

# TOPICS & PROMPTS

"If the prompts don't inspire you, you are FREE to go your own direction."



## ❤️ R&B / SOUL

### Topics

- Emotional distance in a relationship
- Wanting consistency
- Being loved correctly for the first time
- Missing someone you shouldn't
- Closure you never got
- Healing while still in love
- Loving someone at the wrong time
- Toxic cycles
- Choosing peace over passion
- Feeling unseen
- Silent arguments
- Being "too much" for someone
- Situationship clarity
- Loving someone through their healing
- Softness after being guarded
- Emotional unavailability
- Soft love after heartbreak
- "I chose me" energy
- Love vs lust confusion
- Emotional burnout
- Relearning yourself
- Letting go without hate
- Finally setting boundaries
- Longing for deeper connection
- Being emotionally available
- Self-worth after heartbreak
- Dating in this generation
- "I deserve better" moment
- Vulnerability vs fear
- Falling slowly

### Prompts

- ★ "I don't want the old you anymore..."
- ★ "You said forever but meant..."
- ★ "I gave you all of me and you..."
- ★ "Now I finally see..."
- ★ "I was holding on to..."
- ★ "You only call when..."
- ★ "I should've listened when..."
- ★ "This love feels different because..."
- ★ "I'm learning how to..."
- ★ "This is goodbye..."

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- ★ "You had me but lost me when..."
- ★ "I can't keep pretending..."
- ★ "It's not the same no more..."
- ★ "I used to cry but now..."
- ★ "I finally chose me..."
- ★ "You don't even notice..."
- ★ "I tried to fix us but..."
- ★ "I was there when nobody..."
- ★ "You made me question..."
- ★ "I was blind but now..."
- ★ "I needed you to..."
- ★ "I tried to ignore it, but my heart kept..."
- ★ "You only love me when it's easy..."
- ★ "This time I'm not begging..."
- ★ "I see you clearer now..."
- ★ "Now I move different..."
- ★ "This time I won't..."
- ★ "I'm done chasing..."
- ★ "You don't deserve..."



## GOSPEL / INSPIRATIONAL

### Topics

- Deliverance from struggle
- God's timing vs your timing
- Faith through anxiety
- Restoration
- Obedience
- Identity in Christ
- Being carried through hard seasons
- Letting go and trusting God
- Breaking generational cycles
- Spiritual warfare
- Grace and forgiveness
- New beginnings
- Faith in uncertainty
- God pulling you out of something
- Trust vs fear
- Gratitude after struggle
- Gratitude through pain
- Waiting seasons
- God's protection
- Calling and purpose
- Redemption story
- From broken to whole
- Overcoming doubt

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- Joy after sorrow
- Strength in weakness
- Faith when prayers feel unanswered
- Being chosen
- Peace that surpasses understanding
- Testimony after testimony

## Prompts

- ★ "You never left me when..."
- ★ "Even when I doubted..."
- ★ "You made a way out of..."
- ★ "I didn't understand but..."
- ★ "You kept your hand on me..."
- ★ "This is how I know..."
- ★ "Your grace covered..."
- ★ "You carried me through..."
- ★ "I almost gave up but..."
- ★ "You restored my..."
- ★ "I trust You even when..."
- ★ "You called me out of..."
- ★ "Even when I didn't see it..."
- ★ "Forever I'll..."
- ★ "You kept me when I almost..."
- ★ "I was lost but You..."
- ★ "This is my testimony..."
- ★ "You never failed me..."
- ★ "I stand here because..."
- ★ "I remember when You..."
- ★ "You turned it around..."
- ★ "Even in the storm..."
- ★ "I won't go back to..."
- ★ "You gave me strength to..."
- ★ "I surrender all..."
- ★ "You healed my..."
- ★ "I'm not the same because..."
- ★ "You brought me through..."
- ★ "I thought I knew..."

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## HIP-HOP / RAP

## Topics

- Grinding from nothing
- Self-made mentality
- Haters/doubt

# TOPICS & PROMPTS

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- Inner demons
- Survival mindset
- Community struggles
- Wealth mindset
- Authenticity vs trends
- Mental health in silence
- Legacy building
- Proving people wrong
- Street vs purpose
- Sacrifice
- Loyalty vs betrayal
- Industry illusions
- Personal growth
- Speaking truth
- Black excellence / culture
- Power & influence
- Pressure
- Elevation
- Staying focused
- Overcoming obstacles
- Self-made mindset
- Community + culture
- Industry pressure
- Inner thoughts nobody hears
- From pain to power
- Knowing your worth
- Discipline

## Prompts

- ★ "They counted me out but..."
- ★ "I came from..."
- ★ "Pressure made me..."
- ★ "They don't know what it took..."
- ★ "I had to learn the hard way..."
- ★ "I stayed solid when..."
- ★ "I turned pain into..."
- ★ "They watching now but..."
- ★ "I'm everything they said..."
- ★ "I had nothing but..."
- ★ "I stayed down now..."
- ★ "I had to boss up..."
- ★ "They didn't believe me when..."
- ★ "I learned quick that..."
- ★ "Pressure made me..."
- ★ "They talk but don't know..."
- ★ "They switched when..."
- ★ "I built this from..."

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- ★ "I don't fold under..."
- ★ "I made a way out..."
- ★ "I had to cut off..."
- ★ "I move different now..."
- ★ "I'm proof that..."
- ★ "No one told me..."
- ★ "They can't stop..."
- ★ "I stand on..."
- ★ "I never needed..."
- ★ "I'm still rising..."
- ★ "I turned losses into..."
- ★ "When I wake up..."



