



# GROWTH MINDSET JOURNAL FOR DANCERS



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# GROWTH MINDSET

Welcome to your Success Mindset Dance Journal. This is different from a regular journal because all the exercises in it are going to help you to become a better dancer. You already go to a dance studio so this journal isn't about teaching you to dance, it is about teaching you to unlock your true potential as a dancer, it is about teaching you to operate outside your comfort zone and showing you how you can achieve amazing things!!! Throughout the journal there are a number of worksheets. If you would like to access extra copies you can download them from Google Drive [here](#). The very first thing we need to learn is the difference between Growth Mindset and Fixed Mindset. You may have heard of these two concepts before but it is definitely worth going over them again because they are a really, really powerful tool for dancers. If this is your first time hearing about Growth and Fixed Mindset then get ready, you are about to learn something amazing! This picture gives you a good idea of what the two different mindsets are.



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## MINDSETS FOR DANCERS

FIXED MINDSET	GROWTH MINDSET
<ul style="list-style-type: none"><li>• Either I can do it or I can't</li><li>• I stick to what I know.</li><li>• Feedback and criticism are personal</li><li>• If I'm frustrated I give up</li><li>• I don't want to try anything that might cause me to fail.</li><li>• My potential is predetermined</li><li>• Failure is the limit of my abilities</li><li>• My abilities are unchanging</li></ul>	<ul style="list-style-type: none"><li>• I can learn to do anything I want.</li><li>• Feedback and criticism are constructive</li><li>• I like to try new things</li><li>• Challenges help me grow</li><li>• I am inspired by the success of others</li><li>• Failure is an opportunity to grow.</li><li>• My effort and attitude determine my abilities</li></ul>

When you dance with a Fixed Mindset you are dancing in a black and white world. You believe that your abilities are fixed, that you have little control over whether you will improve. When you read this you might think, “Hey, I don’t think like that!”, but think about this. Have you ever thought that you won’t ever be as good as one of your friends because you aren’t naturally flexible or have you ever thought to yourself that you or someone else is a ‘natural’ at some particular part of dancing? Maybe a natural turner, or naturally good at jumps? Have you ever looked at Instagram and drooled over beautiful ballet feet or displays of flexibility? If you have, then you probably are dancing with a Fixed Mindset at least some of the time. It is important to remember that you don’t operate with just a Fixed or just a Growth mindset. In all parts of life, we operate with both in different situations, the key is to move yourself towards dancing with a Growth Mindset most of the time.

As a first step to learning to dance with a Growth Mindset, try reading through these



## GROWTH MINDSET FOR DANCERS

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### INSTEAD OF

- I'm not good at this
- I give up
- It's good enough
- I can't make it any better
- This is too hard
- I made a mistake
- I just can't do this
- I'll never be as good as them
- Plan A didn't work
- All my friends can do it

### TRY

- What am I missing?
- I'll try a different strategy
- How can I improve?
- I can always get better
- I'll get this eventually
- Mistakes help me learn
- I just need more time
- I will keep striving to improve
- I need a Plan B
- I will learn from them

Don't worry if you don't quite understand everything yet, by the end of the journal you will be an expert in dancing with a Growth Mindset.

To get started, there is one very important word that you need to learn. It is a simple three letter word but it is VERY powerful!! That word is YET. Try this exercise

*The Power of*  
**YET**

Step 1. Write down 3 things you would like to be able to do but can't.

Step 2. Read the sentences aloud.

I can't .....

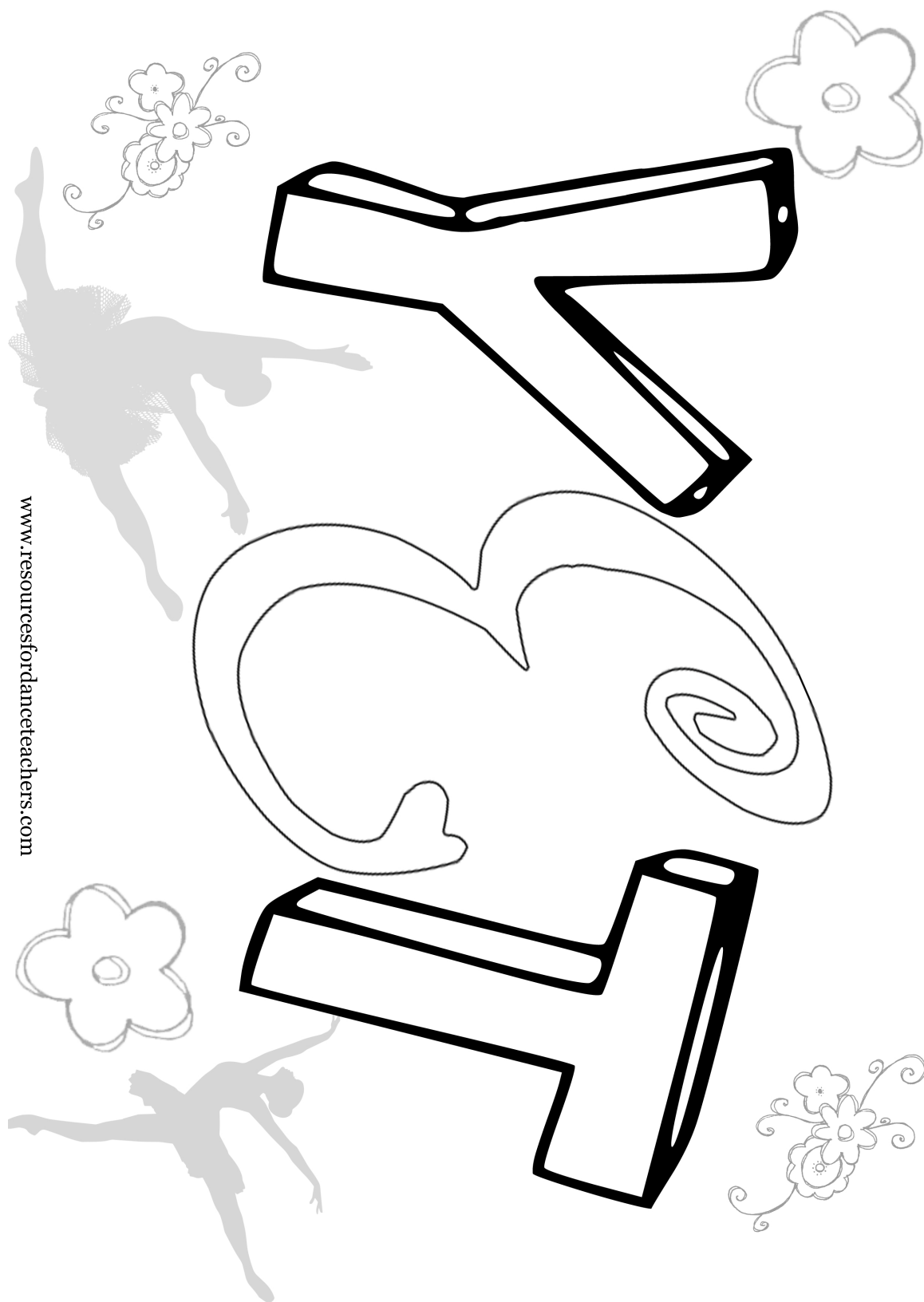
I can't .....

