

The background of the entire page is a sunburst pattern with rays emanating from the center, alternating between light gray and white. A large red rectangular box is centered in the upper half of the page, containing the main title in white, bold, sans-serif font. The text is split into two lines: "YOU CAME" on the top line and "TO SLAY!" on the bottom line. A white underline is positioned beneath the word "SLAY!".

YOU CAME TO SLAY!

**The Official Goal Setting Playbook
For Dancers And Other Unicorns**

Award-Winning Choreographer And Coach

S H A W N B Y F I E L D

YOU CAME TO SLAY!

The Official Goal Setting Playbook For Dancers And Other Unicorns

Copyright © 2023 by Shawn Byfield
All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher and author at the address below.

Shawn@ShawnByfield.com
Kelowna, Canada
www.ShawnByfield.com

YOU CAME TO SLAY!

HELLO RISING STAR!

Welcome to a journey of creativity, passion, and self-discovery. Whether you're a dazzling dancer, a captivating improviser, or aspire to be a choreographer of any kind, you're about to embark on an exhilarating adventure.



BUT, LET'S SET THE STAGE STRAIGHT FROM THE GET-GO

Pursuing a career in dance is a thrilling, challenging, and ever-evolving journey. It's like stepping into a world where every emotion is a paint brush stroke, every movement a dance step, and every word a piece of a grand story.

I'm not here to sugarcoat it; this path can be demanding. You'll face auditions that feel like a rollercoaster ride, long rehearsals that stretch your limits, and moments when you wonder if all the hard work is worth it.

But here's the incredible truth: It absolutely is worth it!

In this journey, you'll find not just the artist within you but also the hero. You'll learn to thrive in the spotlight and find your rhythm in the challenges. And through it all, you'll discover an unwavering passion that can move hearts, shift perspectives, and inspire change.

This workbook is your personal guide to thriving in dance.

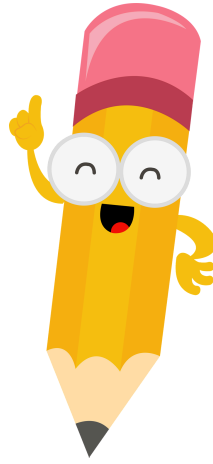
It's filled with thinking exercises that will help you hone your skills, navigate the industry, and stay true to yourself.

So, get ready to embrace every audition, welcome every challenge, and revel in every standing ovation. Your journey as a performer is about to begin!

Remember, every artist you admire started where you are – with a dream, a talent, and the determination to make it happen. You're not alone on this path; you're part of a vibrant, creative community that supports and inspires one another.

Now, turn the page, and let's start this thrilling adventure. The world is waiting to see what magic you'll create!

**- Shawn Byfield
Your Performance Coach**



How To Use This Workbook?

Welcome! ***YOU CAME TO SLAY!*** is your precious tool to expand your thinking. It's simple to use, so there's no table of contents. To get the most from this workbook:

- 1. Start at the beginning. (Look, you did that!)**
- 2. Read every page in order. Only complete ONE page of questions daily, so you can THINK about your answers. Don't skip ahead!**
- 3. Write your answers to the questions directly in this workbook.**

For the next 30 days, make time to THINK about your answers. By doing this, it will help you gain clarity about your passion for dance, and will boost your self confidence.

Enjoy the process, and happy writing!

YOU CAME TO SLAY!

7
SECTION

**GETTING STARTED
AND BUILDING
FOUNDATIONS**



**“I may not be
there yet, but I
am closer than I
was yesterday.”**

MISTY COPELAND, FIRST
AFRICAN AMERICAN FEMALE
PRINCIPAL DANCER WITH THE
AMERICAN BALLET THEATRE

WHY IS IT IMPORTANT TO — BELIEVE IN — YOURSELF AND YOUR TALENTS?

Believing in yourself is the cornerstone of your dance journey. It's the unwavering conviction that you possess something unique, something that the world needs to see, hear, or experience.

This belief fuels your passion, ignites your creativity, and gives you the courage to step onto the stage, ready to share your artistry with the world.

The Importance:

When you believe in yourself, you unlock the potential to overcome challenges, persevere through setbacks, and reach new levels of excellence.

It's your anchor during auditions that feel like a whirlwind, your motivation during late-night rehearsals, and your guiding light when you face self-doubt. **Belief in yourself isn't just a mindset; it's the driving force behind every successful dancer.**

Now, let's dive into some thought-provoking questions to kickstart your journey of self-belief:

Getting Started Questions

These questions are your first steps towards discovering and nurturing your self-belief, setting the stage for a thrilling artistic journey ahead!

1. WHAT UNIQUE TALENTS OR QUALITIES DO YOU POSSESS THAT MAKE YOU STAND OUT AS A PERFORMER?

2. HOW HAS BELIEVING IN YOURSELF IN THE PAST HELPED YOU OVERCOME CHALLENGES OR SETBACKS?

3. IMAGINE YOURSELF PERFORMING YOUR DANCE TO A CAPTIVATED AUDIENCE. WHAT DOES THAT MOMENT LOOK AND FEEL LIKE? AND HOW DOES BELIEVING IN YOURSELF PLAY A ROLE IN MAKING IT A REALITY?

