

Welcome to 365 Days of
**SENSORY
SONGWRITING
PROMPTS!**



A daily exercise
to level up your songwriting skills

BY SIRENA RILEY



Thank you for signing up! I'm so excited to have you join this journey of accountability and creativity. Over the next year, we'll explore the art of writing through daily prompts designed to spark new ideas and pave the way for thoughtful, creative songwriting.



Songwriting prompts are an incredible tool, they're a springboard for your imagination, helping you generate fresh ideas and turn them into something truly meaningful. And here's the twist: our practice will focus on **sensory writing**, a technique that brings your words to life by tapping into your senses.

Sensory writing is all about making your songwriting vivid and immersive by exploring your **seven senses**. Seven senses? That's right, you've got the usual five: **sight, sound, smell, taste, and touch**. Then we add in **motion, and bodily sensations**.

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Your 7 Senses

1. **Sight** – Paint a picture with your words. What does the scene look like? Describe colors, shapes, and light. Is the sun blazing like a spotlight, or is it melting into the horizon?
2. **Sound** – Let them hear what's happening. Is it the rustle of leaves? The crackle of a campfire? Or the heavy bass thumping through the walls?
3. **Smell** – This is an underrated game-changer. The warm aroma of baked cookies or the sharp tang of fresh-cut grass can instantly evoke emotions and memories.
4. **Taste** – Describe flavors so vividly they can almost taste them. Is the coffee bitter, sweetened just enough? Is the air salty like the sea?

Your 7 senses



5. **Touch** – What’s the texture? Smooth silk, gritty sand, or the prickly edges of a cactus? The sensation of touch adds depth to your writing.

6. **Motion** – Bring in the feeling of movement. Is the car jerking along a bumpy road? Connect to what it feels like when you’re swaying gently on a swing. Or imagine a leaf free-falling through the sky from a tree branch.

7. **Bodily Sensations** – These are those internal feelings: a fluttering heart, a knot in the stomach, or the warmth of the sun soaking into your skin. These small details help connect the listener to the emotion of the moment.

Think of it as adding color and texture to your ideas, creating a deeper connection between your story and your listening audience.

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did you know?

Writing with sensory imagery is
scientifically proven to be more
engaging!

Focusing on the senses...

- ✓ Makes your writing more more emotional
- ✓ Creates deeper relationship with your listeners
- ✓ Burns musical memories into your listeners souls
- ✓ Forms a mind / body / spirit connection
- ✓ Generates longevity for your songs
- ✓ Creates empathy for your song's characters

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Here's how this songwriting prompt works:

1. Grab a fresh, new journal. Every day, you'll focus on one word from the following worksheet checklist.
2. Set a timer for 7 minutes and let your imagination run wild! Write about that word in as much detail as you can using your 7 senses. No pressure, no judgment, just pure creativity. Let whatever happens, happen. Focus on honing in on as much detail as possible.
3. When the word conjures images or memories, dig deep! Ask yourself, "What was the weather like?" "What street are you on?" Make things real. If you're seeing yourself or seeing a certain scene, take note of the time of day. How old were you?
4. Do this daily, and watch how much your writing evolves over time. If you miss a day, just keep it blank and move on to the next day. We wanna see how well you're keeping up with your daily practice.

Things to remember:

- The purpose of the exercise is *not* to necessarily write a song about the word in the prompt. The purpose is to write in as much detail as possible about that word, and just see what it evokes in you.
- Keep in mind that you don't have to explicitly reference all of the senses. You don't need to think of them as boxes you have to check. For example... if the prompt is “sand” you don’t necessarily need to focus on what the sand tastes like. But sand may remind you of the beach and the hot dogs you ate there as a kid on a long-ago family vacation. In that case, you’d want to delve into the tastes that that particular memory evokes.
- The format of your writing doesn’t matter. I don't want you to judge at this moment. Poetry, prose, bullet points, short phrases – all of it works!
- This is a prompt that serves as your way in, and you want to let the writing take you where it wants to go. It could lead you in some very interesting directions. You might find yourself reflecting on a recent conversation or a conversation you want to have. You could unearth memories you haven’t thought about in years!



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Take one prompt a day and stay consistent. Check them off as you go. Hold yourself accountable, and let this practice become a part of your creative routine. The results might just surprise you!

And if you're ready to take your writing to the next level, I've got something special for you. Check out my songwriting workshop, ***Write Powerful Lyrics Using Your 7 Senses***, where I'll teach you how to transform your prompt results into fully realized song lyrics. It's the perfect way to dive even deeper into your creative journey.