I can't .....

Step 3. Write a great big YET in this column. Read the whole sentence aloud including the YET. Doesn't that feel great!.

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See what a powerful word it is. Yet is more than a word, it is like a magical land. You might not be able to do something today or even next week, but never forget about the land of YET. In the land of YET all your goals are achieved and the best part is, anyone can get there. Just keep striving and working and picking yourself up when you fall down. From now on, if you ever hear the word CAN'T coming out of your mouth, remember to quickly add the word YET to the end of your sentence. You will be amazed at the difference. Color in this sheet and put it up somewhere you see everyday to remind yourself.



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# SUCCESS & EFFORT

The important thing to learn here is that we are all a work in progress. Sometimes we see other dancers in class, at competition or on Instagram and we think of them as being 'successful'. We see the 'Success'. We see the fantastic flexibility, the impressive turning sequences, the dynamic jumps and we think WOW! They are so talented. It is fine to be inspired by others so long as we

- A) Appreciate the effort behind the success
- B) Turn inspiration into motivation

The next two exercises will help you with this. Have a look at the picture below. It clearly shows the relationship between Success and Effort. The part we see, the 'success' is just the tip of the iceberg. The part below, the work, the effort, the failure, that's the part we don't see and it is so much bigger than the success.



Now it is your turn. Above the line, write something that you have achieved. It might be a new skill or an award at a competition. Maybe you've improved at fixing your corrections. Underneath write down some of the things you did to achieve the success.

Write down one of your achievements on the tip of the iceberg and then all the work you did to achieve it below the water. Which part do you think is most important? The achievement above the water or the work below.

*My achievement:*

*My work:*



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Now that you are starting to learn a little bit more about Growth versus Fixed Mindset, try this Mindset match game.

GROWTH MINDSET

Fixed mindset	Growth mindset
I just can't do this	I will keep striving to improve
It's good enough	I'll try a different strategy
I'll never be as good as them	I will learn from them
All my friends can do it	How can I improve?
I give up	I just need more time

**Match the pairs and change your mindset**  
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FOR DANCERS

Here is another way to think about it. Above the line is the 'Success' we see and below the line are all the things we don't see. Next time you see someone that you think is super successful, be motivated by their success but never forget the effort and dedication that the success took.

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# Success

IS NOT ALWAYS WHAT YOU SEE

WHAT WE SEE

Featured roles      Success      Being 'amazing'

Results      Winning prizes      Opportunities

Skills

Trophies

WHAT WE DON'T SEE

Failure

Trying and trying again

Bad days

Effort

Practice

Showing up to class

Hard Work      Dedication

Sweat

Tears

Struggling

Striving

Persistence

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Now that we have examined the relationship between Success and Effort it is time to look a bit more closely at the concept of Success and the concept of Failure.

# Success

Later on we will talk more about setting and achieving goals. Today we are just focusing on the keys to success.



What does success mean to you today?

Date: \_\_\_\_\_

My definition of success: \_\_\_\_\_

\_\_\_\_\_

Success is preparation.  
It is knowing you have done everything you could to prepare and have done the very best performance you could.

Now write down some of the things you can do to achieve YOUR success



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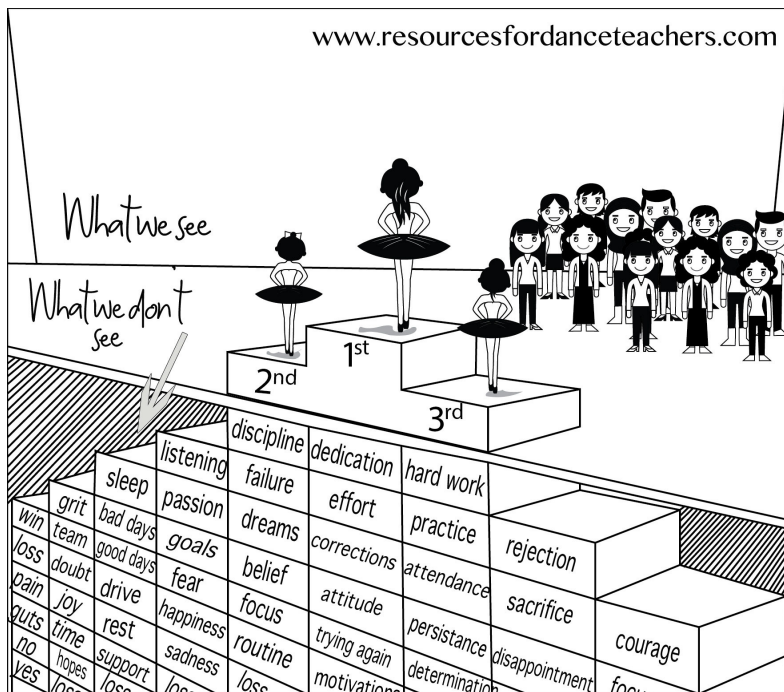
# Success

Before we can start to unlock the key to success, we need to define what success means to you. First of all, write down some of the things that 'signal' success to you. These are symbols of success, things that make you think someone is successful. For example, trophies, awards etc



Symbols of success are nice to collect, but they are just that, a symbol. It is important to recognise the work that goes on to achieve the success you see and to start thinking about the kinds of everyday things you need to do in order to achieve the things you want.

It is also important to remember the success can mean different things to different people at different times. Your definition of success can change as you set and achieve new goals. One thing remains the same though, success takes dedication, commitment and effort.



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These worksheets helped us to understand that success is very personal and that 'symbols' of success are just that, 'symbols'. They are nice to collect and can help keep us motivated to keep working on our goals, but it is more important to consider the work and effort behind these symbols and think about what else we can achieve once we really put our minds to it. If all we really wanted was a trophy, we could just go out and buy one.

# FAILURE

Now that we have thought about and defined our own personal success, let's think about Failure. It is a word that we sometimes don't like to think about, failure is not negative, it just means that we didn't achieve what we wanted to at the time. Failure can be very positive. When we fail we learn lots of information that can help us to do better next time. It can motivate us to keep working, it is part of the learning process. There are many 'famous failures'. One that you might find interesting is Misty Copeland. Apart from the struggles she had to get where she is today, she also experienced a very 'famous failure'

One night while performing her 32 fouettés in her role as Odile, she fell out of them and failed to complete her fouettés. She was then attacked online for being an embarrassment to the American Ballet Theatre. You can find out more about this by looking it up online, the most important thing is not whether she fell out of her fouettés or not, but rather her response. Misty herself didn't focus on the failure, she focused on what she had achieved and treated the incident as a chance to learn and grow. You can see what she wrote about it here. Here is the message sent to Misty...



mistyonpointe  
1.8m followers

View Profile



Henrietta  
@miss\_hokie



THIS is why [@mistyonpointe](#) is the WORST and why it's an embarrassment to [@ABTBallet](#) to even have her on the roster, much less as a principal dancer. No wonder the rest of the world thinks American ballet is a joke.



