

# Free Writing

Free Writing is an exercise where you write for a specified amount of time without really thinking about what you are writing...sounds weird eh?

This is actually a great technique for developing stream of conscious flow and getting to understand exactly what you think about life, the universe and everything!



## Exercise

Write your heading at the top of a page e.g.

- What matters to me...
- What love means to me...
- The world would be better if...
- What life means to me...
- I feel happy when...
- I want to dance when...
- I feel strongest when...



Now spend three minutes writing whatever comes into your mind. Make sure you keep your pen on the paper during the whole exercise, don't talk to anybody or be distracted by music/TV etc.

When you're done, leave it a day or so then read it back. Circle the parts that mean something special to you and any words, phrases or lines that you think might sound good in a song. Write these down in your "Great Song Ideas" book or list.

Try and do this as often as possible. It's only by getting to know how to access your own emotions that you will start to be able to access other people's emotions. And that's where the best songs come from!

**TIP:** This is *Free Writing* so don't just use our heading ideas, write down a list of your own so you can do this exercise any time you have 5 minutes to yourself.

*Martin x*