No matter when you're starting, let's make the next year one to remember, one word, one idea, and one song at a time!

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365 DAYS OF SENSORY SONGWRITING PROMPTS

- | | |
|--|--------------------------------------|
| ☐ 1 candle | ☐ 8 cinnamon |
| ☐ 2 fluorescent light | ☐ 9 grass |
| ☐ 3 windchime | ☐ 10 campfire |
| ☐ 4 crickets | ☐ 11 blanket |
| ☐ 5 honeycomb | ☐ 12 car |
| ☐ 6 tree | ☐ 13 mirror |
| ☐ 7 tire | ☐ 14 parade |

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Taylor Swift

Songwriting is a way to connect with people on a deeper level. When you're honest, the world resonates with your truth.

- | | |
|-------------------------------------|-------------------------------------|
| ☐ 15 ocean | ☐ 22 balloon |
| ☐ 16 feather | ☐ 23 bobsled |
| ☐ 17 rain | ☐ 24 clock |
| ☐ 18 sand | ☐ 25 shadow |
| ☐ 19 fire | ☐ 26 river |
| ☐ 20 lantern | ☐ 27 flower |
| ☐ 21 thunder | ☐ 28 bridge |

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Ed Sheeran

Don't write songs for the charts—write songs for your heart. The rest will follow.

☐ 29 stone

☐ 30 echo

☐ 31 sunset

☐ 32 lighthouse

☐ 33 windmill

☐ 34 fog

☐ 35 star

☐ 36 waterfall

☐ 37 reflection

☐ 38 meadow

☐ 39 harbor

☐ 40 raindrop

☐ 41 churchbells

☐ 42 mountain

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Joni Mitchell

A song is like a tattoo, make it permanent, make it meaningful.

- | | |
|--|---------------------------------------|
| ☐ 43 butterfly | ☐ 50 moonlight |
| ☐ 44 sky | ☐ 51 sparrow |
| ☐ 45 waves | ☐ 52 vine |
| ☐ 46 shore | ☐ 53 door |
| ☐ 47 pinecone | ☐ 54 sunrise |
| ☐ 48 garden | ☐ 55 siren |
| ☐ 49 volleyball | ☐ 56 pebble |

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Bob Dylan

If you can't write it, live it. Experience feeds creativity.

☐ 57 cave

☐ 58 ember

☐ 59 thunderstorm

☐ 60 hammock

☐ 61 snowflake

☐ 62 compass

☐ 63 iceberg

☐ 64 tunnel

☐ 65 doorbell

☐ 66 cloud

☐ 67 trail

☐ 68 acorn

☐ 69 porch

☐ 70 icicle

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Adele

The best songs come when you stop trying to impress and just say what you mean.

☐ 71 cliff

☐ 72 orchard

☐ 73 lagoon

☐ 74 chimes

☐ 75 chimney

☐ 76 creek

☐ 77 fossil

☐ 78 shell

☐ 79 driftwood

☐ 80 barn

☐ 81 flame

☐ 82 canyon

☐ 83 galaxy

☐ 84 path

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John Mayer

Your imperfections are the seeds of your best lyrics.

☐ 85 island _____

☐ 86 horizon _____

☐ 87 velvet _____

☐ 88 quilt _____

☐ 89 stream _____

☐ 90 field _____

☐ 91 swamp _____

☐ 92 dandelion _____

☐ 93 rose _____

☐ 94 wind _____

☐ 95 ash _____

☐ 96 sailboat _____

☐ 97 snowman _____

☐ 98 skylight _____

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Carole King

Every song is a conversation. Ask yourself:
What are you trying to say, and to whom?

- | | |
|--|---------------------------------------|
| ☐ 99 tide | ☐ 106 alarm |
| ☐ 100 cliffside | ☐ 107 melody |
| ☐ 101 applause | ☐ 108 engine |
| ☐ 102 cabin | ☐ 109 starfish |
| ☐ 103 haystack | ☐ 110 frost |
| ☐ 104 nest | ☐ 111 carousel |
| ☐ 105 hoop | ☐ 112 whisper |

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Paul McCartney

Start with a strong idea, and the song will build itself around it.

☐

113 train

☐

114 bird

☐

115 drums

☐

116 slope

☐

117 silence

☐

118 roar

☐

119 dusk

☐

120 cactus

☐

121 avalanche

☐

122 string

☐

123 smoke

☐

124 pond

☐

125 footprints

☐

126 barley

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Leonard Cohen

Write every day, even when you don't feel like it. Creativity thrives on persistence.

