

Sól Griffith

Overview Assignment

Please answer whichever of the following questions are of interest to you, including none or all of them.

1. Why do you want to write?

Hello my name is Sól. I am excited to be connecting with you and beginning the lyric lab. I apologize for my delay in start.

I am someone who very deeply values communication and storytelling. Language is different for everyone and has the ability to give insight to the inner world while connecting the outer world. I like to see myself as a world builder. I deeply enjoy writing and use it to create and describe the worlds I work and play in. I'm a big fan of learning words, tone, and intentionality within language to call on emotion, and paint pictures. For all these reasons I love reading, talking, singing, and writing.

2. Why do you want to write lyrics?

I've been a singer my whole life and began writing songs very young. I don't know when I stopped songwriting as a child but I found my way back to it through picking up writing poetry in middle school. From there I began songwriting again and fell deeply in love with it. Songwriting feels like my greatest passion with singing being a close second. I write lyrics for different reasons sometimes to make sense of my own inner thoughts, others to create stories, but my root goal is the same. To make people feel seen and heard.

3. Have any of your lyrics been performed, or produced, or recorded? If so, tell me a little about that.

My lyrics have been performed, produced and recorded. I completed a degree in songwriting at Berklee. During my time there I released my first EP and would perform it around the Boston area. In 2021 I released my second EP. Additionally I am a songwriter for animation and have written lyrics for the show Little Baby Bum.

4. How does musical theatre fit into your professional life and life-goals?

One of my goals is to become one of lead songwriters on a disney animated feature length film. In learning about songwriting for animation I learned about many disney songwriting greats who began in the musical theater world. One of my biggest inspirations is Howard Ashman. While I dont have much experience in the musical theater arena I grew up listening to broadway songs every single day in the car with my dad. I know and love many musical theater songs even though I haven't yet seen many of the shows. I am working to expand my knowledge base of musical theater as a whole and am really excited to learn about musical theater writing through this course. I'd love to wind up writing for the stage and the screen.

5. Send me three lyrics of yours which you'd like me to see. Please include a very brief context for each lyric -- who's singing it, and what's happened right before the music starts? (I won't comment on them, I promise, but they might make for interesting points of reference in our feedback sessions.)

Right and Wrong

You're a mess I'm a mess too
Picking up the pieces of someone else's unrequited love
Is someone else still on your mind my love
I try hard not to see like everyone else does
Don't leave like everyone else does
Just breathe while I'm falling down too deep holding on to you and me

You're my only remedy
The only place I wanna be
We both know this will never work
Helpless when you're holding me
Like something takes control of me
Know I should leave cause this will never work
You're my only remedy
The only place I wanna be
We both know this will never work
Helpless when you're holding me
Like something takes control of me
Know I should leave cause this will never work

Don't it feel right doing everything wrong
Slipping in and out of time to our favorite song
Got the moon in your eyes
The pulls too strong

Don't it feel
Don't it feel
Don't it feel right doing everything wrong
Slipping in and out of time to our favorite song
Got the moon in your eyes
The pulls too strong
Don't it feel
Don't it feel

(following this chorus additional verse here written by a feature artist and then the pre chorus and chorus repeat)

Rollin

Rolling thunder
Singing sky
Hear my voice break
When I cry
Drown my tears out
Let them hide
Keep grief between you and I
Rolling thunder
Heavy wind
My soul
Longs for you again
Whisper sweetly
Stick to skin
Dust to dust
It's us again

Rolling thunder
Don't ask why
Things don't work with him and I
Push me forward
Blow my mind
But we cannot rewind time
Rolling thunder hold me close
Feel the breeze blow in my clothes
Goosebumps jumpin
Grazing ghosts
Sittin still in awe
While grey clouds close

Rolling thunder
Hear my cry
Promise myself I will try
Sing my story
Through the storm
Just like you do evermore
Rolling thunder
Hear I am

Chasing daydreams
While I can
Full out running right towards them
Storm chasing
who I am

Let Go

Baby did you know
You could choose to let it go
Hand over all that control
Just let grief and love overflow
I came back just to let you know
I know that no one told you so
Your support is enough no need to hang on tough

Stay grateful for all the growth
Even when youre heart is broke
Make your choice its yours alone
Theres no right or wrong in choosing you
I know you think youre their home
Your only fourteen years old
Go out there and make your own
But first youve got to learn to

Let go
Let it go
Let em go
Let go
Give yourself freedom
Feel alive alone
Create what you want
Just let go

Hey me
I know it aint easy
Giving grace or choosing me
When you think that love must mean we
Prioritizing others needs
Aint duty or intimacy
Its just a sure fire way to
Silence yourself
You teach everyone else

How to treat you now I know

Theres beauty in saying no
Intentions are not enough
No one gets to treat me rough
Saying goodbye is still hard
Boundaries are less fun then bars
Leave at the first sign of harm
Please protect your heart

Let go
Let it go
Let em go
Let go
Give yourself freedom
Feel alive alone
Create what you want
Just let go

Be what you need
Embrace life's duality
Remember that feelings fade
Scars don't always work that way
So be brave in choosing you
Trust you know what you must do
No more denying your truth
There's no one who needs you more than you

Go
Let it go
Let em go
Let go
Give yourself freedom
Feel alive alone
Create what you want
Just let go