YOUR SONG STARTS HERE

free starter guide

THE SIX THINGS
EVERY SONG NEEDS



THE UNLIMITED WOMAN RECORDS

A NOTE FROM ME

Your story wants *to be heard*

You feel everything. But the words get stuck. Maybe you have carried your story for years and **never said it out loud,** not to your family and not to your friends.

I know that feeling. I never planned to make music. What started as a joke became **three albums about my life,** my pain and my strength. And it turned out to be one of the most healing things I have ever done.



In this guide you discover **everything you can already do before you make your song.** These are the six things every song needs, and you already carry every one of them inside you.

Grab a pen, find a quiet moment and let it flow.

Your story is your strength.

Six things, *all yours*

Every song in the world is made of the same six things. **You already have every one of them.** You just never put them together before.

1 Your *story*

2 Your *words*

3 Your *feeling*

4 Your *sound*

5 Your *recording*

6 The courage to *press play*

You don't need a voice. You need your story.

1

THE SIX THINGS

Your *story*

Every song starts with one moment. **Not your whole life, just one moment or one feeling** that keeps coming back to you.

ASK YOURSELF

Which moment in your life do you still think about, years later?

What did you never get to say?

When did you feel the smallest? And when did you feel the strongest?

> TIP
>
> *Choose the moment that gives you goosebumps or a lump in your throat.* ***That one is your song.***

2

THE SIX THINGS

Your *words*

You don't need to be a poet. **Your lyrics are already there.** They are the sentences you have said in your head a hundred times.

FINISH THESE SENTENCES

I wish I had told you...

I am done with...

From now on I...

Three words for how you felt back then, and three words for how you want to feel now.

> TIP
>
> *The sentence that hits you the hardest is often **your chorus.***

3 THE SIX THINGS Your *feeling*

Every song has a heartbeat. Is your story angry, sad, proud, free or playful? **The same story can become a quiet ballad or a song you dance to in your kitchen.**

ASK YOURSELF

If your story were the weather, what would it be?

Do you want to cry to this song, or dance to it?

How do you want to feel when the last note fades?

> TIP
>
> *There is no wrong feeling.* ***The truest one makes the strongest song.***

She stopped hiding her story.

And the whole world heard her.

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4

THE SIX THINGS

Your *sound*

You already know which music touches you. **Jazz, soul, pop, rock, country,** a slow ballad or a song that makes you want to dance.

ASK YOURSELF

Which three songs always give you goosebumps?

Which decade feels like home to you?

Do you hear a piano, a guitar, a full band, strings or a beat?

Do you hear a soft voice, a raw voice or a powerful voice?

> TIP
>
> *You don't need to sing it yourself.* ***Your voice is in your words.***

5

THE SIX THINGS

Your *recording*

Now everything comes together. Your words, your feeling and your sound become one, and **your story turns into a real song you can hear.** You don't need a studio, an expensive microphone or singing lessons. Today there are simple ways to turn your words into a song, even if you have never sung a note.

ASK YOURSELF

Do you want to hear your own voice, or another voice telling your story?

Should your song start softly, or hit from the very first second?

Which line must be heard loud and clear?

> TIP
>
> *Your first version doesn't have to be perfect. **It just has to be yours.***

6

THE SIX THINGS

The courage to *press play*

This is the scariest one, and the most important one. **The moment you hear your own story as a song, something opens inside you.** You are no longer hiding it. You are owning it.

ASK YOURSELF

What does that little voice say when it tells you that you can't?

What would you say to a friend who had that same thought?

Who gets to hear your song first?

> TIP
>
> *Maybe that first listener is just you.* ***And that is more than enough.***

BEFORE YOU GO

It gets easier, *I promise*

Maybe this felt harder than you expected. Maybe the words didn't come, or they came all at once and brought tears with them. **That is completely normal.** You are touching something you kept locked away for a very long time.

When I started writing my songs, the old pain came up too. I cried while I listened to them and I felt the woman I was back then. But every time, something became lighter. **The words came easier. The tears slowly turned into pride.**

> *Every line you write is one thing you no longer carry alone.*

So be gentle with yourself. You don't have to finish everything in one evening. Come back to these pages whenever you feel ready. Write one sentence today and another one tomorrow.

Step by step you will feel **freer, lighter and more like yourself.** Your energy starts to flow again. And one day you will hear your own story as a song and think: **that is me, and I did that.**

I believe in you.



YOU ARE READY

Your story. Your words. *Your song.*

Your story. Your words. Your feeling. Your sound. Your recording. Your courage. **Now you know what your song needs.**

Want to learn how to bring it all together?

That is what the training **Your Story, Your Song** is for. Step by step I show you how to shape your story into lyrics with verses and a chorus, how to create the sound that fits you, how to turn it into a finished song and how to share it with the world, even on Spotify if you want to. You are on the Records list, so **you will be the first to hear when it opens.**

Know a woman who carries a story she never told? Send her this link so she can get this guide too.

SHARE THE UNLIMITED WOMAN RECORDS

Button not working? Copy this link: theunlimitedwomanofficial.com/records

Until then, keep your pen close. Songs have a way of showing up when you least expect them.

Your story is your strength.

Your pain. Your power.
Your music.

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