☐ 127 shoreline

☐ 128 cedar

☐ 130 autumn

☐ 131 canoe

☐ 132 riverbed

☐ 133 brook

☐ 134 laundry

☐ 135 pine

☐ 136 incense

☐ 137 moonbeam

☐ 138 blossom

☐ 139 clover

☐ 140 jasmine

☐ 141 eclipse

Dolly Parton

A great song starts with a great title. Get that,
and the lyrics will find you.

- | | |
|--|--|
| ☐ 142 fang | ☐ 149 forest |
| ☐ 143 soda | ☐ 150 garlic |
| ☐ 144 cookie | ☐ 151 rollerblade |
| ☐ 145 marshmallow | ☐ 152 pillow |
| ☐ 146 glacier | ☐ 153 wool |
| ☐ 147 toast | ☐ 154 firefly |
| ☐ 148 beetle | ☐ 155 shiver |

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Billie Eilish

Listen more than you write. Inspiration is everywhere;
you just have to catch it.

- | | |
|---------------------------------------|--|
| ☐ 156 torch | ☐ 163 plane |
| ☐ 157 letter | ☐ 164 chest |
| ☐ 158 violin | ☐ 165 jingle |
| ☐ 159 station | ☐ 166 tin |
| ☐ 160 pavement | ☐ 167 kitten |
| ☐ 161 pot | ☐ 168 caramel |
| ☐ 162 lemonade | ☐ 169 chocolate |

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Bruce Springsteen

Don't be afraid to rewrite. Great songs are rarely born perfect.

- | | |
|--|---------------------------------------|
| ☐ 156 dock | ☐ 163 island |
| ☐ 157 desert | ☐ 164 bank |
| ☐ 158 lake | ☐ 165 reef |
| ☐ 159 volcano | ☐ 166 prairie |
| ☐ 160 rainbow | ☐ 167 aquarium |
| ☐ 161 fireworks | ☐ 168 valley |
| ☐ 162 skyline | ☐ 169 dish |

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Shania Twain

Don't overcomplicate your lyrics. Simplicity is where the magic is.

- | | |
|---------------------------------------|---|
| ☐ 170 hill | ☐ 177 mask |
| ☐ 171 photo | ☐ 178 radio |
| ☐ 172 frame | ☐ 179 creak |
| ☐ 173 savanna | ☐ 180 refrigerator |
| ☐ 174 thistle | ☐ 181 hearth |
| ☐ 175 barbecue | ☐ 182 tea |
| ☐ 176 dog | ☐ 183 horizon |

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Sara Barcilles

Write as if no one will ever hear it, this is where authenticity lives.

☐ 184 chili

☐ 185 stream

☐ 186 beach

☐ 187 bubble

☐ 188 muffin

☐ 189 perfume

☐ 190 paint

☐ 191 pie

☐ 192 apple

☐ 193 soap

☐ 194 leaf

☐ 195 boot

☐ 196 vanilla

☐ 197 strawberry

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Amy Winehouse

The best songs are often the ones you write when you're most vulnerable.

☐ 198 coffee	☐ 205 library
☐ 199 socks	☐ 206 butter
☐ 200 bacon	☐ 207 cat
☐ 201 air	☐ 208 wood
☐ 202 curry	☐ 209 candy
☐ 203 bake	☐ 210 ribbon
☐ 204 floor	☐ 211 honey

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Freddie Mercury

If it feels right, it probably is. Trust your instincts more than the rules.

- | | |
|--------------------------------------|---------------------------------------|
| ☐ 212 curtain | ☐ 219 throne |
| ☐ 213 pencil | ☐ 220 steam |
| ☐ 214 skin | ☐ 221 grain |
| ☐ 215 forest | ☐ 222 towel |
| ☐ 216 chair | ☐ 223 necklace |
| ☐ 217 jeans | ☐ 224 ball |
| ☐ 218 seat | ☐ 225 beach |

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Freddie Mercury

If it feels right, it probably is. Trust your instincts more than the rules.

☐ 226 dancer

☐ 227 swamp

☐ 228 bicycle

☐ 229 wheel

☐ 230 paper

☐ 231 dress

☐ 232 surf

☐ 233 pancake

☐ 234 snow

☐ 235 basketball

☐ 236 puddle

☐ 237 skirt

☐ 238 puppy

☐ 239 rope

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Brandi Carlile

Songwriting is therapy you don't have to pay for... unless you count guitar strings.