WHY IS IT IMPORTANT TO SEEK MENTORSHIP?

Mentorship is your secret weapon. **It's like having your own guiding star in the creative universe.**

Seeking mentorship is not an admission of weakness; it's a declaration of your commitment to growth and excellence.

A mentor is your compass, your cheerleader, and your source of wisdom, ready to share their experiences, insights, and lessons learned along the way.

The Importance:

Mentorship opens doors that you might not even know exist. It's the difference between stumbling blindly through a dark forest, or having a seasoned guide show you the way.

Your mentor can help you avoid common pitfalls, provide valuable feedback, and introduce you to opportunities you might never have discovered on your own. It's a relationship built on trust, respect, and a shared passion for dance!

Let's answer a few questions on Mentorship:

Mentorship Questions

These questions help you understand the power of mentorship, and how it can propel your artistic growth. Mentorship isn't just about learning from someone else; it's about shaping your own path with the wisdom and support of a trusted guide.

1. REFLECT ON YOUR GOALS. WHAT AREAS DO YOU FEEL COULD BENEFIT MOST FROM MENTORSHIP, AND WHAT DO YOU HOPE TO ACHIEVE WITH THE GUIDANCE OF A MENTOR?

2. THINK ABOUT DANCERS YOU ADMIRE, WHOSE CAREER TRAJECTORY YOU FIND INSPIRING. HOW MIGHT REACHING OUT TO THEM FOR MENTORSHIP IMPACT YOUR JOURNEY?

3. SAY YOU'VE FOUND A MENTOR YOU CONNECT WITH. WHAT QUALITIES AND EXPERIENCES WOULD MAKE THEM AN IDEAL GUIDE FOR YOUR ARTISTIC ASPIRATIONS?

WHY IS IT IMPORTANT TO STAY INFORMED IN YOUR INDUSTRY?

In the ever-evolving world of the Arts, **staying informed is like knowing the latest dance move before it becomes a trend.** It's your backstage pass to what's hot, what's not, and what's on the horizon.

Whether it's new techniques, emerging artists, or industry trends, being in the know keeps your creative toolbox well-stocked.

The Importance:

Staying informed is how you avoid becoming the person who still thinks bell-bottoms are in style when everyone else is in skinny jeans.

When you're informed, you're not just keeping up; you're leading the way. You're aware of the newest mediums, the freshest voices, and the boldest ideas.

You're a trendsetter, not a trend-follower.

Let's answer some questions on Staying Informed:

Staying Informed Questions

1. WHAT ARE SOME OF THE CURRENT TRENDS OR INNOVATORS IN DANCE? HOW MIGHT THEY INFLUENCE YOUR WORK?

2. THINK ABOUT A PERFORMER WHOSE WORK YOU ADMIRE. HOW DO YOU THINK THEY STAY INFORMED AND RELEVANT?

3. IMAGINE YOU'RE ATTENDING AN EVENT FILLED WITH LEADING DANCE EXPERTS. WHAT TOPICS OR CHATS WOULD YOU WANT TO ENGAGE IN TO EXPAND YOUR KNOWLEDGE?

And remember, staying informed isn't just about the serious stuff; it's also about discovering the latest viral dance challenge or that hilarious meme. After all, a little humour and pop culture fun can go a long way in your dance journey!

WHY IS IT IMPORTANT TO EXPAND YOUR SKILLS?

Think of your artistic skills as a painter's palette. **The more colours you have, the more vibrant your masterpiece can be.**

Expanding your dance skills isn't just about becoming a jack-of-all-trades; it's about becoming a versatile artist who can adapt to any canvas, stage, or performance.

The broader your skill set, the richer your artistic expression.

The Importance:

Expanding your skills unlocks new doors to your creativity. It allows you to push boundaries, experiment with different techniques, and create art that's uniquely your own.

Plus, it keeps your passion for dance fresh and exciting!

When you expand your skills and understanding of how much dance truly exists – the possibilities become endless.

Questions To Expand Your Skills

Expanding your movement skills doesn't mean you have to master everything at once. It's about taking small steps toward growth, learning, and self-discovery.

1. WHAT AREAS WITHIN DANCE HAVE YOU NOT EXPLORED YET? WHAT PIQUES YOUR CURIOSITY?

2. GO BACK TO THAT DANCER YOU ADMIRE A FEW PAGES BACK. WHAT SKILLS OR TECHNIQUES DO THEY POSSESS THAT YOU'D LOVE TO INCORPORATE INTO YOUR OWN REPERTOIRE?

3. IMAGINE YOU'RE COLLABORATING WITH ARTISTS FROM VARIOUS DISCIPLINES. WHAT NON-DANCE RELATED SKILLS WOULD YOU WANT TO HAVE TO WORK TOGETHER?

WHY IS IT IMPORTANT TO PRIORITIZE PHYSICAL HEALTH?

Picture yourself as a high-performance sports car:

To hit top speed on the highway, you need the best fuel, regular maintenance, and a smooth ride. Right?

Your body is your vehicle for artistic expression, and physical health is the engine that keeps it running smoothly.

It's not just about looking good; it's about feeling great and performing at your peak.

The Importance:

Physical health isn't just a "nice-to-have"; it's a must for EVERY dancer. It gives you the stamina to groove all night, and the strength to command the stage.

