

# Progressions: Songwriting – with Martin Gilmore

## Section 1 Writing Prompts

1. Think of a conversation you had with a parent or sibling that made you angry, sad, or upset. What words stick in your mind from that interaction? Use those words as the title line, or endline of a song.
2. Do you have a place or time you wish you could return to? Where is that place, and why? Describe it in a song.
3. Write a song about colors.
4. Do you have an interest in a specific event or time in history? Write a narrative song about that time.
5. Read Robert Frost's poem *Mending Wall*. Write a song inspired by the poem.
6. What does home mean to you?
7. Write a song dedicated to your older or younger self.
8. What are some lessons you learned while traveling? Write a song that incorporates those lessons.
9. Write a song about gardening.
10. Freewrite for ten minutes about your childhood bedroom. Highlight the parts that give you an emotional reaction (happy, sad, funny, difficult). Write a song that incorporates those words.
11. Write a song using the chords Am7, D7, G6, C9.
12. Write a song about meeting one of your closest friends.
13. Write a song that is a valentine.

14. Write a song using one of these questions “What’s that all about?” “Who can even tell anymore?” “Why try and fail?”
15. What was your most poignant memory of the Coronavirus Pandemic? Write a song about it.
16. Did you ever have an argument that made you angry for a long time after it was over? Write a song about it from the other person’s point of view.
17. Imagine a scene in a play. Write the dialogue as a song
18. Do you cook? Write a song that is a recipe for something.
19. What do you hope to get from a songwriting class? Write a song about that.
20. What is your favorite musical riff from a famous song? Learn it and then change it (play it backwards, slow it down, rearrange the notes, etc.) Write a song using that musical line.