

## **“IT JUST TAKES TIME”**

Songwriting workshop 2012, Sandra Lee Hendrickson

[www.sandrahendrickson.com](http://www.sandrahendrickson.com)

### **1-CREATE A MENTAL ATTITUDE OF CREATIVITY**

- Learn new music skills
- Promote self awareness
- Engage in activities of diversity
- Develop Technology skills

### **2-CREATE A PHYSICAL APPROACH TO CREATIVITY**

- When we feel good we feel like creating.
- Physical activity creates mental peace.

### **3-CREATE A SPACE FOR CREATIVITY**

- Get organized
- Get help

### **4-CREATE TIME FOR CREATIVITY**

- Take time to take care of yourself

### **5-CREATE A SONG**

- Take a music theory class
- Learn to play your instrument
- Attend songwriting workshops

### **6-SHARE YOUR CREATION**

- Set a goal to perform your new song

### **SONGWRITING CHALLENGE**

Define the concept for a song entitled: “Take time for...”

Implement the elements of songwriting while creating the style, rhythm, melody, harmony, form and lyrics.

Work to perform or share your song with someone by a completion date.