It's also your best defence against injuries that could sideline your future career.

Plus, a healthy body leads to a healthy mind, which is essential for creativity and focus!

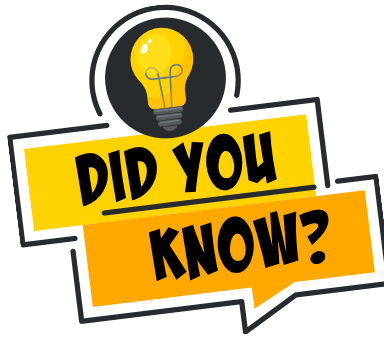
Questions To Expand Your Physical Health

1. ASSESS YOUR CURRENT PHYSICAL HEALTH HABITS. WHAT AREAS DO YOU EXCEL IN, AND WHERE COULD YOU IMPROVE TO SUPPORT YOUR DANCE GOALS?

2. THINK ABOUT A TIME WHEN YOUR PHYSICAL WELL-BEING POSITIVELY IMPACTED YOUR PERFORMANCE. WHAT SPECIFIC BENEFITS DID YOU EXPERIENCE?

3. PICTURE YOUR DREAM PERFORMANCE. HOW WOULD YOUR PHYSICAL HEALTH ADD TO YOUR ABILITY TO DELIVER A MEMORABLE SHOW?

Your body is your instrument, and taking care of it is an investment in your long-term success in dance. So, how will you rev up your engine for the artistic journey ahead?



Why We Never Say "Break a Leg" in the Arts?

Did you know this was a thing?

Let's explain the centuries-old tradition behind not saying "break a leg" and why we say "merde" instead in the performing arts...



ORIGIN OF "BREAK A LEG"

The phrase "break a leg" has a rich history steeped in superstition.

Legend has it that in the early days of theater, saying the words "good luck" was believed to bring bad luck.

Actors would resort to the opposite, wishing each other "bad luck" to ward off misfortune. Over time, this evolved into the more cryptic "break a leg."

In contrast, "merde" comes from the French word for... well, let's just say it's not the most pleasant word. But in the world of performing arts, it's a term of utmost goodwill!

The origins of using "merde" are believed to have arisen as a way to reverse psychology, much like "break a leg."

By wishing someone something negative, it's thought to bring about the opposite – a fantastic performance.

So, the next time you're in the theatre, don't be surprised to hear performers and crew whispering "merde" to each other as they take the stage.

It's all part of the intriguing, often quirky, traditions that make the world of the arts so unique!



YOU CAME TO SLAY!

SECTION

**TRAINING AND SKILLS
DEVELOPMENT**



**“All I ever
needed, was the
music and the
mirror.”**

A CHORUS LINE

WHY IS CONSISTENCY KEY TO YOUR ARTISTIC JOURNEY?

Imagine you're building a sandcastle...

...If you pause for too long, the tide washes away your progress. Sad, right?

Consistency is the steady hand that shapes your artistry over time. **It's about showing up, day in and day out, to practice, refine, and grow your skills.** It's the secret sauce that turns talent into mastery.

The Importance:

Consistency is your compass on this artistic adventure. It's the assurance that you're moving forward, **even when progress seems slow.**

By consistently honing your craft, you build a foundation of excellence that sets you apart from the rest. It's not just about the hours you put in; it's about the dedication to your craft that sets you on a path to greatness.

Here's three questions to get you thinking consistently:

Questions On Consistency

1. ARE THERE AREAS WHERE CONSISTENCY HAS BEEN A CHALLENGE FOR YOU? WHAT MIGHT BE THE UNDERLYING REASONS, AND HOW CAN YOU OVERCOME THEM?

2. THINK ABOUT A TIME WHEN YOUR COMMITMENT TO CONSISTENCY PAID OFF. WHAT IMPROVEMENTS DID YOU SEE IN YOUR SKILLS, ON OR OFF THE STAGE?

3. IMAGINE YOUR LIFE FIVE YEARS FROM NOW. HOW CAN A CONSISTENT, DAILY PRACTICE ROUTINE HELP YOU REACH YOUR LONG-TERM GOALS?

Consistency is like a muscle; the more you exercise it, the stronger it becomes. So, how will you flex your consistency muscle to reach your big aspirations?

And Here's A Bonus Question to Dive Deeper:

4. WHAT STRATEGIES OR HABITS CAN YOU IMPLEMENT TO MAINTAIN CONSISTENCY, ESPECIALLY DURING TIMES WHEN MOTIVATION WANES OR LIFE GETS BUSY?

CAN YOU THINK OF FIVE NEW HABITS TO HELP REACH YOUR GOALS?

1.

2.

3.

4.

5.

WHY IS IT ESSENTIAL TO — BALANCE — TRAINING AND EDUCATION? WHAT'S THE DIFFERENCE?

Think of **training** as the hands-on practice of your craft and **education** as the theory that fuels your creativity.

Balancing both is like having a powerful engine (training) and a precise map (education) for your artistic road trip.

Training without education is like driving without directions, and education without training is like having a map but never taking the journey.

The Importance:

Balancing training and education is your recipe for artistic success. Training hones your practical skills, while education broadens your understanding of your craft and the world around you.

Together, they create a powerful synergy that allows you to innovate, adapt, and excel!

