

EXERCISE:

Listen to a few favorite songs and see how the different sections vary rhythmically. See if you can break them down and analyze them for your own inspiration.



7

CREATIVITY

“Songwriting is a kind of therapy for both the writer and the listener if you choose to use it that way. When you see that stuff help other people that’s great and wonderful confirmation that you’re doing the right thing.”

—Sting

“A lot of times songs are very much of a moment, that you just encapsulate. They come to you, you write them, you feel good that day, or bad that day.”

—Mick Jagger

What is creativity?

- ♪ Creativity is the capacity to create!
- ♪ It is the ability to manifest something out of nothing with the use of your own imagination and skill.

As members of the human species, we all possess basic needs (air, water, food, love—to name a few universal needs!) In this regard, we are all universally the same.

That being said, we are also all unique and original—like snowflakes! There is no one snowflake that is exactly the same as another snowflake. This makes it both challenging and rewarding to create songs that can be understood on a universal level—and yet be brand new, not just “copy cats” of something that’s already been said or done.

If we can strive to express our original take on things with our own unique perspectives and emotions—we can move people, help people, and even help ourselves all at the same time. This is a pretty amazing and exciting aspect of creativity.

In order to be creative, we have to make room for it to happen. Creativity takes practice.

How can we encourage creativity in our lives?

Here are some ways to make it happen:

1. To practice consistently, it helps to make a habit of it.
2. To make being creative a habit, it helps to make time for it.
3. To make time for it, it helps to pick a certain time or map out specific times that you can commit to regularly.

To make a commitment to creativity, you can pick the same time every day, or pick a few regular times every week—whatever works for your schedule.

EXERCISE:

1. Take a walk (and if you have a dog, you can take your dog on a walk with you!)
2. Let your mind wander.
3. Notice what thoughts are coming to you in this relaxed state. What are you thinking about?
4. Do you notice birds? Listen. . . Do you see houses, trees, kids in the neighborhood? Take a look around. . .
5. See if there's a story or a feeling that would lend itself to a new song idea.

The previous exercise will also work with:

1. Brushing your teeth
2. Sitting in a chair (at the library?)
3. Bike riding
4. Skateboarding
5. Sitting on a bench (in the park? at the mall?)
6. Washing your hair
7. Petting and/or feeding your: cat, dog, guinea pig, rabbit
8. Unloading (or loading!) the dishwasher
9. Falling asleep at night