Your 30-Day Music-Making Plan

One small step a day, most taking 15 to 45 minutes. Read the chapter first, tick each box as you finish, and if you miss a day, simply continue. Thirty steps over six weeks is just as good as thirty days.

Week 1: Discover *Set up your studio and create your first songs.*	**Day 1** ☐ Read Chapter 1 and complete the "My First Music Idea" worksheet. *30 min · Ch. 1*	**Day 2** ☐ Read Chapter 2. Complete "Listen Like a Director" with a favorite song. *30 min · Ch. 2*	**Day 3** ☐ Create your Suno account, set up your My AI Music folders, start your prompt journal, and run the sound check (Prompt 3.1). *30 min · Ch. 3*	**Day 4** ☐ Complete Project 01: The Retirement Blues using the six steps. *30 min · Ch. 4*	**Day 5** ☐ Turn your Day 1 idea into your first original song (Prompt 4.5). *30 min · Ch. 4*	**Day 6** ☐ Play your favorite song so far for someone else. Note their reaction in your journal. *15 min · Ch. 4*	**Day 7** ☐ Rest and reflect. Re-listen to the week's songs and mark your two favorites. *15 min*
Week 2: Direct *Take control of words, sound, and structure.*	**Day 8** ☐ Switch to Advanced mode. Complete Project 02: One Tune, Three Tempos. *30 min · Ch. 5*	**Day 9** ☐ Start your "Words That Work" page by trying the four one-word changes on The Retirement Blues. *20 min · Ch. 5*	**Day 10** ☐ Choose a memory and gather ten details. Write a chorus around a hook. *30 min · Ch. 6*	**Day 11** ☐ Finish your lyrics and complete Project 03: A Memory Becomes a Song. *40 min · Ch. 6*	**Day 12** ☐ Learn the MUSIC-7 Framework and complete Project 04: Five Ways to Tell a Story. *45 min · Ch. 7*	**Day 13** ☐ Complete Project 05: Acoustic vs. Electric, then audition three voices. *40 min · Ch. 8*	**Day 14** ☐ Complete Project 06: Build a Complete Arrangement and try three endings. *45 min · Ch. 9*
Week 3: Create *Make music for real purposes, including a gift and the start of your album.*	**Day 15** ☐ Complete Project 07: Rescue a Bad Recording and keep a Revision Log. *45 min · Ch. 10*	**Day 16** ☐ Tour the genres. Try three starter prompts from genres you've never explored. *30 min · Ch. 11*	**Day 17** ☐ Choose someone for a musical gift and complete the Gift Song Interview. *30 min · Ch. 12*	**Day 18** ☐ Write the lyrics and create Project 09: A Musical Gift. Apply the four tests. *45 min · Ch. 12*	**Day 19** ☐ Complete Project 10: Three Instrumental Moods. *45 min · Ch. 13*	**Day 20** ☐ Plan your album: choose a concept, complete the Album Style Sheet, and plan five tracks. *30 min · Ch. 15*	**Day 21** ☐ Rest and reflect. Re-read your journal and add your best prompts to "Words That Work." *15 min*
Week 4: Refine *Finish your album and polish your music.*	**Day 22** ☐ Write lyrics and create album tracks 1 and 2. Update your Album Tracker. *45 min · Ch. 15*	**Day 23** ☐ Create album tracks 3, 4, and 5. *45 min · Ch. 15*	**Day 24** ☐ Listen to the whole album in order. Fix weak spots with the Rescue Ladder and adjust the running order. *40 min · Ch. 10, 15*	**Day 25** ☐ Install Audacity and polish one album track (Project 13). Normalize all five tracks. *45 min · Ch. 16*	**Day 26** ☐ Record a spoken dedication for your gift song, or a short performance for your album (Project 14). *45 min · Ch. 17*	**Day 27** ☐ Create your album's cover art and write a page of liner notes. *40 min · Ch. 15*	
Days 28–30: Share *Organize, protect, and celebrate your collection.*	**Day 28** ☐ Organize your library (Project 15): download keepers, rename files, add metadata, and back up to two places. *45 min · Ch. 18*	**Day 29** ☐ Complete the Copyright and Publishing Checklist (Appendix D, Sections 1–2) for your album, and create a QR code for your gift song. *30 min · Ch. 18, 19*	**Day 30** ☐ Celebrate! Give your musical gift, hold an album premiere for family or friends, and plan your next ten recordings. *60 min · Ch. 15, 21*				

Bonus Days, Your Collection, and Reflection

Optional Bonus Days

For readers who want to go further, or stretch the plan to six weeks.

	Activity	Ch.	Done
A	Project 08: The Genre Sampler: six tracks from one idea	11	☐
B	Project 11: Score a Travel Video with your own photos	14	☐
C	Create a narrated family story with your voice and a music bed	14, 17	☐
D	Make a sixty-second version of your favorite song	16	☐
E	Complete a Single Release Plan (whether or not you publish)	20	☐
F	Create a musical time capsule on a USB drive	18	☐

Your 30-Day Collection

By the end of the plan, you'll have created:

- ☐ At least two original songs from your own ideas
- ☐ A song built from your own memory and lyrics
- ☐ Five interpretations of one set of lyrics
- ☐ A complete arrangement with intro, solo, and deliberate ending
- ☐ A rescued song and a Revision Log
- ☐ A personalized musical gift
- ☐ A collection of three instrumental pieces
- ☐ A five-track album with cover art and liner notes
- ☐ A polished recording and your own recorded voice or performance
- ☐ An organized, backed-up personal music library

Your 30-Day Reflection

Question	My answer
Which piece of music am I proudest of?	
Which project surprised me most?	
What did I learn about my own musical taste?	
Who was most moved by something I made?	
What will I create next?	

Quick tip: When you finish, consider starting the plan again with a new theme, such as a season, a decade, or a family member.