Training and Education Questions

Balancing training and education is your roadmap to becoming a well-rounded artist!

1. DO YOU TEND TO FOCUS MORE ON TRAINING OR EDUCATION, AND WHY? ARE THERE SPECIFIC AREAS WHERE YOU'D LIKE TO STRIKE A BETTER BALANCE?

2. THINK ABOUT A PERFORMER YOU LOVE WATCHING. HOW DO YOU THINK THEY INCORPORATE TRAINING AND EDUCATION INTO THEIR ARTISTIC JOURNEY? WHAT CAN YOU LEARN FROM THEIR APPROACH?

3. IMAGINE YOURSELF ONE YEAR FROM TODAY. HOW WILL A WELL-BALANCED COMBINATION OF TRAINING AND EDUCATION HELP YOUR GROWTH AS A DANCER?

WHY IS EMBRACING FEEDBACK IMPORTANT IN YOUR DANCE JOURNEY?

Feedback is your artistic reflection. It shows both your strengths and areas for improvement. **It's not just about hearing what you want; it's about hearing the truth that helps you grow!**

Embracing feedback is a sign of maturity and a commitment to constantly evolving.

The Importance:

Feedback is your secret weapon for improvement. It's how you refine your skills, polish your performances, and stay on the path to excellence.

Constructive criticism is a gift, not an attack! It's your opportunity to learn from different perspectives, challenge your assumptions, and elevate your craft.

Plus, it shows that you're open to growth and willing to go the extra mile to be the best dancer you can be for yourself and your team.

Questions To Embrace Feedback

1. REFLECT ON YOUR PAST EXPERIENCES WITH FEEDBACK. HOW HAVE YOU TYPICALLY RECEIVED AND PROCESSED FEEDBACK, AND HOW CAN YOU IMPROVE THIS PROCESS?

2. THINK ABOUT WHEN FEEDBACK LED TO SIGNIFICANT GROWTH. WHAT SPECIFIC CHANGES DID YOU MAKE, AND HOW DID THEY IMPACT YOUR DANCING?

3. IMAGINE RECEIVING FEEDBACK FROM A RESPECTED JUDGE. HOW WOULD YOU PREPARE YOURSELF TO EMBRACE AND APPLY THEIR NOTES?

Feedback guides you toward your true potential, helping you become the best dancer and artist you can be!

WHY IS IT IMPORTANT TO LEARN FROM FAILURE?

Failure isn't the end; it's just a plot twist in your story. It's where you find unexpected lessons, hidden strengths, and the resilience to rewrite your narrative.

You won't win every time. NOBODY DOES.

Learning from failure isn't just about bouncing back; it's about bouncing forward, stronger and wiser!

The Importance:

Failure is your greatest teacher. It's where you uncover your limitations, challenge your assumptions, and build the grit to overcome obstacles.

Embracing failure doesn't mean seeking it out; it means understanding that setbacks are part of everybody's journey.

It's your ability to turn failures into stepping stones that move you forward.

Failure is not fatal. With this new insight... The only way you ever fail is if you quit!

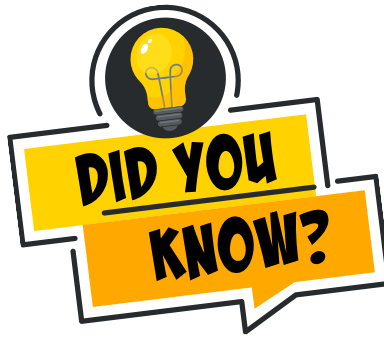
Questions About Failure

Remember this: Success isn't about avoiding failure; it's about turning every stumble into a new dance step forward.

1. REFLECT ON A TIME YOU FAILED AT SOMETHING. WHAT DID YOU LEARN FROM THAT EXPERIENCE, AND HOW DID IT SHAPE YOUR GROWTH?

2. WHEN YOU THINK ABOUT A PERFORMER YOU LOOK UP TO, WHAT KIND OF OBSTACLES DO YOU THINK THEY OVERCAME?

3. SEE YOURSELF FACING A FAILING MOMENT ON STAGE. HOW CAN YOUR WILLINGNESS TO LEARN FROM THE EXPERIENCE EMPOWER YOU TO CONQUER IT?



Your LENS Determines How You See The World



“Instead of looking at the world through the lens of what’s wrong, look through the lens of what’s right, what’s good, and what’s possible.”

Shawn Byfield

[READ MORE](#)



**JUST LIKE A
PHOTOGRAPHER, WE ALL
SEE THE WORLD
DIFFERENTLY BASED ON
THE LENS WE CHOOSE.**



How YOU see things isn't always how someone else sees things, because you don't have the same lens.

Sometimes, we're STUCK seeing things one way. Because we only have one lens in our arsenal in which to see the world.

And sometimes, that lens gets dirty! Because of what we watch, what we read, and who we spend time with.

If you're looking for a way to change how to see things, start by intentionally looking for what's right, what's good, and what's possible in the world.

When you're open to seeing things differently, you open up a world of opportunities.

And when you change the way you look at things, the things you look at change.



YOU CAME TO SLAY!

