

November 30 Day Challenge | Some Reflection On A Lot Of Things

By Gabriel Saucedo

Forward:

Hello everyone, and welcome to the overly analytical document I wanted to write. This document, you could say, is for the sake of self-reflection more than anything, but more than that it is a reflection on the challenges and lessons from the November 30 Day Challenge I gave myself. e myself. This document will go through my mindset going into the challenge itself, composing the pieces, and just the overall philosophies I learned from doing and accomplishing this challenge. Now, before anything gets started, I know one question a person reading this would have, and that is, "Why are you writing a document about this instead of posting it on social media?" Well, from what I have seen, many social media platforms have a character limit, which would make it harder to write to the full extent of what I would like. (Now, people having read that are going to fear how much text there is probably going to be, haha!) If you are reading this, that may mean you are probably one of a couple of things.

- You are just curious about how I was doing while doing this challenge.
- Would like to learn from me in some way, whether it be compositional or otherwise.
- Are a fan of the 30-day challenge, and joined me as I went through it, and would like to know more in-depth about it.
- Or you just love reading long rants for fun!

For whatever reason, whether it be for your own sake, or out of curiosity, I'm glad you're here, and I kindly thank you for supporting me in everything I've done thus far. Hopefully, you'll continue to stick with me through this whole document, and for the rest of my journey as a composer.

(Side Note: This document isn't going to try to be a school paper, but I'm gonna try my best to make what I say sound somewhat professional. Even though I know not that many people will read this.)

(Another Side Note: I'm not including background information about myself, but if you'd like to read up about me there's an autobiography on my website. So, in case anyone was wondering who I am and so on.)

Where it came from:

Well, what better place to start talking about this challenge than, where it came from in the first place? As is with most ideas they usually get sparked by something, at least that's how I view it. Typically, different people will get ideas from different places, but I'll get more into that later on. This challenge ended up coming into my mind as soon as a dear friend of mine mentioned doing a challenge similar to it. (If anything I'm ripping off his idea, haha!) But, what was said was that he had tried doing a challenge similar to it, and couldn't complete it. I then began wondering what it would be like if I took up a challenge similar to it. This happened towards the end of October, which also happens to be the month that contains a very special thing for me.

That being Andrew Huang and Rob Scallon's one-day-a-year band that they have made, which is properly called First of October. If you the reader are unfamiliar with this I'll sum it up as best as I can. Andrew Huang and Rob Scallon rent out a recording studio for a full day (12 hours), and do their best to write, record, and produce an album within that same day. They've done it for a couple of years, as of the time that I'm writing this they had just done 2022's album, and I've always sat down and watched both of their videos. I've been an active follower of Rob Scallon and Andrew Huang, they've both inspired me heavily. Not just in music making, but in character and persona as well, and I've always found everything they put out to be extremely interesting. But, I'm getting sidetracked talking about two of my favorite music YouTubers, I decided to say to myself I want to try something like that, maybe not an album in a day but something similar to that concept. That along with the push from my friend helped me make the choice to say, "Let's do it" and so I did.

Preparations:

Alright, well now that the idea had been put to full thought I started to think some more about it and how I would do it. Things I had to ask myself were questions similar to these:

- Am I going to do it at a set time?
- Will I give myself a specific restriction?
- What instruments would I write for?
- Which program would I use?
- Would I count my assignments as the pieces for that day?
- Is it actually possible for me to even complete this challenge?

So on and so forth, these are some of the few questions I was asking myself during the whole time that I was preparing. Of course, I'm currently talking a lot more about the mental preparation side of things, mainly because there wasn't much I had to do for preparations with

my hardware. But, to me, it's very important that you consider the mental preparation for challenges like these important. Without the right mental preparation, you can very easily lead yourself to burn yourself out cause you didn't plan things until they came up. I'll now answer the questions I wrote one by one, alright here we go.

Was I going to give myself a set time? To that, I said no, because there was no way that every day was gonna be the same. If I had told myself saying, "You must write music for at least an hour every day" or "You have to write at 10 am" that was setting myself up for failure. Because life being life, throws many challenges your way already, so if you can't be flexible in something like this, it won't work. At least, that's how had viewed it at the time, but of course, once the challenge was underway I found a nice time to do it usually, some days were different because of certain challenges that would appear that day, but having to hold yourself accountable is important too, but I'll get into that later.

