

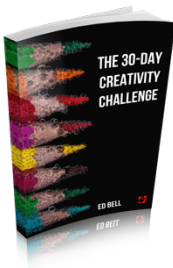
THE SONG FOUNDRY 30-DAY CHALLENGES: A QUICK GUIDE



The 30-Day Lyric Writing Challenge

What it is: Thirty daily 10-minute challenges for improving your lyric-writing skills.

Who it's perfect for: Anyone from beginner to intermediate lyricists looking to improve their technique.



The 30-Day Creativity Challenge

What it is: Thirty daily 10-minute challenges for unlocking your imagination, ingenuity and creativity.

Who it's ideal for: Anyone who wants to be faster, smarter and bolder about creating *anything*.



The 30-Day Music Writing Challenge

What it is: Ten daily 15-minute challenges, then ten 30- to 60-minute alternate-daily challenges for improving your songwriting composition skills.

Who it's ideal for: Anyone with some basic musical experience looking to improve their music writing skills and uncover their unique sound.



The 30-Day Speed Songwriting Challenge

What it is: Fifteen alternate-daily songwriting challenges to write a complete song to a specific brief or idea, in 60–90 minutes – plus plenty of tips and guidance along the way.

Who it's ideal for: Writers who've mastered the fundamentals of songwriting who want to get more writing experience and bust writers block for good.

All four 30-Day Challenges are available in paperback online and in bookstores and as eBooks at thesongfoundry.com.

Find out more at thesongfoundry.com/30-day-challenges.