3
SECTION

**PREPARING FOR
AUDITIONS AND
PERFORMANCE**



**“I don’t want
people who
want to dance, I
want people
who have to
dance.”**

GEORGE BALANCHINE

WHY IS IT IMPORTANT TO HAVE AUDITION CONFIDENCE?

Auditions are like secret gateways; and confidence is your key to unlocking them. In the Arts, rejection can be as common as a round of applause, and that's where audition confidence comes into play.

It's not just about believing in your talent; it's about being unshaken by the word "no." Confidence isn't the absence of nerves; it's the ability to dance through the nerves and deliver a captivating performance.

The Importance:

In dance and all through the Arts, rejection is as much a part of the journey as success. **You'll hear "no" more times than you'll hear "yes," and that's perfectly normal.**

I've personally received far more rejections than acceptances! But audition confidence helped me land TV shows, films, and more.

This is your reminder that every rejection is a stepping stone toward your next opportunity.

Let's explore a few questions:

Audition Confidence Questions

Audition confidence is thick skin and mental toughness. It's understanding that rejection isn't a reflection of your worth as an artist but a part of the process. It's about being resilient, learning from every experience, and coming back stronger.

1. EVER HAD AN AUDITION WHERE YOU WERE SO NERVOUS IT AFFECTED YOUR DANCING? LOOKING BACK, WHAT WOULD YOU DO DIFFERENTLY TO STAY CONFIDENT?

2. NAME A DANCER WHO EXUDES AUDITION CONFIDENCE. WHAT TRICKS OR STRATEGIES DO YOU NOTICE THEM USING TO STAY FOCUSED?

3. SAY YOU'RE AT AN AUDITION A YEAR FROM NOW. HOW WOULD UNSHAKABLE CONFIDENCE IMPACT HOW YOU FEEL IN THE MOMENT, REGARDLESS OF THE OUTCOME?

WHY IS IT IMPORTANT TO PREPARE FOR AUDITIONS?

They say, "**Luck is when preparation meets opportunity,**" and in the Arts, auditions are your opportunities.

Preparing isn't just about nailing the audition; it's about showing your dedication, respect for the craft, and your ability to deliver under pressure.

The Importance:

Audition preparation is your compass in the unpredictable world of showbiz. It's where you can control the controllable. It's the assurance that when you step into the room, you're ready to shine.

Plus, it demonstrates your professionalism and commitment to every casting director, choreographer, or producer.

In my own journey, I've learned that the more prepared you are, the more confidently you can adapt to unexpected challenges. Whether it's a sudden script change or a last-minute dance routine adjustment, preparation is your safety net.

Questions About Preparation

It's better to be prepared for an opportunity and not have one; than to have an opportunity and NOT be prepared!

1. REGARDING YOUR AUDITION PREPARATION ROUTINE, ARE THERE AREAS WHERE YOU COULD ENHANCE YOUR PRE-AUDITION PROCESS? IF SO, HOW?

2. WHAT AUDITION HABITS DO YOU THINK PROFESSIONAL DANCERS USE THAT YOU CAN INCORPORATE?

3. VISUALIZE YOURSELF AT A HIGH-STAKES AUDITION FOR A POP STAR. WHAT WOULD YOU RESEARCH IN ADVANCE TO BOOST YOUR CONFIDENCE?

WHY IS IT IMPORTANT TO MANAGE STAGE FRIGHT?

Stage fright is that flutter in your stomach and the jitters in your limbs. If you feel it, that's a good thing! It's a common companion for artists.

It's not about banishing it entirely; it's about taming it and turning it into fuel for your performance.

Managing stage fright is essential because it ensures your audience sees your talent, not your nerves. It's about delivering your best even when butterflies are dancing in your stomach.

The Importance:

Stage fright isn't a sign of weakness; it's a testament to your passion. It's your body's way of saying, "This matters to me."

But unmanaged stage fright can hinder your performance. It's like having a thoroughbred racehorse but not knowing how to steer it. **When you manage it well, stage fright can become a source of energy and focus.**

Ready to dive in?

Questions About Stage Fright

1. HOW HAS STAGE FRIGHT AFFECTED YOUR PERFORMANCES, AND WHAT DO YOU DO TO MANAGE IT?

2. THINK ABOUT A FAMOUS SINGER. WHAT DO YOU THINK THEY DO TO BE CONFIDENT ON STAGE? CAN YOU INCORPORATE SOME OF THEIR CONFIDENCE INTO YOUR OWN ROUTINES?

3. HOW CAN MANAGING STAGE FRIGHT ENHANCE YOUR ABILITY TO CONNECT WITH YOUR AUDIENCE? WHAT IMPRESSION WOULD YOU LEAVE THEM?

Stage fright can be a powerful ally when you know how to manage it. So, how will you turn those pre-performance butterflies into eagles of excellence?



Here's five simple tips pro dancers use to manage stage fright:

1. **Deep Breathing:**

Inhale for a count of four, hold for four, exhale for four. Repeat. It calms nerves instantly.

2. **Visualization:**

Picture a successful performance in vivid detail before stepping on stage.

3. **Physical Warm-Up:**

Stretch, shake out your limbs, and do fun exercises to release tension.

4. **Positive Self-Talk:**

Replace negative thoughts with positive affirmations, like *"I'm so ready"* and *"I got this."*

5. **Mindfulness:**

Find a spot to be alone. Use it to lay down, wear headphones, or drink some water to stay present in the moment.