Giving myself a set restriction of some kind? In terms of this question, I'd have to say I didn't fully restrict myself too much, but I did have a kind of 'rule' so to speak. That being I could only write for a duet or soloist (even though one of the compositions broke that rule). I tried to restrict myself to a few instruments because it would be impossible for me to create a lush orchestration in just about an hour or even less. Even though, yes, I have done that before, I wanted both quality and quantity to be on a similar playing field. So having that restriction of sorts on the number of instruments was something that I'd say helped out a lot as well. As well, considering it was mainly piano for almost everything, it helped because of the flexibility that the piano can have.

What instruments to write for, oh, what instruments to write for? Haha, well, I basically had access to a wide variety of different instruments. Considering I have a bunch of different libraries with different instruments. But, I didn't really choose what instrument to write for entirely, but the most logical one I wrote for most of it was piano. But if I had wanted to I could have written for any instrument that came to mind and would've probably had a bit of a tougher time writing good melodies or chords and such.

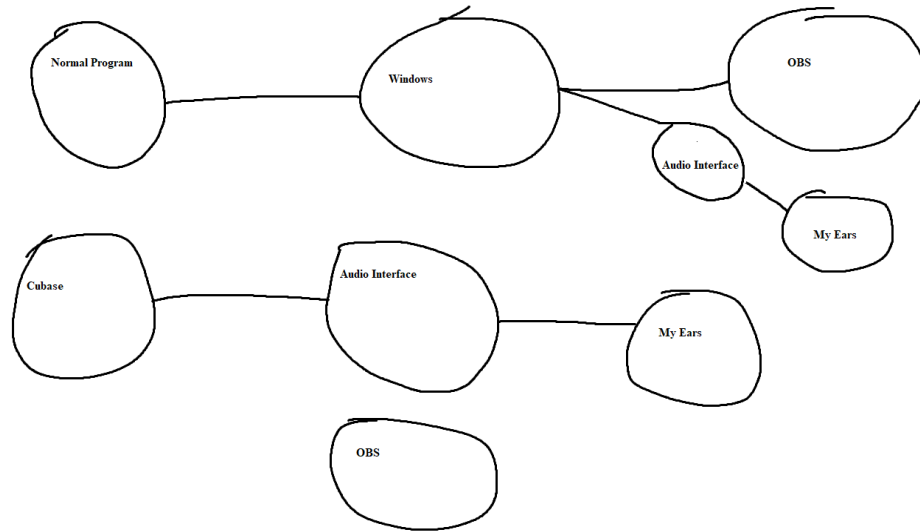
Ah, which DAW to use? Well, of course, I decided to use Pro Tools for the mixing and-, what? Oh, I'm supposed to just actually say it? Alright then. I used Cubase 12 Pro for everything. Writing, Saving, Exporting, Mixing, Mastering, and Recording. The videos were recorded through OBS, which I've used a lot. But why did I choose Cubase? Well, I purchased it and wasn't still trying to get my bearings with it. The challenge helped me get more accustomed to both OBS and Cubase. Before I didn't know how to do a good amount of things with Cubase, and I ended up learning it by doing the challenge and also learned how to best capture Cubase with good quality audio. One issue I didn't figure out was the studders that OBS would record from Cubase, but hey the videos themselves weren't bad at all.

Now this one was one I decided on pretty quickly, I'm currently (at the time of writing this) a student at the Berklee College of Music. We have assignments every week for Music Theory 1, and we have to write a piece every week. So I asked myself if these assignments count. I very quickly told myself, no, a hard no. "But why? Was because you wanted to write more-", no. It was because the assignment I've been given for Music Theory has been incredibly restrictive. After all, the pieces are targeted at specific things that we learn that week, which typically doesn't lead to the best music. So I quickly said no. Oh yeah, also cause that's basically posting my homework to the internet, haha! And that would be a huge no-no for Berklee. That last question is better answered in a later section of this. For now, I'll just leave that one up in the air. But now we move on to the section, which is gonna be about the actual process, and what happened in it.