And here is how she responded. Notice how she describes herself as a work in progress and states that she will never stop learning. This is the kind of mindset that we are trying to develop by using this journal. Next time you are beating yourself up for something you see as a failure, try to change the way you think by using a Misty Mindset.

[View More on Instagram](#)

♡ 💬 ↗


99,196 likes

mistyonpointe

Link in my profile. I'm happy to share this because I will forever be a work in progress and will never stop learning. I learn from seeing myself on film and rarely get to. So thank you. I will always reiterate that I am by no means the best in ballet. I understand my position and what I represent. I know that I'm in a very unique position and have been given a rare platform. All I've ever wanted is to bring ballet to more people and to help to diversify it. I've worked extremely hard to be where I am and I believe that what I bring to the table is authentic artistry with a unique point of view through my life experiences, and my unusual path and upbringing. Also as a black woman and black ballerina. I would love to see all of the incredible deserving black dancers get the opportunities that I have. I will forever be humbled and extremely grateful for the fact that I get to do what I love for a living, that I get to do all of the incredible roles that I do, in particular Swan Queen. There are so many ballerinas that never get to experience dancing the most iconic and demanding role in a ballerinas repertoire. I have so so so much respect for what I do and for the ballerinas I stand on the shoulders of. I'm in awe everyday that I am a part of such an incredible art form that has changed and enriched my life in so many ways and that I get to do it all with ABT. I don't decide who's promoted or what roles I dance. I never envisioned myself as the Swan Queen after being in the company for almost 15 years before i was given the opportunity. I have such deep and conflicting feelings connected to Swan Lake. As a black woman and as a ballerina given the chance to take on this role. I often question if I deserve to perform this role. My conclusion, I do. Some of the most memorable Swan Queens in history have brought so much more to this role without having to present the incredible and evolved technique of today by doing insane tricks that bring some to see Swan Lake. For the anticipated 32 fouettés. But it is so much more than that.

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Add a comment...



Try these worksheets to help you think about Failure

## ***What is failure?***

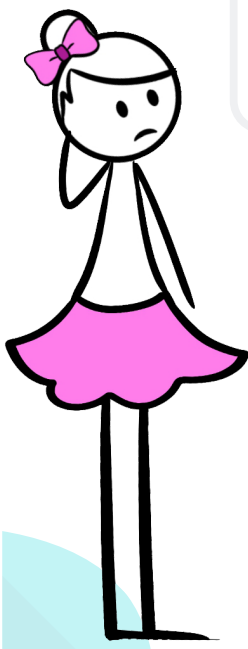
*Write down all the words that come to mind when you hear the word failure*

bad

horrible

disappointing

*Write down some of the times you feel like you have 'failed' in the past*



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*Rewrite your list of failures but this time, in the next column write down at least one lesson you learnt. They can be big or little or anything in between. At the end cut the table in half and decide which one you want to keep - the knowledge you gained or the failures you experienced.*

Failures	Knowledge
	



## Did you know failure can also be

A chance to learn

A new start

Information

Motivational

A stepping stone

Inspiration

A lesson

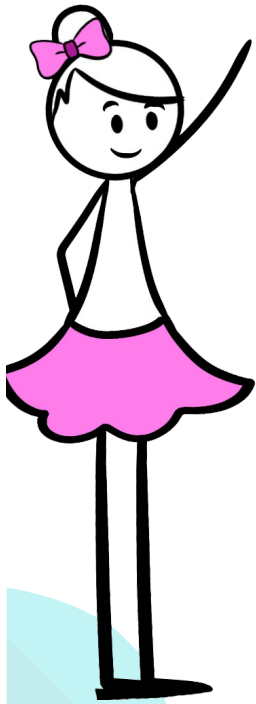
A catalyst

exciting

*"Failure is success in progress."  
- Albert Einstein*

Every time you fail, you learn something. If you fall out of a turn, the way you fall gives you a clue as to where your weight was placed. If you didn't get the placing you wanted at a competition, you can review your performance and see what you need to focus on the next week. Are your actions matching your intentions?

Did nerves negatively impact your performance? Can you tweak your pre-performance routine? Did you get distracted or focus on things out of your control? With failure comes wisdom, you choose what you want to focus on, the failure or the wisdom, the lessons, the motivation that comes with it.



*Negative results are just what I want. They're just as valuable to me as positive results. I can never find the thing that does the job best until I find the ones that don't."  
Thomas A. Edison*

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Many negative thoughts we have are about things we can't control. That is one of the reasons we worry about them. It is true that we often can't control what happens but we CAN control how we react. We can come up with a plan for how to react to each of our negative thoughts. There may be an action we could take or we may decide that this is just a thought that we need to let go.

**Look at your negative thoughts and for each one, write down how you can deal with it. From now on, whenever that negative thought or fear pops into your head you can let it go knowing that you have a solution.**

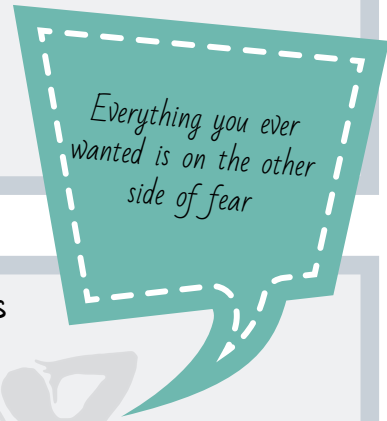
Example

Fears

I will forget my solo  
My music will stop  
I won't get my aerial  
People will think I'm not very good  
All my team mates will place and I won't

Solutions

I will improvise  
I will practice without music just incase  
It's just one tiny part of my dance  
I can't control that - let it go.  
I will be happy for them and work  
out what I can do to do better  
next time



**Now you try,**

Fears



Solutions



**Remember - use your energy to focus on things you can do and let go of worries and fears that you can't control. They will suck up your valuable energy.**

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# ROADBLOCKS

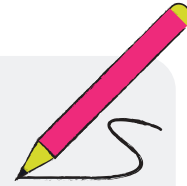
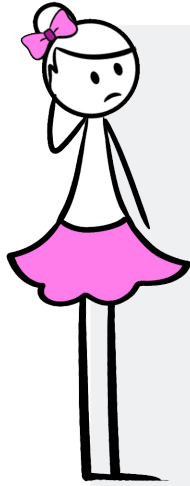
Now it is time to think about some of the things that can prevent us from achieving the success we are looking for. These things are sometimes called roadblocks. They are things that get in our way and stop us from achieving our personal best. Some of these roadblocks are things like nerves, anxiety, fear, distraction, lack of focus. The good news is that all of these can be overcome and we can get back to the business of achieving our goals. The first step in learning to overcome these roadblocks is to recognise which things might be roadblocks for you. Everyone will have different challenges to overcome. You might suffer dreadfully from nerves but have no trouble focusing on your goals while your friend might be cool as a cucumber on stage but never really be able to apply themselves to the task at hand.

Let's start by thinking about Confidence. It is normal to feel different levels of confidence depending on the situation. For example, you might feel super confident performing a routine you have practiced many times but not so confident taking a master class. Let's try these worksheets to help us think about Confidence and Fear and discover whether either one of these is holding you back.



