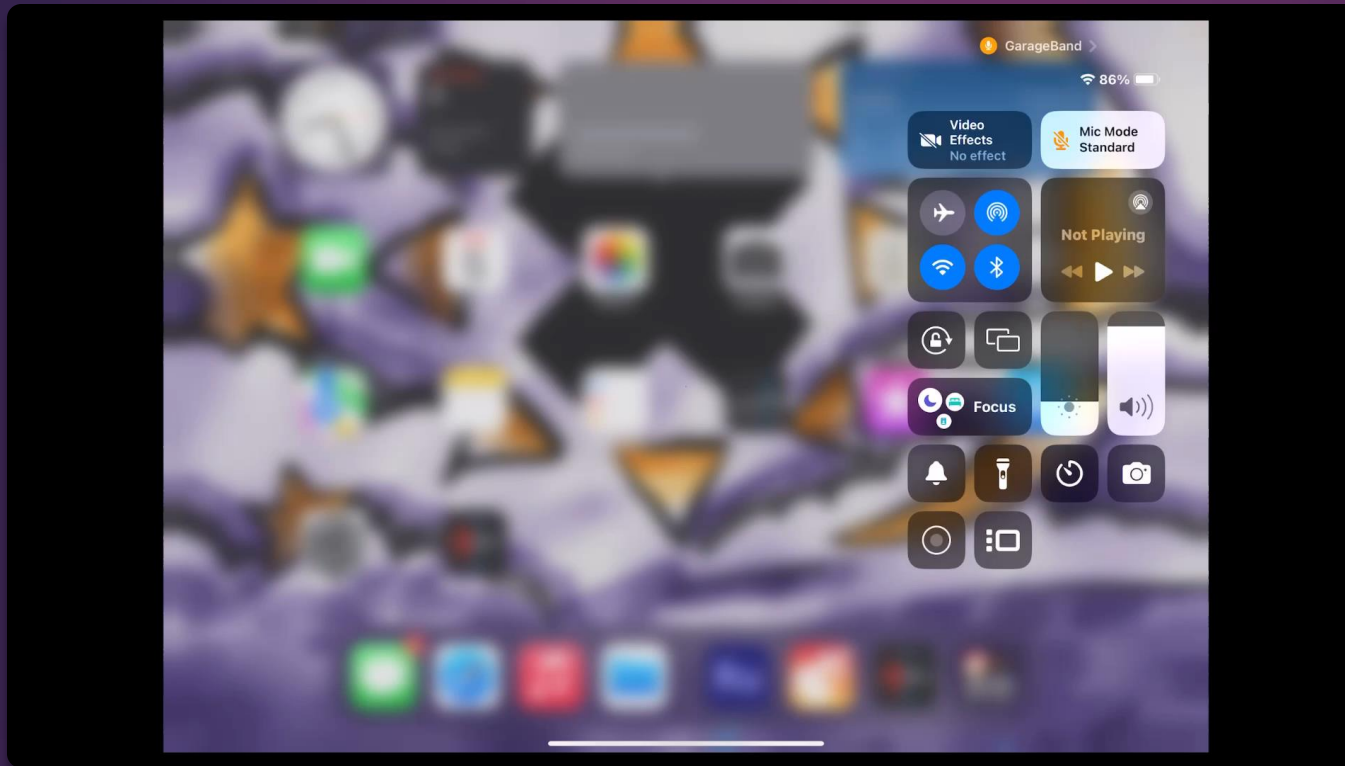
# GarageBand Overview

You can use this method with other free services online such as [SoundTrap](#)

Or record your songs live with Voice Memos

Always upload a file to the **pink circles** in your journal

Remember to use HEADPHONES!



# Where do you begin?

1. **Melody first?** This is what you just did.
2. **Lyrics first?** Next, you will pursue writing lyrics first.
3. **Chords first?** A good chord progression could be your starting point.

Your process could be any combination of these and your approach could change from song to song.

Wouldn't it be lovely if your song just came to you in a dream? You wake up, make some **scrambled eggs** for breakfast and your song is practically finished!

Paul McCartney had his melody and no lyrics to match at first, so he sang his melody as "**scrambled eggs, oh baby how I love your legs.**"

Check out this account about melody from Sir McCartney...

[https://www.youtube.com/watch?v=-spg13ala\\_Q](https://www.youtube.com/watch?v=-spg13ala_Q)



Lyric Flossing: As with your teeth, this simple routine can help keep your words and rhymes minty fresh!

- ▶ On the next slide you will write a few mini poems with set rhymes. Switching words is not allowed. Pluralizing is acceptable.
- ▶ Each word in the poem format is to be used at the end of each line of your lyrics as the rhyme.

Example:

- A – **Rose** – It's a Wonderful day! La vie en **rose**
- B – **Sunshine** – Few clouds are floating let's soak up this **sunshine**
- A – **Toes** – Walk with me through the grass with bare **toes**
- B – **Rhyme** – A blessed moment in time full of rhythm and **rhyme**



# Lyric Exercise: Choose the words in the rhyme form first, then write the story.

## Give these a try!

A: Sign-  
B: Moon-  
A: Mine-  
B: Soon-

A: inspire-  
A: Higher-  
B: Flight-  
B: contrite-

If you can, try having someone else pick the words for you. Play with different these various rhyme forms as well...