The Start:

Alright, let's take a look here, and see how the process of actually going through everything was. The very first composition was great, to my ears at least, a strong start, but here's where I ran into an issue I didn't expect. The issue was that I didn't fully know what I needed to do to capture a nice lossless video and sound recording. That's why if you go back, and watch the very first composition it doesn't sound as 'high quality' as the rest of them. There was an issue that I experienced with how OBS captured audio. This is going to get a bit technical, so just bare with me for a second.

OBS can't capture my audio interface, now why is that? Well, because the audio interface is an external component of my computer. It takes the audio signal from Windows and processes it and sends it to my headphones, which are connected to my audio interface (that being the Focusrite Scarlet Solo 2nd Gen). Typically, OBS can capture audio if the program is just sending sound out to your desktop, but here's where it gets complex. This isn't a virtual signal running to Windows and then to my audio interface, nope, it's a signal from the DAW straight to the audio interface. Here's a lazily drawn model of this in MS Paint:



(Truly, an artist if I do say so myself.)

But this is what I was dealing with, on the very first composition too. So, I had to quickly think up something that could work. I thought about just recording the screening than using the audio that was exported and editing both together. But, that solution very quickly got dismissed because that would be too much of a hassle to do every single day, and it wasn't efficient enough. So, I ended up doing some digging through Google and Youtube, and after about 3 hours of non-stop searching, reading, and testing I came across a video that helped me out in less than 5 minutes. I don't remember the name of the channel and or the title of the video, but here's what it showed. There's a great DAW by the name of Reaper, it's great if you pay for it or even if you use it for free. Now, what does this have to do with my issue? Well, Reaper has a large pack of plugins that you can install for completely free. There's one plugin within all of them that saved me, and many other people the headache of Windows' lack of audio routing. It's called Reastream, which always you to essentially broadcast your audio within your computer or through a local network. So, I started putting this plug on the final stereo out of Cubase and then loaded one into OBS, and BOOM instantly it worked perfectly. It streamed it to OBS without a problem and preserved the quality of the signal as well.

That solution ended up helping me out so much, it saved me so many headaches. Whenever I needed to record audio from my DAW I would just load it up as if it was a normal plugin and then set it up. I even started experimenting with it a bit to see how well it would work in a live setting. So I hooked it up to the live effects I run my mic through for recording, and it worked very actually. I could run my microphone and guitar through two separate signals, and record them both, without a problem. Seriously, I have to thank whoever it was who thought of making that a plugin because that is something that wouldn't have made things possible. Funny

enough, you could run two DAWs and have them transmit audio back and forth by using this plugin as well which is very funny when I think about it.

But, after this issue was figured out very quickly I ended up getting into the flow of just doing this process again and again. Which was opening Cubase, picking instruments, writing, mixing, mastering, recording, and then uploading. This process continued through the entirety of the challenge, and it was usually after I had completed some school for that day. One night I was upgrading my PC and giving it some much-needed cleaning, and then I realized that it was 10:30 pm and I hadn't written a piece for that day.

That was a terrifying night because I had just gotta home, and had a lot of things to do with my PC, and the reason, why I hadn't done it at the usual time that I had been doing it, was because I had a lot going on that day. So, I wasn't able to write the piece in the morning, so I told myself to just wait until I got home, which wasn't until nighttime, and then I had to upgrade my computer for a bit, which was a full case transfer to a new one, and more RAM. And I ended up finishing the upgrade very quickly, turned on my pc and opened Cubase, and then loaded a piano and fully played the piece myself into the DAW, and then cleaned it up a bit with my mouse. Quickly recorded it, and then uploaded it. I made it, what a relief it was off of my chest, and the fact that I entitled the piece, well, "Long Night", which I believe is very fitting. (Oh did I mention this was a Monday, haha!)

At certain points throughout the process of writing each piece, I found myself on some occasions writing for more than two instruments. As typical when writing music, or in any artistic endeavor, you become more inspired as you write. This happened when I started writing a Latin piano pattern, which then proceed to me writing a drum groove. After both were in the stage of being written when I played them back I felt something was missing. That's when the idea of adding came to me, so I did, which just so happens it didn't take too long. Afterward, I had a pretty good Latin piece that was less than a minute, but loads of fun. Other pieces had a similar effect on me as well while writing them. Again, in any artistic craft, you get inspired by just writing, or creating, something and after you say to yourself something like this, "Oo, wouldn't it be cool if I did this?" or "How about if I add this?". Typically, it's the decisions that we make as artists that dictate what comes out in our creations.