## confidence and fear

Everyone has self doubt, negative thoughts and fears. The key to learning how to deal with them, banish them and replace them with oceans of positivity. Write down some of your self doubts and fears in the box. These are your negative thoughts, the thoughts that tell you that you won't succeed. Maybe you think you aren't good enough, or that you think you aren't a natural turner? Write them all down, even if they seem a bit silly.

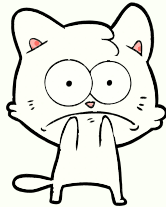


***"Whether you believe you  
can do a thing or not,  
you are right"***

**Henry Ford**

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Other roadblocks that we sometimes face as dancers, are nerves and anxiety. It is quite normal to feel nervous before a performance, nerves can even help us to perform extra well but there are times when nerves negatively impact our dancing. Try working through this sheet to discover some ways to help deal with feelings of nervousness.



# NERVES

## Why do I feel nervous?

There are many reasons we feel nervous when we are performing.



What makes you feel nervous before a competition?



What kinds of things do you do when you are nervous? Do you practice over and over, do you feel sick, do you feel excited or something else?

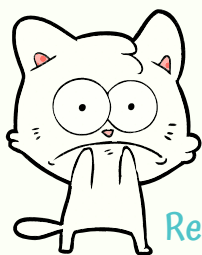
Do you think nerves have a positive or negative impact on your performance or a bit of both?



BOTH



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# NERVES

## What can I do about it?



Remember, nerves aren't bad, it is just how we react to them that can cause problems

### Visualise

Imagine yourself performing well. Close your eyes and see yourself dancing every step of your routine.

### Music

Create a playlist that helps you feel calm and confident.

### Confidence

Focus on past successes, on positives, let go of negative thoughts and self doubt.

### Breathe

Deep breathing or even performing a set of stretches or exercises can help calm your nerves.

### Routine

Create a pre competition routine. eg, stretch, barre, listen to music, visualise.

### Checklist

Be prepared, have a checklist so you are confident you have everything you need

### Control

Focus on things you can control, don't spend time thinking about things out of your control.

### Self Talk

Make a list of positive affirmations and quotes that you can tell yourself before performing

### Practice

Work as hard as you can in class so that when you go on stage you know you have done the work

### Positive

Try to think positive thoughts. If negative thoughts creep in, try to reframe them as a positive one

### Present

Focus on the task at hand, try not to think about the larger picture, just think about what you have to do today for THIS performance. You are aiming to meet your own personal goals. Focus and enjoy

### Focus

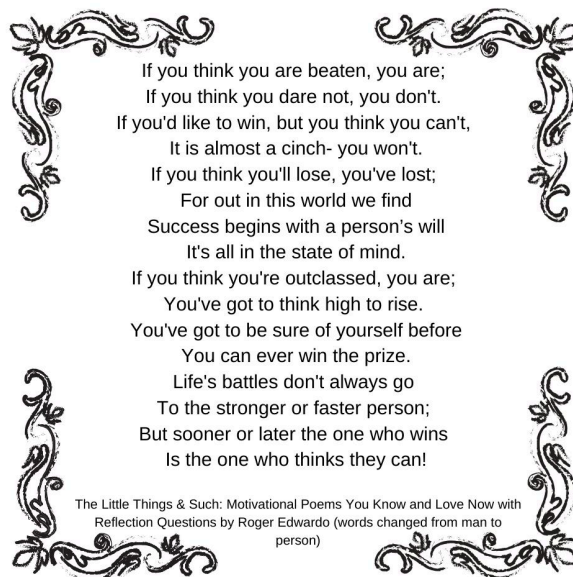
Practice laser focus. Try to block out other distractions and focus on the task at hand.

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# LASER FOCUS & UNICORNS

Once we have gotten our nerves under control it is time to think about Laser Focus. This is particularly important when it comes to performing, whether it be on stage, in an exam or an audition. Just before we step up to our big moment, there are all sorts of things we can be focusing on. It is super important that we choose to focus on the RIGHT kinds of things.

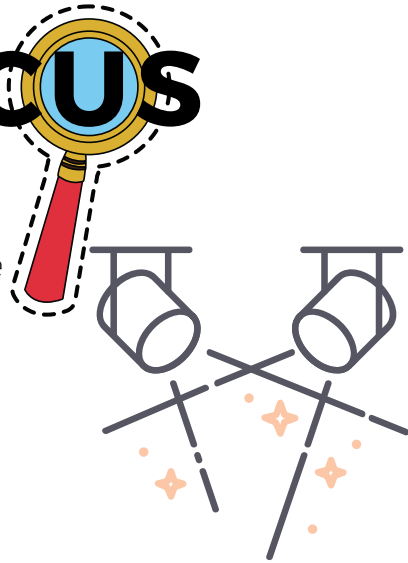
The next worksheet looks at the kinds of things you might do before going on stage and helps you examine whether your pre-performance routine is positive or negative. Those last few moments before you go on stage can have a huge impact on how you perform. Have you ever been really worried about a certain step and practiced it over and over only to bobble it on stage? Or perhaps you managed to do the hard parts of your routines well but made a silly mistake in one of the easier parts. These types of things are the result of your pre-performance routine. If you keep telling yourself you are going to wobble on a particular step, you most likely will. If you spend the time before you go onstage watching and feeling intimidated by other dancers, you will not step on the stage primed to do your best. Paying attention to the final minutes before you grace the stage can make an enormous difference.



# LASER FOCUS



Feeling a little bit nervous and excited can help our performance but when we are overly nervous and anxious, nerves act like an anti-focus. They pull our attention away from the positive thoughts that can help us achieve our best. We want to shine our spotlight on the things that will help us succeed and leave the negative thoughts and emotions in the dark.



Cross out the negative thoughts, emotions and behaviours and circle the positive thoughts and practices, the ones that will enable us to be hyperfocused and successful

Focusing on other competitors

Reframing negative thoughts

Listening to other people's negative thoughts

Doing an effective and appropriate warm up

Looking at social media

Fixating on a particular step and worrying you won't do it well

Thinking about a time that you didn't do well

Being well prepared

Worrying about what other people will think

Visualising a successful performance

Listening to your music

Telling people that you are going to do badly

Playing with your friends

Believing in your abilities


Arguing with your mom

Repeating positive sayings or mantras

Letting go of your fear of failure

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Another way to think about banishing negative energy is to become a Unicorn Dancer. It doesn't mean that you shouldn't feel negative emotions or even that you should be happy all the time. Being a Unicorn Dancer means that you have a strategy for dealing with negative emotions around your dancing. Work through the following worksheets including some more work on the Power of YET. Then fill in the Unicorn Dancer certificate. Once you have completed your Unicorn Dancer Worksheets, have your parent or teacher check them and then fill in the certificate below. Print it out and put it somewhere you can see it everyday to remind yourself of your new Unicorn ways.



## Smashing negative energy

### *How to be a unicorn dancer*

As dancers we receive feedback all the time from our teachers, from our parents, from adjudicators and from social media. But, have you ever thought about the kind of feedback you give yourself? Self feedback what you tell yourself. This can be incredibly powerful but can have either a positive or negative impact depending on how you use it. It is time to learn how you can use this power to smash negative energy. And the best part is that it is actually really easy to do, all you need to do is shift your thinking slightly and you will harness the power of the Unicorn Dancer.