## COUNTRY / STORYTELLING

### Topics

- First love memories
- Leaving home
- Family traditions
- Regret
- Nostalgia
- Growing up
- Blue-collar life
- Small-town drama
- Love that faded
- Missed chances
- Lessons learned
- Friendship loyalty
- Family legacy
- Long drives
- Small town memories
- Lost love
- Home vs chasing dreams
- Lessons from parents/grandparents
- Roads taken & not taken
- War/struggle stories
- Reunion moments
- Summer nights
- Broken promises
- Coming back home
- Simpler times
- Someone taking your lover

### Prompts

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- ★ "Back when we were..."
- ★ "I remember that day..."
- ★ "Mama told me..."
- ★ "We didn't have much but..."
- ★ "I left but I..."
- ★ "That road took me..."
- ★ "I never thought I'd..."
- ★ "We were young and..."
- ★ "I still see you in..."
- ★ "If I could go back..."
- ★ "I remember that summer when..."
- ★ "That night changed..."
- ★ "Daddy always said..."
- ★ "We were just kids but..."
- ★ "That road still calls my name..."
- ★ "I was just a kid..."
- ★ "I lost more than..."
- ★ "We said forever..."
- ★ "I came back to..."
- ★ "I learned that..."
- ★ "I never forgot..."
- ★ "That song reminds me..."
- ★ "We used to..."
- ★ "I wish I had..."

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## JAZZ / BLUES

### Topics

- Late-night reflection
- Love that lingers
- Regret
- Loneliness
- Emotional complexity
- Life reflections
- Old love memories
- The political climate
- Melancholy beauty
- Inner conflict
- Bittersweet happiness
- Heartache with depth
- Loneliness in a crowd
- The world around us
- Life's bittersweet moments
- Healing slowly
- Heartache
- Wisdom with age

# TOPICS & PROMPTS

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- Time passing
- Soul searching
- Lost connections
- Truth telling
- Imperfect love
- Acceptance
- Quiet pain
- Seeing your love with someone else

## Prompts

- ★ "It's late and I'm still..."
- ★ "These thoughts won't..."
- ★ "I tried to forget but..."
- ★ "You still live in..."
- ★ "I laugh but..."
- ★ "My heart won't..."
- ★ "Time keeps moving but..."
- ★ "I never told you..."
- ★ "I still feel..."
- ★ "You left but..."
- ★ "It's 2am and I'm still..."
- ★ "I tried to love..."
- ★ "These blues won't leave me..."
- ★ "Your memory plays like..."
- ★ "I laugh but inside..."
- ★ "I carry this..."
- ★ "I don't regret but..."
- ★ "I'm learning to..."
- ★ "I lost something when..."
- ★ "I found myself in..."
- ★ "I wish I knew..."
- ★ "This feeling won't..."
- ★ "I remember when..."
- ★ "Now I just..."



## FUNK / FUSION / CREATIVE

### Topics

- Freedom
- Dance energy
- Confidence
- Being different
- Self-expression

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- Joy
- Vibes over structure
- Movement
- Chaos to creativity
- Freedom & expression
- Dance
- Vibe over perfection
- Being unapologetically YOU
- Breaking rules
- Energy exchange
- Party/celebration
- Inner rhythm
- Individuality / Identity
- Funky love
- Bold personality
- Living loud
- Art over perfection
- Groove mindset

## Prompts

- ★ "I don't fit in..."
- ★ "Watch me move..."
- ★ "I feel it in my..."
- ★ "Don't tell me how..."
- ★ "I break rules when..."
- ★ "I came to vibe..."
- ★ "Turn it up when..."
- ★ "I move like..."
- ★ "You can't box..."
- ★ "Feel the groove..."
- ★ "I do it my way..."



## BONUS / "UNIVERSAL WILDCARD"

### Topics

- Anxiety & Calming yourself down
- Love vs Ego
- A conversation with your younger self
- Success vs. Purpose
- The moment everything changed
- Wanting an ex lover back
- Breaking generational curses
- Conversation with Parents

# TOPICS & PROMPTS

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## Prompts

- ★ "If I could tell my younger self..."
- ★ "In the middle of chaos, I..."
- ★ "Nobody knows that I..."
- ★ "This is bigger than me because..."
- ★ "I'm fighting for..."
- ★ "I will never give up because..."
- ★ "Turn it up when..."
- ★ "I wish I knew then..."
- ★ "I know you tried your best..."
- ★ "What do I do when..."

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## *Welp... you've made it to the end!*

If you haven't found inspiration by now, I'm sorry to tell you...  
but maybe you just aren't cut out for this 😊

*Just Kidding! 🙄*

### **If you're still having trouble:**

- ★ Go out to soak in inspiration from the world around you! You'd be surprised what you notice or connect with in everyday life.
- ★ Sit back and think about your life: What have you experienced that you know, without a shadow of a doubt, will resonate with other humans?
- ★ People watch: May seem creepy but what is songwriting essentially? Storytelling. Writing is nothing else if not fun.
- ★ Take a moment away from the pencil and paper... sometimes you just need to stop forcing your brain to connect dots and allow the thoughts to flow to you naturally once you come back.

And if you haven't found inspiration by NOW... what are you doing here?

*Seriously this time, LOL*

*Hope you had fun!*