

Cinder Ernst



Shortcuts to Happy Songs

How to Write a Happy Song in Six Simple Steps



They call me Cinder Shine.

In spite of incurable cancer I am known for my easy smile and writing happy songs. How do I do that? I cultivate optimism. I believe in my optimism.

(I don't feel particularly optimistic about cancer but that doesn't stop me.)

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Intro



You have to feel good to write a good feeling song.

Don't pretend.

You can't pretend to be happy or optimistic and write a genuinely good feeling song so be relieved.

There is no pretending. You can't fool the universe.



Step 1



Start your day with a gratitude list.

Gratitude will tune up your mood.

Dis-engage from the news or start engaging later in the day.

I have found that I can't believe in happiness and watch the news. I stopped watching 35 years ago and I haven't missed anything yet.



Step 2

When your mood is high, look for a good feeling idea or hook.

Write it down.

Capture it on a voice memo, text yourself, whatever it takes to remember.



Step 3



Begin your writing session with a gratitude list.

Turn off the world.

Another fun way to up your mood is to take one thing you're grateful for and find five qualities you appreciate about that one thing. This is a fun morning practice too.

For instance: *I am grateful for my home.*

I appreciate:

- My perfect pillows and soft bed
- The trees surrounding me
- How easy it is to get my morning coffee
- How happy my dog is here
- The comfortable chair I'm writing in right now

I feel relaxed and sort of blissful as I read the above.



Step 4



Authentically happy songs live in the stream of happiness.

Look for songs when you find yourself happy or optimistic or hopeful.

Look for songs when you tune up to happiness or feeling better.

When you find yourself there... look for a hook.

When you put yourself there, smile and let it flow to you.



Step 5



Tell a story.

Find the story of the hook.

You can make it up. You can use a movie or book to inspire the story. You can use your own experience. You can use someone else's story tell it in your way.

Each verse is like a chapter idea.

Move the song along with the story.

Always point back to the hook.



Step 6

Cinder Ernst



shine@cindershine.com



[@cinder_shine_ernst](https://www.instagram.com/cinder_shine_ernst)



www.facebook.com/cinder.shine.ernst

Contact