

# STUDIO SESSION CHECKLIST

**A simple checklist to help you  
show up prepared and make the  
most of every studio session.**

## PART 01

### BEFORE YOUR SESSION

*This is about producing with intention, not just opening your DAW.*

- ☐ Define one clear goal for today's session.
- ☐ Decide what stage you're working on (writing, arranging, sound design, mixing, etc.).
- ☐ Listen to and load 2-3 reference tracks to anchor your direction for the session.
- ☐ Reduce distractions (phone, notifications, browser tabs).
- ☐ Open the latest version of your project and save a new version.
- ☐ Set a comfortable monitoring level - not too loud.
- ☐ Remind yourself: *Progress doesn't require perfection.*
- ☐ Take a moment to get excited about the idea of this session!
- ☐ Remember to take breaks, eat well, and stay hydrated.

## PART 02

### DURING YOUR SESSION

*Reminders for when you need to get back on track or keep yourself accountable.*

- ☐ Compare your track to your references regularly.
- ☐ Take a short break every 60-90 minutes.
- ☐ If you're stuck, move to another part of the track.
- ☐ Remember to save multiple versions.
- ☐ Turn your monitoring down occasionally. Your ears (and mix) will thank you.
- ☐ Have you added too many layers? Try muting one or two and see if the mix improves.
- ☐ Ask yourself: *Am I improving the track, or just changing it?*
- ☐ Ask yourself: *Have I been working too long? Am I losing objectivity?*

## PART 03

### BEFORE YOU FINISH

*Instead of just "saving your project," make it about setting yourself up for your next session.*

- ☐ Bounce a quick reference MP3 and listen away from the studio.
- ☐ Write down the next 2-3 things to tackle next session.
- ☐ Save and back up your project (*Collect All & Save for Ableton users*)
- ☐ Did you learn anything from this session? If so, write it down.
- ☐ Not every session will be fruitful, and that's okay. It's part of the creative process.
- ☐ Take a moment to reflect on your session. What went well? What could you have done to improve the session?
- ☐ Are your ears feeling fatigued? If so, work quieter next time.
- ☐ Every session is one step toward becoming a better producer!