WHY IS IT IMPORTANT TO NAIL THE AUDITION?

In auditions, you want to make a killer first impression.

Nailing the audition isn't just about impressing judges; it's about showcasing your unique flair, leaving an unforgettable mark, and making them say, "*We've got to have this dancer!*"

Remember, the Arts is a tough business... but guess what? **You're tougher.**

The Importance:

Auditions are your chance to shine like a disco ball in a dark room. It's your moment to show that you've got the moves, and the charisma to steal the show.

And hey, a flawless audition **doesn't mean you need a flawless performance.** It's about turning imperfections into charm and transforming nerves into fuel for your fire.

These questions will help you become an audition pro:

More Audition Questions

Remember: auditions are like dating – you've got to be yourself, show off your quirks, and hope they fall head over heels with you! How will you make the judges say, "Wow, we've found our next dance crush!"?

1. EVER HAVE AN AUDITION WHERE YOU FELT YOU TRULY NAILED IT? WHAT CONTRIBUTED TO YOUR SUCCESS? CAN YOU REPLICATE THAT IN FUTURE AUDITIONS?

2. THINK ABOUT ONE OF YOUR DANCE COACHES WHO'S BEEN TO AUDITIONS. WHAT QUALITIES DO THEY HAVE THAT YOU COULD LEARN FROM?

3. IMAGINE WALKING INTO AN AUDITION ROOM WITH ABSOLUTE CONFIDENCE. HOW WOULD THAT AFFECT YOUR PERFORMANCE AND THE WAY YOU PRESENT YOURSELF TO THE JUDGES?

WHY IS IT IMPORTANT TO HANDLE REJECTION GRACEFULLY?

Rejection is the storm every artist faces in this industry. It's not a question of if, but when.

Learning how to weather this storm is essential because it's not the rejection itself that defines you; it's how you RESPOND to it.


Handling it gracefully isn't just about keeping your chin up; it's about finding valuable lessons in each setback, which strengthens your resilience.

The Importance:

Handling rejection gracefully is your armour, your shield, and your secret weapon. It's how you stay unbroken through the highs and lows.

EVERY artist you love faced rejection.

Take J.K. Rowling, for instance. Before her magical success with Harry Potter, her book was rejected by multiple publishers. **But she didn't let rejection define her; she used it as motivation to keep going.**



10 Real-Life Examples Where Rejection Happens:

1. Auditions:

Whether you're an actor, musician, or dancer, auditions will come with rejection.

2. Submissions:

Writers, artists, and photographers can face rejection when submitting their work to publications or galleries.

3. Casting Calls:

Models and actors may not always land the character roles they audition for.

4. Portfolio Reviews:

Artists and photographers might receive disappointing feedback during portfolio reviews.

5. Scholarships and Grants:

Creatives looking for financial support may face rejection in grant applications.

6. Pitching Ideas:

Writers, screenwriters, and content creators can have their pitches declined.

7. Exhibition Proposals:

Artists proposing solo exhibitions may not always get accepted.

8. Competition Entries:

Entering contests or competitions can result in rejection.

9. Collaboration Proposals:

Musicians, filmmakers, and other creatives may have their collaboration ideas declined.

10. Promotion and Recognition:

Rejection can occur when seeking a promotion or recognition in your field.

Questions About Rejection

Rejection is like a side character in your creative saga – it's there to add depth to your plot, not to steal the show from the main character (YOU).

1. WHAT WAS THE BIGGEST REJECTION YOU'VE FACED?
HOW DID YOU INITIALLY FEEL, AND HOW DID YOU
EVENTUALLY COPE WITH IT?

2. THINK OF A FRIEND WHO'S BEEN OPEN ABOUT THEIR
EXPERIENCES WITH REJECTION. HOW DID THEY BOUNCE
BACK? WHAT WISDOM CAN YOU TAKE FROM THEIR
EXPERIENCE?

3. HOW WILL YOU USE A FUTURE "NO" AS FUEL TO PUSH
FORWARD AND PROVE THAT SETBACKS DON'T DEFINE
YOUR STORY?

Five Sentences To Gracefully Handle Rejection:

1. *"Thank you for the opportunity; I appreciate the feedback."*

(Express gratitude for the chance and openness to learn)

2. *"Rejection is a part of this journey; I'm committed to growing from it."*

(Embrace rejection as a catalyst for growth)

3. *"I believe in the value of my work, and I'll continue to refine it."*

(Affirm your self-worth and dedication)

4. *"Every 'no' is one step closer to the right 'yes.'"*

(View rejection as a stepping stone)

5. *"Thank you for your notes. I hope you'll consider me for future collaborations."*

(Maintain a positive and professional connection)



What's another unique sentence you can add to gracefully handle rejection?

YOU CAME TO SLAY!

SECTION

**NURTURING A LONG-
LASTING CAREER**



**“Open your mind
and heart to new
things, new people,
new experiences.
That’s how you get
new results.”**

SHAWN BYFIELD

**** IMPORTANT LESSON ****

THERE'S A BIG DIFFERENCE BETWEEN CONFIDENCE AND COCKINESS



Success in dance can be a wild ride, like a rollercoaster of applause and admiration.