**Negative thought**  
Eg: I suck at turns

**Neutral thought**  
Eg: I am working on my turns

**Positive thought**  
Eg: My turns are improving everyday

Now you try. Write down one negative thought you have had about yourself and then try turning it into a neutral and then a positive thought. From now on, every time you notice a negative thought pop into your head, change it to a positive one. You will be amazed by the results.

**Negative thought**

**Neutral thought**

**Positive thought**

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Now that you know how to smash those negative thoughts, there are a few more Unicorn dancer tricks to learn.



## The power of YET

Think of your thoughts like a ladder. You can get stuck on the bottom rung, thinking negative thoughts or you can climb through the clouds of negativity and reach for the stars, all by using one simple word.

### Top step - setting goals

eg. I can't do a triple turn...YET, but this is what I'm going to do to get there.

### Middle step - YET

eg. I can't do a triple turn...YET  
I'm not good at turns...YET

### Bottom step - can't and not thoughts

eg. I can't do a triple turn.  
I'm not good at turns

Now you try. In the first column write a can't or not thought that you have had about yourself. In the middle column, rewrite that same thought but add the word YET onto the end of your sentence and in the third column, write down some of the things you can do to achieve your goal.

Bottom step  
can't and not thoughts

Middle step - YET

Top step - setting goals

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# Congratulations

*This is to certify that*



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*is now a fully qualified*

UNICORN DANCER

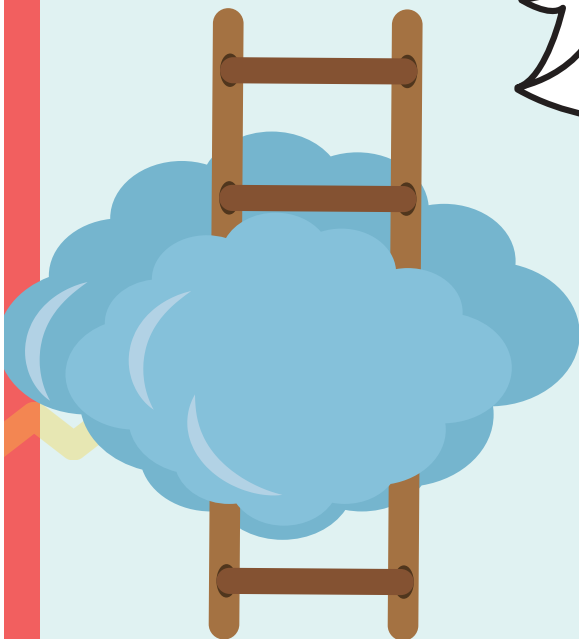


*signed*

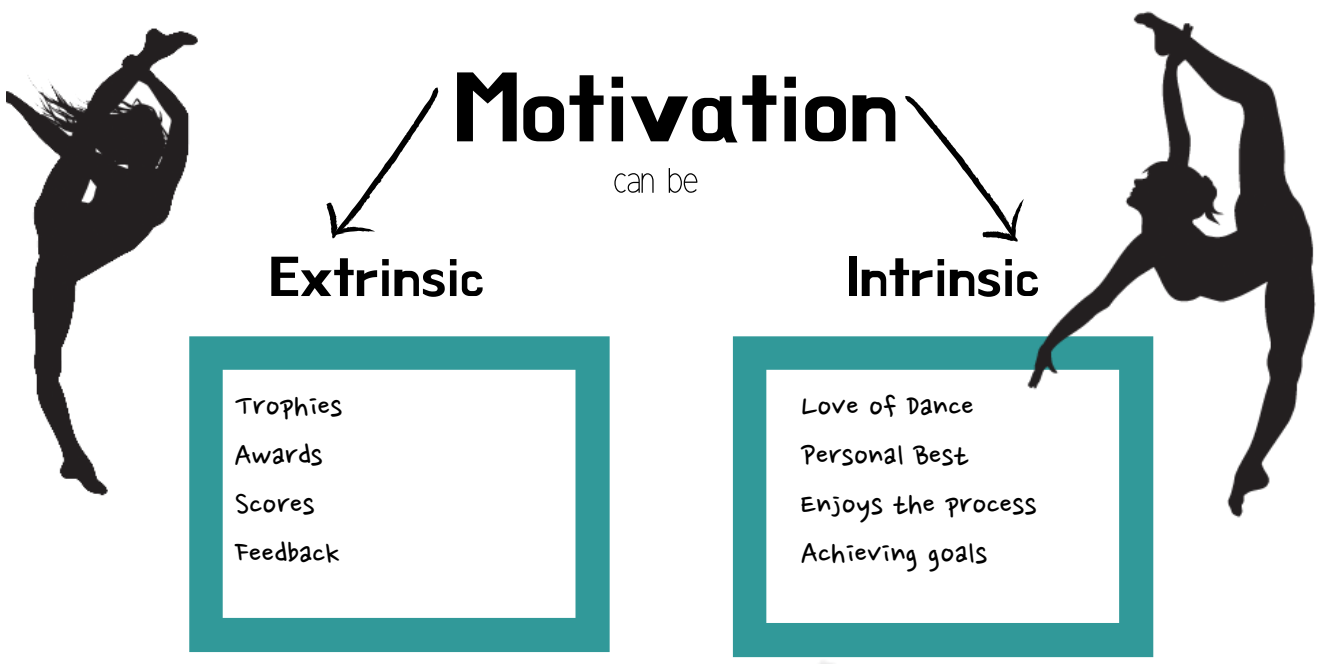
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*date*

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Do you think you are more extrinsically motivated or intrinsically motivated or a bit of both?

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Some days it's hard to feel motivated. Luckily there are many things we can do to help with motivation.

Create a motivational playlist

Set goals and regularly review your progress

Reflect on your classes to see what improvements you could make and celebrate what went well

Make a collection of inspirational quotes

Create a vision board which focuses on what you want to achieve

Listen to motivational speeches (try Spotify)

Look back at old pictures and videos to see your progress

Make a collection of inspirational quotes

Use a tracker to track your progress

**What motivates you?**

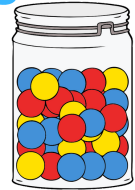
# INTENTIONS & ACTIONS

Now that we understand a bit more about motivation, time to touch on a bit of a difficult topic. The thought of this can be a bit icky but it is time to think about whether our actions match our intentions. This is a really BIG concept but once you understand it, your progress will skyrocket!! Saying that we want to do something is pretty easy. We can go round saying that we want to be the best dancer ever. We can easily say that we want to do clean triple turns on both legs or that we want to win a certain award but actually setting our mind to achieving these things is a whole lot more difficult. There are SO many things that can take our focus away from what we want to achieve. Luckily for us, we can be in control of what takes our focus. Sure there are certain things we have to do each day but there is always some time where we can choose where to put our focus. This is where matching our intentions with our actions comes in. We need to sit down and figure out whether the things we are doing each day are helping us towards our goal. Let's take some simple examples to help us understand.