A:  
B:  
A:  
B:  
C:  
C:

A:  
A:  
A:  
A:

A:  
A:  
B:  
A:  
A:  
B:

# Bring on the Music:

Use one of your poems to sing a melody over a progression.

To complete this you may:

- use any instrument or technology to create your own chords and rhythms
- partner up with a friend who can play a harmonic instrument to create both of your songs
- experiment with premade backing tracks on YouTube

Common chord progression options are provided on slide #11

A – **Rose** – It's a Wonderful day, la vie en rose

B – **Sunshine** – Few clouds floating let's soak up this sunshine

A – **Toes** – Walk with me through the grass with bare toes

B – **Rhyme** – A blessed moment in time full of rhythm and rhyme

**Example 1: Sung with backing track**

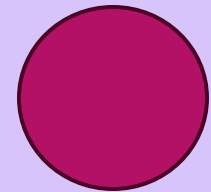


**Example 2: Sung with guitar**



Your Words:

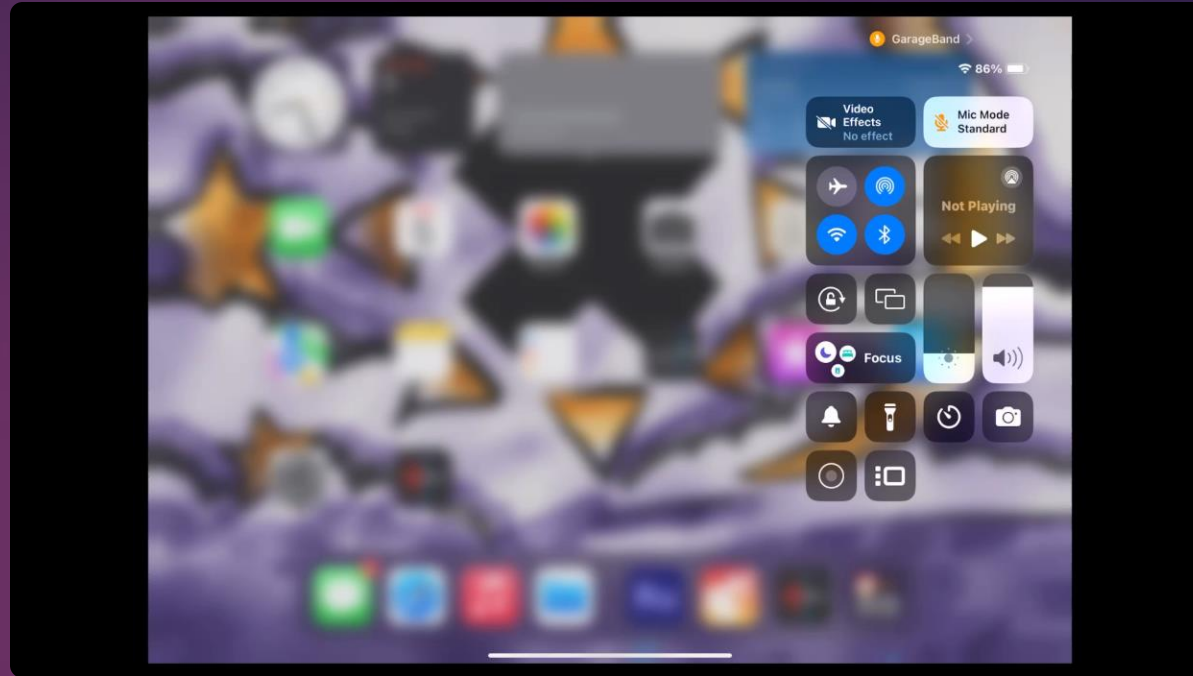
Upload Yours Here



# Chord Progression Options

## VIBEY CHORDS CHEATSHEET!

PROGRESSION	VIBE
F-Dm-C-G >>>	Sad
Em-F-G-A >>>	Joyful
C-Am-F-G >>>	Romantic
F-Dm-Am-G >>>	Sad
Am-Em-F-C >>>	Moving
Am-G-F-Dm >>>	Sad
C-D#-A#-F >>>	Epic



### Keep In Mind

Verse and chorus progressions are often different, but certain genres and songs use one progression throughout.

Your lyrics and story have emotion, you may choose chords to match or purposefully the opposite.

Your song can be anything. Focus on Verse and Chorus structure. If you find that you have more to say in a third type of structure, go for it!

### Verse 1:

There's nothing you can say  
that can't be done  
As long as you're in the  
mindset of having fun  
This world will always try to  
put down  
Just put a smile on your face  
and you can stand your  
ground

### Chorus:

You don't have to be sad  
Be happy  
You don't have to be sad  
It's easy  
Come on now clap your hands  
Be happy  
Move your body and dance  
It's easy!

### Verse 2:

Your wildest dreams, they can  
come true  
As long as your heart is filled  
With gratitude  
Times in your life will come that  
make you cry  
Just remember you can spread  
your wings, and you will fly

Example Song



# Submit Your Song:

Using ideas from your journal or starting from scratch here with new lyrics.

Verse 1:

Chorus:

Verse 2:

Your Song