In terms of mixing and mastering, well, there isn't much that I can say about it. It's pretty simple really, just using some OTT (multiband compressor) along with simple EQ on the instruments. Reverb to add some much-needed space and depth, afterward slap some Ozone 9 Elements on the master balancing it all out. Typically you'll come to realize that the pieces that have louder sections get very quiet in some parts, whereas the quiet pieces feel much louder than others. That's mainly what it's like for a good amount of my mixing and master, of course, I've

learned a whole lot over time, but I still have a long way to go. Yet, for smaller one-instrument compositions like this, it's much simpler to mix and master.

Anyway, I think that has been enough about the process, and now we can move on to these last couple of days leading up to the end of the challenge, and a couple of days afterward as well. Hm, alright let's see what the next title shall be.

Over Analyzing Everything:

Alright, well, I think that's a pretty good title for this section, cause if I really had to put a name to what I was doing in this section. Well, it'd have to be that, haha! Just a whole lot of over-analysis at the end of it. Alright well, time to start! Once I started the challenge, I thought to myself, and realized, "Holy shit, I have to write something **every day**." Now a lot of people may not understand this, but here's a short explanation. Normal songwriters, composers, and bands spend months writing albums. Albums of typical length can be somewhere around 8-12 songs. Now imagine taking the process of writing, recording, and mixing-n-mastering then proceeding to upload it, shrinking it down to get all of that done in about an hour.

Of course, that was the very first thing that struck me. Having to come up with an idea every single day, it having to be new, having to be fresh, and writing it down. Think about something you love to do. Let's take writing, for example, you want to be an author and write great books that people can relate to, and for you to be able to create great stories for people. Imagine having to write a short story every single day for a month straight. Now, this wouldn't just be the writing, it would also include the editing, revising, re-reading, making a title, and then publishing it all within the span of that same day, within an hour. Now that is crazy. Much like someone would feel with this example, I felt a sudden worry grow within me. There were so many questions I had to ask myself, and then find the answers over time as well.

Now, I'm going to be diving into some mental health talk, and philosophy talk. If you don't like it, well, thanks for making it this far. Hope you continue to follow my work! But, I, personally, feel as though it is extremely important to talk about this sort of thing when you are into a creative endeavor of your own. When you are creative you should ask yourself the hard questions. Why do you create? Why do you want to create? What makes your work so special? Do you think people will enjoy what you are doing? How does creating make you feel? When should you create? When should you say I'm good at what I do? There are so many more that can be asked, but the amount of questions that are there for this is almost limitless. If you can't sit down to at least give some of these questions a good think, and be honest with yourself, then perhaps being creative just isn't fully suited for you. Haha, yeah, now that makes me sound like I'm saying that if you don't like philosophy you aren't cut out for this line of work, but at the end of the day how do stories get written? Why do they compel us? Typically, the best stories end up

making you question what is right about the character, what is wrong, and what's that grey area that they may lie in. Now think about this, if you are creative and you want to move people with your work, yet you don't understand how to fully articulate the ideas you want to say in your work, then you wouldn't have done your job right. Typically, the best bands, authors, painters, and creatives always have something to say. Having that voice that they want the viewer, listener, the experiencer (is that a word?) to hear. That's what artists typically want, for their voices to get heard and for people to get moved. Unless you're a person who just makes music so you can get popular, haha! But, if you don't understand my point, that's totally fine, I'd say perhaps you'll come to understand later on your own journey through your craft, or in life in general. I know I typically don't have the best reason for convincing people, so for most of what I said take it how you will. Take it as if I was lecturing you, telling you off, or just saying a bunch of random none sense to make you smile! In the end, I'm surprised you're still reading, haha!