# Matching intentions with actions

## Case Studies



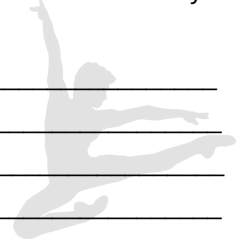
**Student 1:** Student number 1 rarely misses class. One of her strongest things is her turns. When she is in class, she practices her turns constantly. Her friends are always super impressed by her turns.

Student 1 is very popular and this is important to her and she is very focused on being well-liked and popular. She whispers with her friends when she is waiting for her turn and they always have a great time in class and love coming to dancing. There are a few girls in class that they are jealous of. Student 1 and her friends think it is really unfair that those other girls are always in the front line and they secretly call them the teacher's pet. Student 1 struggles a bit with her flexibility so she avoids stretching where she can. One of her teachers keeps correcting her alignment in kicks but student 1 knows that this teacher just doesn't like her so that's why she is always picking on her. When she is not in class, Student 1 spends her time on social media, shooting turning videos and hanging out with friends. Student 1's goal is to win an overall award and that she would like to be chosen to have a featured role in a competition routine.

After reading the description of Student 1, do you think her actions are in line with her intentions? Do you think her actions will help her achieve her goal? \_\_\_\_\_

If you had to say what was most important to Student 1, what would it be? \_\_\_\_\_

If you were to give her some advice, what would it be? \_\_\_\_\_

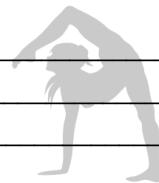


**Student 2:** Student number 2 also rarely misses class. She is very flexible on her right side but struggles with her left. Whenever she has a spare moment in class, she tries to work on her left side flexibility and also practices balancing on relevé for her turns. She has also just started a stretching routine at home. She finds it difficult but she is persevering with it. Student 2 gives her all, every class. Sometimes she feels a bit silly doing all her facial expressions full out but her teacher keeps correcting her on her performance quality so she is determined to improve. Her best friend usually places above her. Student 2 used to feel a bit jealous, but when she stopped and looked at how hard her friend was working Student 2 decided that if she wanted to be more successful, she would have to start working that hard too. Student 2 keeps a dance journal where she records her corrections, sets goals and tracks her stretching routine. Student 2's goals are to even up her right and left leg flexibility and to achieve clean double turns on both sides by June. She takes regular photos and videos so she can compare her progress.

After reading the description of Student 2, do you think her actions are in line with her intentions? Do you think her actions will help her achieve her goal? \_\_\_\_\_

If you had to say what was most important to Student 1, what would it be? \_\_\_\_\_

If you were to give her some advice, what would it be? \_\_\_\_\_



**Student 3:** Student number 3 only ever misses class if it clashes with one of her other compulsory activities. Student 3 takes every opportunity she can. She is heavily committed to dancing but also takes cheerleading, is doing a community play and is becoming more involved with competitive swimming. Student 3 has a very hectic schedule. Her swimming coach wants her to increase her swimming training. She trains for swimming twice a week in the morning but is planning to increase it to 3 times, does cheerleading at school 3 times a week during lunch break and then comes to dance 4 evenings a week. Her swimming coach has recommended she start a strength program which she is really excited about. She has also booked in for private swimming stroke correction classes. On the weekends, when she doesn't have competitions, she rehearses for her play and goes to the pool to fit in some extra laps. Sometimes by the time she gets to dance class she is a bit tired and is always happy when she gets to have a rest. Since her swimming training has increased, she has had a few issues with her shoulder which has prevented her from going full out in class. Student 3 loves dancing and her ballet teacher would like her to take extra ballet lessons but she doesn't think she can fit them in. Student 3's goal is to be a professional dancer.

After reading the description of Student 3, do you think her actions are in line with her intentions? Do you think her actions will help her achieve her goal? \_\_\_\_\_

If you had to say what was most important to Student 1, what would it be? \_\_\_\_\_

If you were to give her some advice , what would it be ? \_\_\_\_\_

Can you see yourself in any parts of the students described above? \_\_\_\_\_

Brainstorm some ways you could improve on matching your actions with your intentions.



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Now it is your turn

## Matching intentions with actions

*Think of your day as a jar. Each day you must fit in the things you have to do, like go to school, the things you want to do, like check your social media and the things that will help you achieve your goals - like stretching at home, like giving 100% in class. Sometimes what we say we want and what we do don't match up. Like we might say we really want to achieve a first overall but then when we are in class we might talk to our friends instead of listening to other people's corrections or we might spend time on Instagram instead of doing our stretching routine at home. Think about a typical day and fill in the boxes*

Things I have to do



Things I want to do



Things that will help me achieve my goal.



Do you think you achieved a good balance? If yes then you are on your way to achieving your goals

If there are any changes you can make, cross out some of the things you think you could cut down on and add in some activities you think might be more useful.

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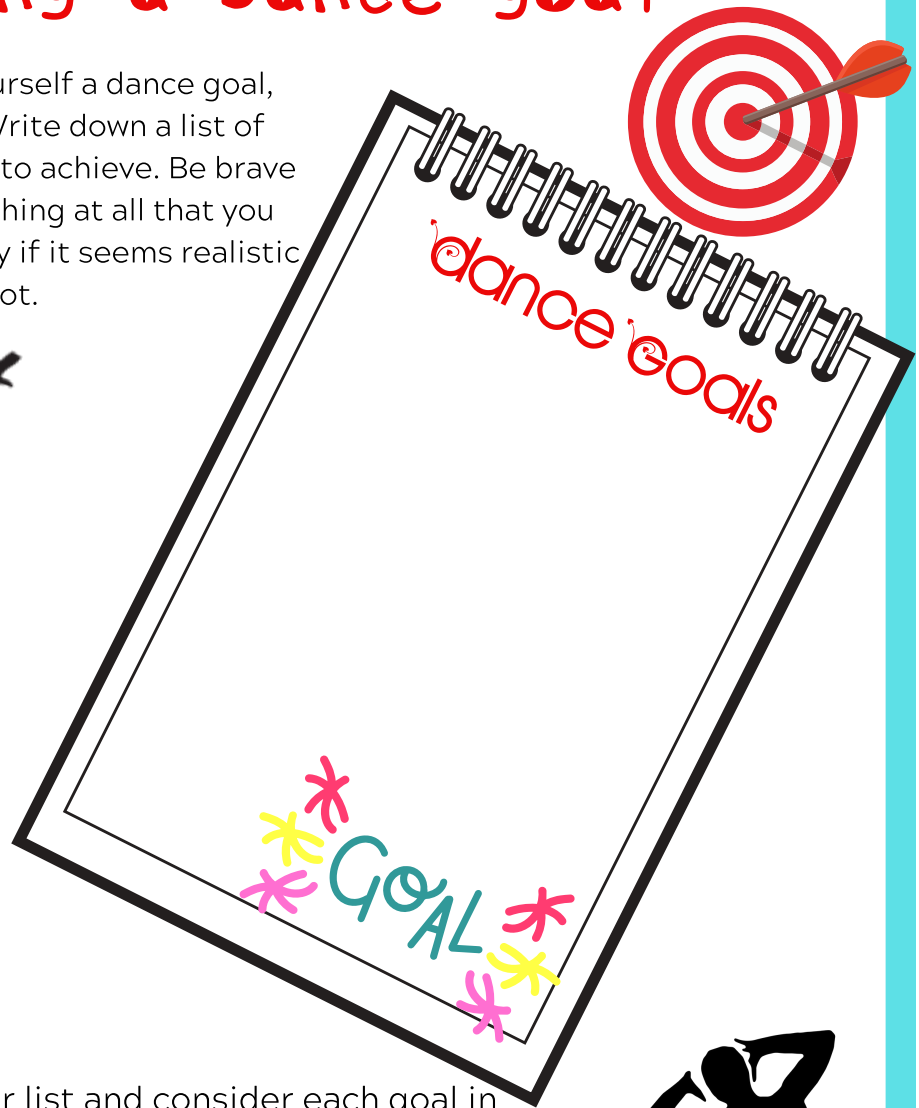
# ACHIEVING YOUR GOALS

