

EVERYthing to EVERYone

Songwriters Blueprint

1. Basics of the song lyrics. Answer these:

Relatable Premise:

We all try to please everyone, to be everything to everyone. But it leaves us drained and lost. The song's message is about realizing the importance of self-love and meaningful connection with just one person rather than universal approval.

Emotion:

Vulnerability, exhaustion, reflection, and ultimately acceptance and self-compassion.

Central Point/Core Idea (What's song about?)

Learning to let go of the pressure to meet everyone's expectations and simply wanting to matter genuinely to someone. It's about rediscovering self-worth and redefining what love and validation mean.

What is the key emotion evoked?

A bittersweet mix of melancholy and hope - sadness from carrying too much, but peace from letting go.

Unique because of:

It blends introspection and therapy-influenced lyrics ("my therapist says..."), giving a modern emotional realism. The balance of poetic imagery with raw honesty makes it distinctively human and relatable.

Singer style/mood/attitude:

Earnest, confessional, gently defiant. The tone is reflective - part therapy session, part personal confession, but with sincerity and warmth.

Backing vocals:

Soft harmonies echoing key phrases like “*everything to everyone*” and “*matter to someone.*” Layered “oohs” and “ahhs” to emphasize emotional lift in the refrains. Subtle gospel-style backgrounds in the final refrain for resolution.

What’s the juicy part that everybody can relate to?

That universal struggle of trying too hard to be liked or needed by everyone - and the relief of realizing you don’t have to.

2. Point of view. Answer these:

Who is talking?

A self-aware narrator reflecting on their inherited need to please others, possibly inspired by a parental figure or mentor.

What is their character avatar?

A deeply empathetic, burnt-out giver; someone who’s been “the hero” for too long.

What pronoun?

“I” (first person)

Who are they talking to?

Themselves and, indirectly, the person who inspired this emotional awakening (a parent, mentor, or loved one).

Their character avatar:

The person who once tried to be a savior, who passed down that “disease” of carrying everyone’s dreams.

What pronoun?

“You”

Why are they talking to them?

To process inherited pain, express gratitude, and finally release the weight of others’ expectations while embracing self-forgiveness and individuality.

3. What is the musical/lyric hook that encapsulates the relatable premise? Write the lyric and sing the melody. The only part of the song you want to write out of pure inspiration is this step.

What is the Hook?

I can't be everything to everyone / But I just wanna matter to someone.

What is the Melody?

Simple, yearning melodic contour. Starts lower for "I can't be everything to everyone," then lifts upward emotionally on "But I just wanna matter to someone," creating a sense of release and emotional catharsis.

4a. Where will the hook be in the chorus? Beginning? Middle? End?

At both the beginning and end of the chorus for maximum emotional punch.

Main Idea:

Letting go of impossible expectations and yearning for genuine, focused love.

Details (imagery/senses):

Weight imagery - chains, scars, holding the weight of a thousand dreams. Feels like emotional heaviness lifting.

Sensory/metaphor:

Lightning, chains, weight - powerful metaphors for emotional burnout and release.

4b. What will comprise the remainder of the chorus?

The rest of the chorus amplifies the feeling of confession and surrender. It's not about grand gestures, but emotional truth. The focus remains inward, emphasizing the desire to matter, not impress.

5. What will I say in the 1st verse that will set up my chorus? (Only one main thought idea per section so you don't confuse listener with too much). You need to know the What and Why and When And How and Where and Who. Tell the Story in the verses. Use human senses - what can the character and listener see, hear, touch, taste and smell? Use details in verses - what is the central character

wearing? Who else is in the song? What are other characters doing, wearing, saying, etc.?

Main Idea:

Introduces a past influence - someone whose intensity shaped the narrator's worldview and drive to please others.

Details (imagery/senses):

Touch burns like lightning, real, chains. We feel energy, heat, danger, and release.

Sensory/metaphor:

Lightning = passion and inherited drive; chains = expectations or emotional bondage.

6. What will I say in the pre-chorus (if there is one) that will set up my chorus?

Main Idea:

The narrator connects their struggle with that of the person they admired, realizing they share the same "disease" of carrying others' dreams.

Details (imagery/senses):

Heart wired with "disease," therapist suggesting to let go - a clear emotional and psychological setup.

Sensory/metaphor:

Heart as circuitry, disease as inherited emotional wiring - blending physical and emotional imagery.

7. What will I say in the 2nd verse that will further the story and set up and keep moving the chorus along? It has to be different than verse 1 – don't say the same thing or idea again. (Only one main thought idea per section so you don't confuse listener with too much).

Main Idea:

Acknowledging growth and lessons. Learning to give less so there's room to love more authentically.

Details (imagery/senses):

The weight you bore, give less to love more. There's gentleness in the tone, memory and maturity.

Sensory/metaphor:

Weight = emotional responsibility; curse and voice in my head = inner struggles.

8. If the bridge has lyrics, what will be said there? Must fit into relatable premise but offer a different twist/perspective but still make sense. The most emotional lyrics tend to come in the bridge where the story is being resolved, or where you're adding an extra twist in the tale to heighten the emotion. There are three things a bridge can do:

- 1) Change time**
- 2 Change perspective**
- 3) Go universal/philosophical**

None

9. If there is a 3rd verse or ending, what will be said there? Is it really needed?

Main Idea:

Facing internal demons - recognizing the cruelty of self-talk and transforming it into compassion.

Details (imagery/senses):

Cruellest things, haunt me in my sleep, voice that always shouts. The soundscape could be intimate and stripped-down here.

Sensory/metaphor:

Haunting = inner guilt; self-talk = battle with inner critic; turning that into self-love is the song's turning point.

10. Ending / Final Chorus

Main Idea:

Resolution - acceptance, peace, and hope for meaningful connection.

Details (imagery/senses):

Final repetition of “Can I at least be something to someone?” - vulnerable, quiet plea for human connection.

Sensory/metaphor:

Breathy imagery - letting go, exhaling the weight of a thousand dreams.

11. Final Checklist – answer these questions:

DID YOU TELL THE WHOLE STORY?

Yes, from inherited burden → realization → self-awareness → healing → acceptance.

DID YOU INVITE THE LISTENER IN?

Completely. The song feels like an open diary or therapy session. Deeply relatable.

DID YOU FULFILL EXPECTATIONS?

Yes, emotional journey resolves clearly with the chorus message reinforced throughout.

DID YOU SAY WHAT YOU MEANT TO SAY?

Yes, it conveys vulnerability and growth without overcomplication.

DOES THE SONG FEEL COMPLETE?

Yes, emotionally and narratively satisfying, ending with an intimate human truth.