

45 Affirmations for Writing Your First Original Song

A moment to pause, reflect, and choose a useful next step.

1. A small melodic idea can become the song's centre.
2. I can choose what the lyric is actually about.
3. A familiar chord does not prevent a personal song.
4. I may test whether a phrase is comfortable to sing.
5. A verse can reveal a detail rather than explain everything.
6. The chorus can carry one clear emotional direction.
7. I can leave a temporary word while the melody develops.
8. A simple structure can support a first complete song.
9. My next step does not have to be driven by expecting the first idea to sound finished.
10. I can give thoughtful attention to my first original song.
11. I can consider my developing musical ideas when deciding what to do next.
12. I can make space for a simple attempt before judging the result.
13. I can record a melody before I forget it.
14. I can try a simple chord pattern without judging its familiarity.
15. I can write a lyric from a concrete experience.
16. I can leave space for revision after the first version.
17. I need not produce a polished recording before evaluating the idea.
18. A change in rhythm can alter how a line feels.
19. I may notice when a rhyme is obscuring meaning.
20. The song can use my ordinary language.
21. I can credit collaborators honestly.
22. An unfinished bridge does not erase the stronger sections.
23. I may make a rough demo for my own memory.
24. Completing a modest song can teach me what to write next.

25. Musical expression can grow alongside technique.
26. A slow practice session can be useful.
27. Listening is part of learning.
28. My enjoyment does not depend on an audience.
29. I can simplify a passage without giving up on it.
30. An imperfect note is not the whole performance.
31. I may choose music that fits my current range.
32. Practice can include curiosity rather than constant correction.
33. I can enjoy another person's skill without using it against myself.
34. I can acknowledge that musical confidence develops through experience.
35. I can approach a new piece with curiosity rather than a demand to master it immediately.
36. I can keep a promising idea that is not ready to share.
37. I can simplify a passage while I understand how it works.
38. I can appreciate effort that is not audible in a final recording.
39. I can give an unfamiliar sound a fair chance before rejecting it.
40. I can ask a collaborator what support would help the shared performance.
41. I can treat a rehearsal as a place to learn.
42. I can keep my expectations connected with actual practice time.
43. I can be patient with a skill returning after a break.
44. I can select a useful next exercise rather than repeat frustration.
45. I can let musical taste remain personal.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/writing-first-original-song-affirmations/>