You'll experience fantastic moments filled with praise from friends, teachers, judges, family and more.

With all this attention, it's easy to let it get to your head!

The key is to stay humble.

Staying grounded is the seatbelt that keeps you safe when the ride gets thrilling.

It's not about resisting the joy of success; it's about enjoying it without losing your balance.

Success can be a dazzling spotlight, boosting your confidence, but it can also cast deep shadows, making you too prideful.

Staying grounded ensures you don't get lost in either.

It's humility that keeps you open to growth, and is how you gain the wisdom to handle your success responsibly.

Staying grounded ensures that you keep walking forward, even when the path gets golden.

So, embrace success without letting it change the essence of who you are!

WHY IS IT IMPORTANT TO BALANCE DANCE AND LIFE EQUALLY?

Dance is your passion, your love, and perhaps your biggest dream for the future.

But LIFE is the canvas on which your art is painted.

Balance between dancing and life isn't about choosing one over the other; **it's about creating a masterpiece that beautifully blends the two!**

Burnout is real. Proper balance is your ticket to enjoying healthy relationships with your family, your friends... and most importantly, yourself.

The Importance:

Balancing dance and life isn't just about avoiding burnout; it's about enhancing your creativity. **All of life's experiences, relationships, belly laughs, and tragedies all fuel your love of movement.**

Turn the page, and let's think this through:

Dance/Life Balance Questions

Balance is the secret ingredient that turns your passions into a masterpiece.

1. HAVE YOU EVER FELT OUT OF BALANCE, WHERE YOUR DANCE GOALS OVERWHELMED YOUR PERSONAL LIFE? HOW DID IT AFFECT YOUR WELL-BEING?

2. WHAT CHANGES CAN YOU MAKE FOR BETTER BALANCE?

3. IMAGINE 10 YEARS FROM TODAY, YOU HAVE A WELL-ROUNDED CREATIVE AND PERSONAL LIFE. HOW WOULD THIS BALANCE EMPOWER YOU TO DANCE DIFFERENTLY?

WHY IS IT IMPORTANT TO LEARN HOW TO HANDLE SUCCESS AND SETBACKS?

Success and setbacks are the two faces of the same coin.

Handling them isn't just about celebrating one and mourning the other; it's about maintaining your equilibrium through both.

It's about navigating the highs and lows of this rollercoaster journey with grace and resilience.

The Importance:

Success can be intoxicating and a setback can be devastating... but BOTH can be teachers!

Success shows you the rewards of your hard work, and difficult challenges teach you the lessons you need to keep growing.

It's a tough journey, but handling these extremes ensures you don't get lost in the glitter or buried in the rubble.

These following tips might help:

Here's 5 Practical Tips To Help You Handle Success And Setbacks:

1. Stay Humble:

Celebrate success, but remember where you came from. Stay grounded.

2. Analyze and Adapt:

Learn from failure; it's your greatest teacher. Use it to refine your craft.

3. Seek Support:

Talk to fellow artists or mentors when facing challenges. They've likely been there.

4. Set Goals:

Have clear goals for your artistic journey to keep you focused and motivated.

5. Practice Resilience:

Develop mental toughness. Bounce back from setbacks stronger than before.



Three Unique Ways to Manage Disappointments When They Happen

1 WRITE A GRATITUDE JOURNAL

Create a daily practice of jotting down things you're grateful for, especially during moments of success. It keeps you humble and appreciative.

2 SAY THE "GROWTH MINDSET" MANTRA

In times of failure, repeat the mantra "I embrace challenges as opportunities for growth." This mindset shift turns setbacks into stepping stones.

3 FIND THE MENTOR'S WISDOM

Seek advice from mentors who have weathered both success and failure. Their insights can provide invaluable guidance through your creative storms.

Success And Setback Questions

Success and setbacks are your artistic companions. How you dance with them defines your journey. So, how will you tango with these partners in your career?

1. SHARE YOUR MOST RECENT SUCCESS. HOW DID YOU CELEBRATE IT, AND WHAT DID YOU LEARN FROM THAT EXPERIENCE?

2. DESCRIBE YOUR MOST RECENT SETBACK. HOW DID YOU COPE WITH IT, AND WHAT LESSONS DID YOU GAIN FROM THAT MOMENT?

3. IMAGINE YOURSELF ON A SEESAW, WITH SUCCESS ON ONE SIDE AND DEFEAT ON THE OTHER. HOW WILL YOU STAY BALANCED AS YOU RIDE THE UPS AND DOWNS?

WHY IS IT IMPORTANT TO CULTIVATE PATIENCE?

Patience is like nurturing soil for your artistic acorn, with faith knowing that it will one day grow into a giant oak tree!

Patience is about persistent belief in your potential, trusting you'll arrive at your destination in due time.

The Importance:

Patience the secret ingredient that turns potential into mastery. Remember these four practical tips for moments when impatience creeps in:

- 1. Stay Rooted:** Keep your focus on your long-term artistic vision; let it be your compass.
- 2. Cherish the Journey:** Find joy in the act of creating, not just the finished masterpiece.
- 3. Be Present:** Embrace each artistic moment. Appreciate the beauty of where you are, right now.
- 4. Seek Wisdom:** Turn to seasoned dancers and teachers who've grown their own acorns into oak trees. Their insights can help you.