Anyway, I became worried over some of these issues that came up. Thinking to myself saying, "Will I be able to do this at all?", "Will I have the time?", "Will people even care about this?", "Is this really even worth it at all?", and so on. I asked myself these questions and then sat on them for a bit. I set some goals for myself. I'll say that was a very good step to take. Setting goals up was a key for me to have something to work for, a kind of motive to work for. Typically, when setting goals you'd want to make them as easily measurable, and realistic, as possible. My goals were simple:

- ~~Get rich and conquer the world~~
- Complete this month
- Help grow my following on social media a bit
- Release more music
- Put my music out there more (which ties into 2)

These goals that I had were a good set to follow, but there's just a simple problem. Technically, only one of these goals is measurable, and the other goals are just general things nothing very specific, but then again my main goal was to just **write more music**. I didn't fully care if I gained followers, gained views, and grew my platform. Of course, it would be great if that came with it, which it did in a way. But I met every goal by just sticking to one honestly. Imagine if I had pumped more into growing my socials. I did try some of the paid promo stuff that Tiktok has, and Instagram has, which work a little bit, Tiktok is much better than Insta in this regard. But I didn't spend too much just about \$30 in total for honestly a simple push by the algorithm. But, anyway, if I had focused more on some of these other goals then I probably would've seen some much better results than I did.

I thought to myself about the questions, the goals, and how I was going to even do this challenge in the first place. But, even though I was worried, was scared that I'd fail, I still did it.

I pushed myself to do it, but not in a bad way. I wanted to accomplish more with my music, and write more. Making music is a great way that I convey my emotional state to people, and poems, but I'm not ready to share that. Currently, I'm writing this document reflecting on everything that happened, but now it's been a bit, and a lot of the emotions I felt that I didn't write down. So I'm sorry if this is not gonna give you the same experience because of that.

After coming to my senses, I was already about halfway through the 2nd week. I noticed something with this challenge, it gave me a really good sense of just how fast time moves for me. It felt as though just yesterday I was writing the very first day, but now it's been a month since and a little since I did. Personally, after this challenge, I'm taking a lot of these days with much more care than usual. So much has changed from when I started the challenge and then ended it. I reached my goal of completing it. I did it. Holy shit!

I did it!:

Can't believe I'm writing a section about this! I didn't think I'd make it because had tried something like this in the past. I had tried it, I had thought about doing it, but told myself something like, "relax you aren't at that level yet, give it some time before you do it." I have had a huge lack of confidence in my skill for a very long time, and still do kind of, but it's been getting better, I understand that I'm not terrible, but I'm not anywhere near where I would like to be. I struggle with a lot of things, especially mental health. Many people don't believe that I'm depressed, and many people think I'm fine when I just don't really show that I'm hurt many times. I don't like showing people that I'm struggling with something, especially when it's something I love. A good example is I would play piano for my high school jazz band, but wasn't good at it, even though I would practice and practice for it, the teacher would come in and play it because I would just say I couldn't do it. That didn't make me feel much better about myself, especially considering I was supposed to be the composer of the band, the 'smart music guy', I shouldn't be struggling with this, but I did. I'm not perfect, and I'll admit that. But for me to say I'm good at something, is extremely difficult for me. I don't think any of the compositions as a whole that I wrote for November were amazing. But I will say that it's some of my best work with melody.

Hey, I warned you saying there would be mental health talk here. Anyway, I kept at it for a long time, and then finally thought to myself saying, "I think I can do this finally" so thus I did. And then I actually did it, completed the challenge didn't back out. Put my soul into the challenge, and had it become something I'm very grateful for. I seriously couldn't believe I did it, I stayed up that night and looked at my ceiling for a while thinking about everything that happened. A lot happened in my life, things I can't say considering this is public to everyone, but it was a lot trust me. And having to do this challenge in the midst of everything, and now taking care of the after stuff of it while a lot also happens, is crazy.

Personally, I will say, some of the philosophies that helped me out the most when doing this were as follows:

- Just keep pushing - Monty Oum
- The Grind - Joe Duplantier
- Discipline
- Motivation
- A Promise

I'm gonna go ahead and talk about all of these separately, trying my best to summarize what I think of all these philosophies, how I apply them to my daily life, and how they helped with the challenge. *deep breath* Alright, let's do this.

