

THE SONG STARTER KIT — FREE

Start one song today. Actually start it.

Four tools, sixty to ninety minutes, one real beginning: your Song Plan, your first hook, the capture habit, and the whole road on one page.

THE SONG PLAN

FIRST HOOK

LIGHTNING LOG

RELEASE CHECKLIST

Sixty to ninety minutes, in order.

STEP 1 · 20 MIN

Fill the Song Plan

One page that turns “someday” into a brief you can act on. Write in pen. Vague is fine; blank is not.

STEP 2 · 25 MIN

Run the First-Hook sprint

A guided sprint — no experience required. You will have eight bars you can hum by the end.

STEP 3 · 10 MIN

Install the capture habit

Set up your Lightning Log so ideas stop escaping. Two minutes a day keeps it alive.

STEP 4 · 5 MIN

Read the whole road

The Idea-to-Release Checklist shows every step between this hook and a released work.

1 Use only material you own.

2 Never copy a real artist — describe attributes instead.

The Two Rules hold in every exercise, for every age, with or without AI.

One page. One song. Done looks like this.

THE SONG IS ABOUT

ONE REAL LISTENER

THE FEELING WHEN IT LANDS

THREE REFERENCE TRACKS — AND WHAT EACH TEACHES

THE BOX THAT MAKES IT FINISHABLE (LENGTH · KEY · TEMPO · PALETTE)

WHERE TOOLS MAY HELP — AND WHERE ONLY YOU DECIDE

FINISH LINE

"This song is done when..." — one sentence. You are not allowed two.

A 25-minute sprint to eight bars.

MIN 0–5 · HUM FIRST. No instrument yet. Hum over silence with your Song Plan in view. Record everything on your phone — this is already the Lightning Log working.

MIN 5–12 · STEAL FROM YOURSELF. Play back the hums. Circle the one you involuntarily repeat. That is the hook. It does not matter if it is four notes.

MIN 12–20 · GIVE IT A FLOOR. Two chords are enough. Loop them under the hook. If you do not play, tap the rhythm on a table and record that.

MIN 20–25 · SAY WHAT IT IS. One voice memo, spoken: what the song is about, what the hook does, and what the next session starts with. Future-you will thank present-you.

Non-negotiable: the sprint ends at 25 minutes even mid-idea. Stopping while it is alive is what makes you come back tomorrow.

Ideas escape. Log them before they do.

Every idea, dated and findable. Phone voice memos count. The rule is two lines per catch — more and you will stop doing it.

[illegible]

The whole road, one page.

01 Song Plan filled and dated

02 Hook captured and named

03 Full rough pass, intro to outro

04 Authorship on record, dated

05 Session named, versioned, backed up

06 Keeper takes comped

07 Mix passes the phone · car · earbuds test

08 Stop rule honored — finished is a decision

09 Splits and ownership written down

10 Metadata and credits complete

11 Cover art and release date chosen

12 Distribution submitted

13 Release day plan — who hears it first

14 Retrospective: what the song taught you

Steps 01–04 are the 2-Day Intro. Steps 05–10 are the 5-Day Intensive. Steps 09–14 are days 7–10 of the MasterClass — the Kit shows the road; the camp walks it with you.

WHEN YOUR BEGINNING WANTS TO BECOME A RELEASE

The MasterClass is ten days. Day 10 ends with your work in the world.

The 2-Day Intro finds the song. The 5-Day Intensive finishes it. The full 10-Day road ships it — live online, ages 8+, with a no-generative path through every single day.

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