

SONG WRITING COMPLETION CHECKLIST

 YOU HAVE AT LEAST ONE HOOK THAT WILL MAKE YOUR TRACK CATCHY & MEMORABLE

 CATCHY/GROOVEY DRUMS

 DOES THE STRUCTURE MAKE SENSE?

 IS THE CONTENT INTERESTING AND APPEALING OR JUST FILLER? BE HONEST WITH YOURSELF.

 DOES IT HAVE A MELODY AND A SUB MELODY?

 DID THE TRACK GO THE WAY YOU WANT? IF NOT, TAKE A MOMENT TO FIGURE OUT WHY NOT.

 LISTEN TO REFERENCE TRACKS TO MAKE SURE IT IS GOING IN THE RIGHT DIRECTION

 NOT YOUR BEST WORK? THAT'S OKAY. NOT EVERYTHING CAN BE YOUR BEST!

 ASK A FRIEND FOR CONSTRUCTIVE FEEDBACK

 GO THROUGH ONE MORE TIME AND ADD A TINY BIT MORE VARIATION

 LEAVE IT FOR FEW DAYS AND COME BACK WITH FRESH EARS

PRE-STUDIO SESSION CHECKLIST



HAVE AN IDEA OF WHAT YOU WANT TO ACCOMPLISH TODAY



SET AN EASILY ATTAINABLE GOAL FOR THIS SESSION AND REALLY TRY TO HIT IT



SET A GOAL THAT IS NOT EASILY ATTAINABLE AND AIM FOR IT



YOU ARE INSPIRED BUT PRESENT, EXCITED BUT FOCUSED, AND EAGER TO WORK



HYDRATED



REMEMBER TO TAKE BREAKS



REFERENCE TRACKS READY



REMEMBER WHY YOU'RE DOING THIS



NOW TAKE A DEEP BREATH, AND MAKE YOUR GOALS HAPPEN



HAVE FUN!



DOWDEN
PRODUCTION
ACADEMY

MID-STUDIO SESSION CHECKLIST

 ARE YOU STILL WORKING TOWARDS YOUR ACCOMPLISHMENTS?

 KEEP WORKING TOWARDS YOUR GOALS

 TAKE A 5-10 MINUTE BREAK SOON. FRESH MIND, FRESH EARS, FRESH MIND.

 RE-UP YOUR INSPIRATION. IMAGINE YOUR SUCCESSFUL FUTURE SELF.

 KEEP HYDRATED, MAYBE EAT A HEALTHY SNACK

 IS THE TRACK GOING THE WAY YOU WANT? IF NOT, TAKE A MOMENT TO FIGURE OUT WHY IT ISN'T AND TRY TO ADJUST.

 REMEMBER TO LISTEN TO REFERENCE TRACKS TO KEEP YOUR DIRECTION ON POINT

 IS YOUR VOLUME TOO LOUD? TURN IT DOWN.

 NOW TAKE A DEEP BREATH, AND CONTINUE TO MAKE YOUR GOALS HAPPEN

 HAVE FUN!


POST-STUDIO SESSION CHECKLIST



DID YOU WORK TOWARDS YOUR ACCOMPLISHMENTS? IF NOT, WHY NOT?



DID YOU ACHIEVE YOUR ATTAINABLE GOAL? IF NOT, SET EASIER GOALS!



DID YOU GET ANY CLOSER TO YOUR DIFFICULT GOAL?



ARE YOUR EARS HURTING OR FEEL TIRED? IF SO, YOU NEED TO WORK QUIETER.



DECOMPRESS MENTALLY FOR A FEW MINUTES. YOU'VE BEEN WORKING HARD.




AVOID LISTENING TO THE TRACK AGAIN UNTIL YOU HAVE FRESH EARS.



REMEMBER SUCCESS DOESN'T HAPPEN OVERNIGHT. STAY POSITIVE & WORK HARD.



STRETCH! YOU'VE PROBABLY BEEN SITTING TOO LONG!



DID THE SESSION GO THE WAY YOU WANT? IF NOT, TAKE A MOMENT TO FIGURE OUT WHY IT DIDN'T AND TRY TO ADJUST FOR NEXT TIME.



COME BACK TOMORROW.