- | | |
|--------------------------------------|---------------------------------------|
| ☐ 240 delta | ☐ 247 map |
| ☐ 241 bay | ☐ 248 notebook |
| ☐ 242 coast | ☐ 249 kite |
| ☐ 243 compass | ☐ 250 sword |
| ☐ 244 ship | ☐ 251 globe |
| ☐ 245 key | ☐ 252 helmet |
| ☐ 246 camera | ☐ 253 tower |

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Pink

A great song is just a fancy way of saying, 'Here's how
I messed up, enjoy!'

☐ 254 flamingo

☐ 255 family

☐ 256 love

☐ 257 village

☐ 258 ink

☐ 259 runner

☐ 260 marathon

☐ 261 cafeteria

☐ 262 dark

☐ 263 alley

☐ 264 morning

☐ 265 ring

☐ 266 cap

☐ 267 cigar

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Lorde

Songs are like little love letters to the universe. Sometimes the universe writes back, and sometimes it leaves you to read.

- | | |
|--------------------------------------|---|
| ☐ 268 mailbox | ☐ 275 journal |
| ☐ 269 phone | ☐ 276 eraser |
| ☐ 270 road | ☐ 277 umbrella |
| ☐ 271 trophy | ☐ 278 glue |
| ☐ 272 shelf | ☐ 279 passionfruit |
| ☐ 273 spine | ☐ 280 shed |
| ☐ 274 cowboy | ☐ 281 fence |

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Kanye West

If you can't say it, sing it. If you can't sing it, rhyme it. And if that doesn't work, throw in a sick beat.

- | | |
|-------------------------------------|---------------------------------------|
| ☐ 282 silk | ☐ 289 gravel |
| ☐ 283 temple | ☐ 290 sunshine |
| ☐ 284 fur | ☐ 291 foam |
| ☐ 285 lace | ☐ 292 cotton |
| ☐ 286 clay | ☐ 293 bedsheet |
| ☐ 287 pizza | ☐ 294 pretzel |
| ☐ 288 ice | ☐ 295 lime |

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Lady Gaga

Writing a song is just emotional problem-solving with a killer soundtrack

☐ 296 museum

☐ 297 bakery

☐ 298 lemon

☐ 299 rustle

☐ 300 applause

☐ 301 asphalt

☐ 302 brewery

☐ 303 buzzer

☐ 304 snore

☐ 305 steak

☐ 306 splash

☐ 307 murmur

☐ 308 piano

☐ 309 drums

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Florence Welch

Songwriting is like catching butterflies. You have to chase them while they're there, or they're gone forever.

☐ 310 shout

☐ 311 cheesecake

☐ 312 jam

☐ 313 plaza

☐ 314 shovel

☐ 315 telescope

☐ 316 bottle

☐ 317 box

☐ 318 flag

☐ 319 pen

☐ 320 cathedral

☐ 321 dew

☐ 322 hammer

☐ 323 ladder

Shania Twain

A good song is like a great party: everyone's invited, and no one wants to leave.

☐ 324 prism

☐ 325 fountain

☐ 326 tornado

☐ 327 spire

☐ 328 moss

☐ 329 yogurt

☐ 330 gardenia

☐ 331 wax

☐ 332 thread

☐ 333 drizzle

☐ 334 almond

☐ 335 olive

☐ 336 patchouli

☐ 337 eucalyptus

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Jason Mraz

Songs are just stories that figured out how to dance.

☐ 338 bread

☐ 339 courage

☐ 340 blood

☐ 341 dirt

☐ 342 basket

☐ 343 rosemary

☐ 344 spindle

☐ 345 lily

☐ 346 birch

☐ 347 orchid

☐ 348 sandalwood

☐ 349 hibiscus

☐ 350 basil

☐ 351 toffee

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Sara Barcilles

Songwriting is like gardening. Plant the seeds, water them, and hope they don't turn into weeds.

☐

352 flute

☐

353 squeal

☐

354 beat

☐

355 nostalgia

☐

356 lilac

☐

357 throat

☐

358 hiccup

☐

359 sorbet

☐

360 oven

☐

361 glider

☐

362 bramble

☐

363 seed

☐

364 pickle

☐

365 dawn

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Congratulations
You did it!!

How does it feel? Drop me an email and let me know:

sirena@sirenariley.com

Wanna keep going? Learn how to turn all of these prompts into full song lyrics by taking my workshop:

Write Powerful Lyrics Using Your 7 Senses
www.sirenariley.com/workshop



www.sirenariley.com



Sirena Riley



[sirenarileymusic](https://www.instagram.com/sirenarileymusic)

Thank you!