“Just Keep Pushing”, Monty Oum. Now, if I must explain who exactly is Monty Oum. Well, I know him from an anime series that I love which was made by him, along with Rooster Teeth, called RWBY. He was the creator of the series, and I believe it was about during or after volume 3 when he died. Now, I could rant and talk about the series, but that's not what I'm here for, this is about the philosophy that he used and talked about. Now, the way I interpret it, and the way I feel it most makes sense, is that when life gets hard -when it becomes difficult- you just do your best to keep living. To live on, to just keep pushing, is the way I see it. This idea has been something that I'll say has saved my life at times. There are so many times when I'm doing things, like the challenge, the document you are reading, and the other background work you don't see, I sometimes think it'll be better off if I either didn't do them or, at times, just ended it all. There are many things in life that will make you want to quit, make you want to stop dead in your tracks, yet you just have to keep pushing, just keep living on, and don't quit. If you are creative and are thinking about hanging up your towel in the field because there are so many people better than you, they make things more beautiful than, you shouldn't. You shouldn't quit, who knows if you become the next person to inspire a generation with your work, or if you become someone remembered. As well, a lot of people when they first start out with a lot of passion for what they do, yet later on many of these same people just want to quit. Why is that? Well, because when you first start you realize what a magical experience it is, and you see the people better than you and are inspired to create things like them. You think to yourself that maybe, just maybe, you can be like these same people that so dearly love. But, soon it starts setting in, the thought that there are so many people who do the very same thing you do, and many even better than you do it. You realize that there's a lot of work in order to get to where you want to be, so many long hours of relentless practice and struggle, maybe just to figure out a concept that you don't understand. Thoughts like these are something that plagues creatives and anyone who typically wants to make something of themselves. It doesn't even just stay on creatives, here's a similar situation I could say, let's take a boxer. Let's name this character Alen.

Alen was about 10 years old, watching TV and just watching the cartoons on TV, until his father came in. His father then asks him when the show was about to end, "Hey son, there's a fight on today, may I change the channel?" Alen nods his head, the show is already finished, not to mention it was a repeat episode anyway. His father grabs the remote and starts flicking through the channels until he finally lands on the sports station that's broadcasting the fight. Once the TV flicked on, Alen saw two people, in a ring, fighting each other, yet not fighting but both seemingly having fun and expressing themselves through this sport. Alen's eyes were fixed on the TV, more on the fight, and after the fight finished, he saw how both of the boxers that were fighting afterward...just smiled, laughed, and gave enough a hug as friends would. Afterward, Alen looks at his father and tells him he wants to box. That was his spark, and his father saw fire in the boy's eyes. His father said to him, "You got it, buddy, I happen to know a trainer that's really good." After two days his father takes him to a local training gym, and there they walk through the double doors, and Alen sees all the people. People with their own reasons, people with their own sparks that had a similar experience, and wanted to become boxers. The trainer recognizes Alen's father, "My God, is that you Joe? Man, how long has it been?" "It's only been a little over two weeks since we last since each other, haha." Alen's father replied laughing. "So, this your son?" the trainer asked Alen's father. "There's a fire in his eyes, and he wants to become a boxer," he said with a smirk. "Well, then let's start the training shall we?" the trainer said with confidence. That was his start, and this took on for years. 10 years later, Alen has been working hard, he's two years out of high school, and he's going to college for sports medicine, but still wants to become a famous boxer. He's been training for all that time, almost every single day since he started that day he was 10. His trainer has kept pushing him all this time, but then one day his trainer comes through the doors, and then comes up to him. He looks at Alen, and then says, "How about you go back to basic for a bit?" Alen, confused, asks him what he means by that, and his trainer replies, "You gotta go back to basics, it seems with all the advanced stuff you've forgotten what it means to have a strong foundation." Alen then tries a basic one-two punch and finds something. He realizes that the technique he thought he had mastered has been diminished to what looked like a beginner level.

Now, why would I write this short story without really an ending? Well, this gives an example of what happens to someone when a person, whether it be a creative or an athlete, when you have learned so much, but forgets something valuable. You learn something advanced but then forget the basics or ignore the basics. This, in turn, can cause people to get extremely depressed or just in their own heads. I'm going to go a little out of order and talk about motivation.