Now that you understand a bit more about how important it is to take control of how you use your time and to match your actions with your intentions, it is time to learn about how to set goals. You probably think this is pretty obvious. You set a goal by deciding on something you would like to achieve. This is correct but if that's all you do, you won't be giving yourself the best chance to achieve that goal. Setting goals that you are actually going to be able to achieve is an art in itself. Have you ever made New Year's resolution before? Did you stick to it? Are there goals that you want to achieve but haven't actually done anything much to achieve them? That is all about to change. You are about to discover the secret to actually achieving any goal you set your mind to.



# Choosing a Dance goal

If you could give yourself a dance goal, what would it be? Write down a list of things you would love to achieve. Be brave and write down anything at all that you would like. Don't worry if it seems realistic or not.



Now look over your list and consider each goal in turn. We are going to try to choose just one so that all your effort and motivation can be applied to that one goal. Try to choose a goal that you find very motivating and exciting and one that will make a big difference to your dancing. Take your time and when you have chosen your goal write it below. When you have done that, you can start working on the SMART goals worksheet.



My Goal \_\_\_\_\_

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Now that you've chosen your goal it is time to transfer it into a SMART goal. This is really where the magic happens. Try out this worksheet below.



# Dance Goals

Time to turn your chosen goal into a SMART goal



**Specific**  
What exactly do I want to achieve?

eg. Do clean triple pirouettes on my right side



**Measureable** -  
How will I prove it?

When I can do at least 3 in a row



**Attainable** -  
Is my goal realistic?

I can do a double, so yes my goal is realistic



**Relevant**  
Why do I want to achieve this goal?

I want to do a triple turn in my solo



**Timed**  
When is my deadline?  
(Christmas!!!)

30 days

What is my goal? Be VERY specific. \_\_\_\_\_

How will I prove it? \_\_\_\_\_

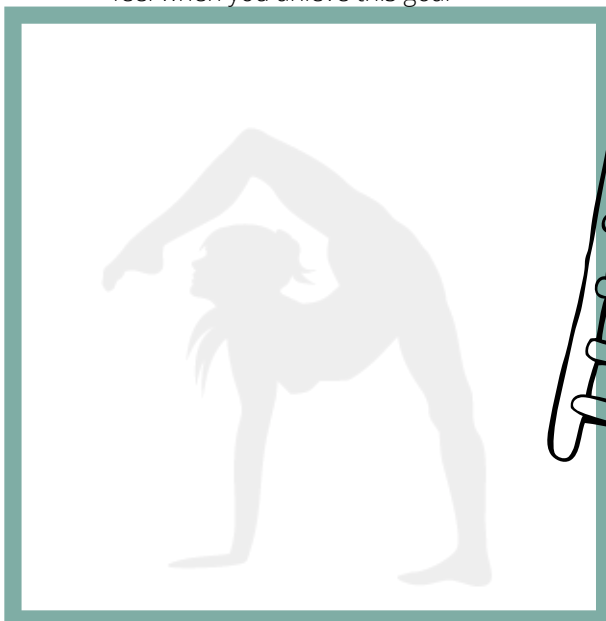
When will I achieve it by? \_\_\_\_\_

How will I feel when I achieve this goal? \_\_\_\_\_

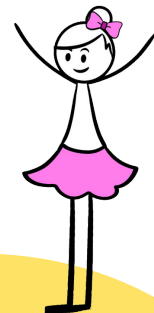
Why is this goal important to me? \_\_\_\_\_

Is this a realistic goal for me? \_\_\_\_\_

In the box below, write down how you will feel when you achieve this goal



Step by step I can achieve it



"Grit is that 'extra something' that separates the most successful people from the rest. It's the passion, perseverance, and stamina that we must channel in order to stick with our dreams until they become a reality." -Travis Bradberry

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# Why achieving a dance goal is like decorating a cake

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When we see a beautifully decorated cake, all we see is the end result, beautiful icing and decorations. What we don't see is the effort that went into mixing and baking the cake, and then carefully icing and decorating it. The same goes for when we see a dancer perform with beautiful technique, do an amazing turn sequence or display awesome flexibility. We don't see the work that went into it, just the end result.



**Step 1: Think about an aspect of your dancing that you used to find really hard but that you worked to achieve. Maybe you used to find your right leg splits difficult or maybe you used to struggle to do a single turn but now can do a clean double.**

Something I used to find difficult. \_\_\_\_\_



**Step 2: Think about why this isn't difficult for you now. Fill in the cupcakes**



**Step 3: The Power of YET.** When you are working on a goal it is important to remember that just because you can't do something, it doesn't mean you will never be able to. Read each of the two sentences and think about how each makes you feel.

I can't do a triple turn.  
I can't do a triple turn yet.

Now you try, write down a can't sentence and then add YET to the end



*I may not be there YET but I'm closer than I was yesterday*  
- Jose N. Harris

Remember, with hard work , perseverance and a positive mental attitude you can put your star on the top of your tree and achieve your goal if you keep remembering your WHY.

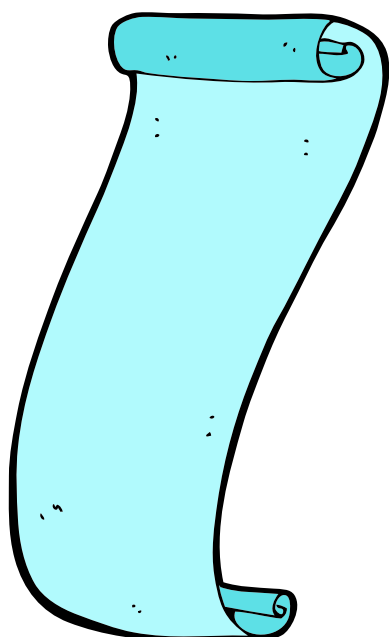
Why do I want to achieve my goal?\_\_\_\_\_

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Now that we have learned all about mindset and how you can deal with negative thoughts and have really started to think about how important effort, persistence and perseverance are, it is time to start breaking our big goal down into mini goals. This is important as it helps give us a good sense of achievement. This worksheet will also help you think about any roadblocks that you think might stop you from achieving your goal and give you a chance to brainstorm possible solutions.

# Unwrapping your goal

Write your SMART goal here



Now think of 4 mini goals you could aim for.

