Flee Perfectionism

Songwriting Workshop

Series 1, Sessions 12

By Andy Park

These quotes by well-known artists teach us that we must have the freedom of a child as we create. Don't over-think the process, especially in the early stages.

"Every child is an artist, the problem is staying an artist when you grow up." **Pablo Picasso**

"Creativity is **allowing yourself to make mistakes**. Art is knowing which ones to keep." **Scott Adams**

"Have no fear of perfection, you'll never reach it" – **Salvador Dali**

Neil Young was asked: How do you approach songwriting?
"When I write a song, it starts with a feeling. I can hear something in my head or feel it in my heart. It may be I just picked up the guitar and mindlessly started playing…**Thinking is the worst thing for writing a song**. So you just start playing and something new comes out…

I never judge it. I believe it. It came as a gift when I picked up my musical instrument…The chords and melody just appeared. Now is not the time for interrogation or analysis. Now is the time to **get to know the song**, not change it before you even know it. It is **like a wild animal**, a living thing. Be careful not to scare it away…"

Anne Lamott: Writing and Why Perfectionism Kills Creativity

"Perfectionism is the voice of the oppressor, the enemy of the people. It will keep you cramped and insane your whole life. Perfectionism is a mean, frozen form of idealism, while messes are the artist's true friend. What people somehow (inadvertently, I'm sure) forgot to mention when we were children was that we need to make messes in order to find out who we are and why we are here — and, by extension, what we're supposed to be writing. **Anne Lamott**