Motivation is something that can be complex, and very hard to understand sometimes, yet can be simplified so that you can understand it better. Let's take the example of Alen, he became motivated to get into the box because he watched a great boxing match. Now, this is a common story, where a person watches a TV show, Movie, Artist Concert, or a piece of media and

precedes to become motivated to go and do something. Yet, once they start doing they become excited because it's something new, but then very quickly (or in my case not so quickly, haha) the realization that there's so much work, time, effort, and many other things that go into it. Then after this moment of realization, the Motivation is gone. As a creative, or anybody, you have to remember that Motivation doesn't last, and it's something that may come and go as it pleases. Wait, then why does it seem that some people have what is limitless motivation? Well, that is something that seems to get shown a lot. Successful creatives, or anybody who seems to have a lot of motivation, typically it's a combination of having that motivation and having great discipline.

When I wrote that short story about Alen why did I choose to focus on something that happened 10 years later? Well, because that's a motivation killer to many people. You take so long to learn something that it seems to just be for nothing. But, do you really believe that Alen just had all the motivation for practice and training every single day? The truth is that Alen didn't have motivation every single day, there were days that made him want to quit. Days that seem to never end, and life troubles to go on top of that as well. But to succeed in almost anything it takes a great amount of discipline, and if you've ever searched the question on Google the answer is pretty fun sometimes. When people search the question of how does it take to master something, which apparently science says it's 10,000 hours, which equals to around 13 years of practice for every single day for two hours. (A little over a year if you just practice for 24 hours straight non-stop, haha.) This is something that can seem like a daunting task, but that's where discipline comes in. Discipline helps you stay on that everyday grind that after some years will amount to mastery of the skill.

“The Grind” Joe Duplantier, (at least that's who I can best quote it from), now I'm sure it sounds a little funny, but when you think about a grind to accomplish something it's actually extremely meaningful. Here let's just rip Joe's words from an interview so that he can explain it a bit:

“Of course, we love to grind. I don't know if there's anything better in this world than playing a riff with a drummer, just grinding it. Lyric-wise, I'm talking about transcending ourselves and overcoming our problems. We have the power. We can change things. We can bend laws. We can break walls. But we also have our routines—wake up, wash the dishes, go to work, make money. You have to surrender to that clockwork grind in order to find freedom. So do your dishes, motherfucker. You'll suffer less tomorrow.” - Joe Duplantier

Now, that's taken from an interview with Apple Music about their song Grind, which is pretty heavy and groovy as fuck. Anyway, the way I take it is like this. You, as a person, overcome things every single day, and now apply that to skills you want to learn as well. Practicing that skill often, understanding the deeper level of that skill, and basically living with

that skill of sorts. That's how I view it at least. Well, let me just say, you have to do it in a healthy way that won't harm you as well. Whether that be physical harm like your hands tensing up and hurting, or mental harm because you longer end up having a social life. Funny enough you take Monty's philosophy and Joe's you basically get, "The Grind don't stop". There rings some good truth in that statement, doesn't make it less funny though.

Now, what is this about a promise?

A Promise:

A promise, what is a promise? It's effectively a silent contract made by two people or yourself. But, what promise was made? It was a promise to myself. A promise to become a better composer, to make something bigger than what I have done before, to make something that would help me find myself more, to make something worthwhile, to make something that would be a gratifying experience, to make something that I could accomplish. To make something. Yeah, to make something is basically the promise, haha. Sorry if it wasn't as well thought out as everything else.

Welp, that's basically the whole document, haha. Yeah, it's a long one, but I tried my best to shorten some things, but I really do hope that if you made it this far that you got something out of it. I want to inspire you all to become better artists or just better people, but then again, every single person on this planet is different and shares different views on the same things. For what it's worth I don't how much my opinion and views, and philosophies, will ring in you or how much they may affect you. But, no matter how small the spark I gave you may be, I'd say that's a job well done! Well, take care everyone, I hope you all have a fantastic holiday and new year! I tried to get this document done before then so you guys could get it as a gift haha! But again, thank you, and hope you all have an amazing life! Please keep following my work if you enjoy it! Thank you for sticking with my rambling, and yeah, see ya all soon!