Think of these as steps along the way



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Sometimes even when we want to achieve something, obstacles or roadblocks get in our way. These might be things like losing motivation, forgetting to stretch, getting distracted on social media. Write down some of the roadblocks you think you might face and then find a solution.

Roadblocks



solutions



Now it is time to really get down to business, time to create your goal setting system. Taking your goals from the last worksheet, write them down next to each present and start brainstorming the kinds of things you will need to do to achieve each mini goal. You don't need to get it all done in one go.

## Creating your system

Goals set your direction but it is your system which helps you make progress.

Look back at your 4 mini goals. Write down a list of the things you will need to do to achieve your goal. These can be general eg you can write, 'stretch every day'. You don't need to write down the exact exercises. You might like to start with just goal 1 and revisit this page over the coming weeks.



Mini goal 1 - to  
do



Mini goal 2 - to  
do



Mini goal 3- to  
do



Mini goal 4 - to  
do

Time to start with Mini Goal number 1. Look at what you have written down as the general things you need to do to achieve this goal and turn them into exact steps - which exercises do you need to do, how often, how many times? This is the time to really nail down exactly how you are going to achieve your goal. It is also time to learn about a really valuable tool, the habit pie.

## Brainstorming your system

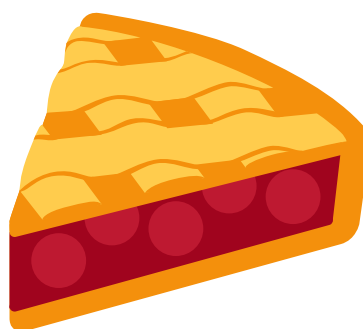
Now it is time to get specific. Decide EXACTLY what you will do this week.

Start by writing down all the things you think might be useful and then narrow down which exercises you will do and when. When you have decided on the exact steps you will take, transfer them onto The System.

## Making a habit pie

One of the keys to achieving your goals is turning your system into a habit and one of the best ways to form a new habit is to link it with an old one. Think about the time of day you would like to work on your goal and then think about another habit you have at that time. Your old habit is the pie crust and the new habit is the filling.

For example, you might do your stretching just before you brush your teeth, or right after you come home from dancing or straight after dinner.



When will I work on my goal? .....

What is a habit I usually do around this time? What is my pie crust?  
.....

What is my new habit? What is my pie filling?  
.....

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Drum roll, now you have learned about all the different tools and strategies you need to achieve you goals, it is time to write down your SYSTEM. This is where you write down exactly what you are going to do and tick off when you have done it. This is all about keeping you accountable. It's easy to just let things go when you don't make a record of it, but with this stuck up on your wall you will be reminded every day of what you have committed to do.

*Week*  **The System** 

My goal.....

This week's goal.....

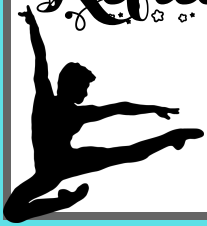
Why I want to achieve this goal.....

.....

**DO YOUR BEST**

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T O D O	M	T	W	T	F	S
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*Reflection*  What went well this week, what could I improve on?

**NEVER Give UP**

Finally, one last step in keeping you focused. The concept is 'Don't break the chain'. The longer you keep something up the easier it gets and it makes it a much bigger deal if you stop. That's what not breaking the chain is all about, it's about building a habit. For every day that you work on your goal color in a flag. The more flags you color, the more motivated you will become, try it, it is like magic!

# don't break the chain

When we track things, we are more likely to stick to them. On each of the flags below write a letter to represent the day of the week. If you start working towards your goal on a Tuesday, place a T in the first flag and so on. Every day that you work on your goal, color in a flag - don't break the chain!



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# LOCKDOWN

Lockdown was a challenging time for all dancers. Suddenly, almost without warning we were cut off from our studios and had to learn overnight to adapt to online learning. It was sometimes hard to feel motivated as we tried to juggle dancing in a small space with only a screen to communicate with our teachers. One thing that we know about dancers is that they are resilient and adaptable. Whether it be saving a pirouette that didn't quite work or dancing in the world's most uncomfortable costume we are used to adapting to all sorts of scenarios. It is useful to think about lockdown in terms of what we learned about ourselves and our relationship with dancing and what lessons we can take going forward. Try these worksheets to help you work through it.

## Lockdown 2020





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Were you able to dance during lockdown? If so what form did it take?  
Zoom lessons, videos etc?

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What were your feelings about dance during isolation?

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Did you feel more or less motivated to dance during lockdown?

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What were some of the things that impacted your motivation?

Lack of space

Lack of feedback

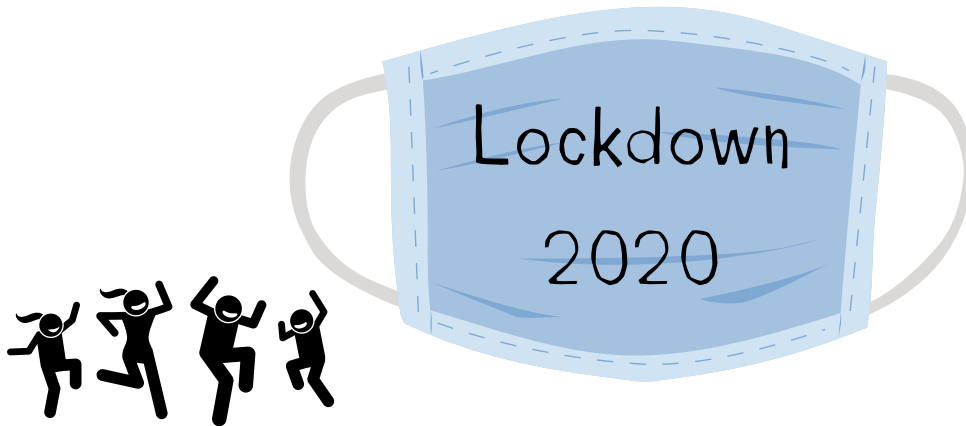
No performances

No competitions/exams

Missing face to face teaching

Not dancing with my friends

Other
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The things you missed most during lockdown are some of the things you enjoy most about dancing. They also help us understand our motivations for dancing.

## Lockdown Lessons

Even when situations are less than ideal, we can still learn from them by applying a growth mindset. Below are some of the things dancers around the world learned through problems they faced in Lockdown. There is space to add your own lessons.

### Fixed Mindset

- Not enough space
- No performances
- Missing face to face teaching
- 
- 
- 

### Growth Mindset

- Able to focus on certain steps
- Chance to refine technique
- Learning to take responsibility for own development
- 
- 
-

# CONCLUSION

In this journal we have learnt about a lot of things that can help to make us better dancers and help us set and achieve goals. These are skills that we can use in other parts of our lives as well. It isn't always easy to implement all the things we've talked about in this journal but like with anything, with practice you get better and better at it. Celebrate your successes, learn from your failures. Don't be discouraged if you don't get where you want to be right away or if it seems much harder for you than for other people. The important thing is to keep at it, to believe in yourself and to just keep striving to be the very best you can be. Below is a range of quotes to give you that extra bit of motivation.