Questions About Patience

1. HAS A LACK OF PATIENCE EVER AFFECTED YOUR DANCING? IF SO, WHAT WERE THE THOUGHTS RUNNING THROUGH YOUR HEAD?

2. LOOKING BACK, HOW MIGHT PATIENCE HAVE CHANGED THE OUTCOME? WHAT LESSONS DID YOU GAIN FROM THAT MOMENT?

3. SEE YOURSELF A YEAR FROM NOW, YOUR CREATIVE ACORN IS GROWING. HOW DOES YOUR NEW PATIENCE AFFECT HOW YOU DANCE?

Cultivating patience like having the role of a gardener AND an artist. Keep nurturing the acorn with care, knowing in time it will grow into a massive tree!

WHY IS IT IMPORTANT TO EVOLVE AS A DANCER AND ARTIST?

Imagine if the radio played the same song over and over... Boring, right?

Embracing your artistic evolution is like changing up the playlist of your creativity. **It keeps things fresh, exciting, and relevant.**

It's also about staying true to your core passions, while exploring new ways to think and move.

The Importance:

Evolving is your superpower, like your artistic glow-up! **It's what keeps your audience hooked, wondering what you'll do next.**

Just like your favourite superhero's costume gets an upgrade, so should your dancing and how you approach your art. It's how you avoid getting stuck in creative quicksand.

Need ideas? Here's some thinking questions:

Artistic Evolution Questions

1. PRETEND YOU'RE MARVEL'S NEWEST SUPERHERO. IF YOU HAD A UNIQUE POWER OR LOOK, WHAT WOULD IT BE? HOW COULD YOU BLEND THIS INTO YOUR DANCING?

2. IMAGINE YOUR DANCE AS A CHARACTER IN A NOVEL. HOW WOULD THIS CHARACTER EVOLVE IN THE NEXT CHAPTER, AND WHAT EXCITING ADVENTURES WOULD THEY GO ON?

3. WHAT'S THE MOST UNEXPECTED THING YOU'VE CREATED, AND HOW DOES IT MAKE YOU FEEL AS A CREATIVE ARTIST?

Embrace your evolution like a kid in a jellybean store, trying out new flavours and discovering what makes your taste buds tingle. How will you mix up your creative ideas to keep growing your love of dance?

WHY IS IT IMPORTANT TO INVEST IN CONTINUOUS LEARNING?

Picture your creative journey as an ever-expanding universe, and learning is your spaceship, that takes you to different planets.

Investing in continuous learning isn't just about improving your dance skills; it's about unlocking the infinite potential within you! It's like ROCKET FUEL that propels your creative exploration.

The Importance:

Continuous learning isn't a chore; it's an adventure! It keeps your creativity alive and your passion burning.

Just like a river carves its path through valleys, learning shapes your artistic identity. It's the secret sauce that makes your journey uniquely yours.

Your creative life is like a tapestry, each thread representing a unique learning experience. So, how will you keep learning and investing in yourself?

The next page has suggestions on how to invest in your learning. Take a look:



20 Easy Ways to Invest in Your Craft:

1. Enroll in dance workshops or masterclasses.
2. Attend specialized seminars or conferences.
3. Join online communities to exchange knowledge.
4. Explore free online tutorials and YouTube channels.
5. Immerse yourself in museums and galleries.
6. Dive into online courses on platforms like Coursera or Udemy.
7. Find a dance mentor or creative guide.
8. Explore the wisdom within old books and historical literature.
9. Experiment with new fabrics, materials and wardrobe techniques.

NEXT 

20 Easy Ways to Invest in Your Craft:

- 10. Collaborate with fellow dance enthusiasts on projects.**
- 11. Engage in challenges or competitions.**
- 12. Immerse yourself in live performances or exhibitions.**
- 13. Become part of local dance clubs or groups.**
- 14. Seek feedback from peers and expert critiques.**
- 15. Stay updated with dance magazines and journals.**
- 16. Dive into the free knowledge found in your local library.**
- 17. Tune in to podcasts on creativity and innovation.**
- 18. Upgrade your dance toolkit with software and digital tools.**
- 19. Give back by volunteering at related events.**
- 20. Expand your horizons by exploring different scenes.**

WHY IS IT IMPORTANT TO BUILD A SUPPORTIVE NETWORK?

Imagine your creative journey as a playground, and your network as the enthusiastic playmates who join you in the sandbox.

Building a supportive network isn't just about connections; **it's about weaving a tapestry of relationships with others who share your creative sparks**, understand your dreams, and cheer you on!

The Importance:

A supportive network can be your source of inspiration, a safe place to share your ideas, and your corner of encouragement!

It's where you find collaborators, mentors, and kindred spirits who understand your dance aspirations, no matter the form they take.

Just like a forest thrives with diverse plants and wildlife, your own creativity blossoms when you're surrounded by a vibrant community.

15 Unique Ideas to Start Building Your Dance Network:

- 1. Organize and host gatherings** for creative brainstorming sessions.
- 2. Create a "community pop-up showcase,"** celebrating talents from various disciplines.
- 3. Volunteer your creative skills** at local community centers or schools.
- 4. Seek out social groups** centered around diverse artistic interests.
- 5. Initiate a collaborative project** with a social cause, uniting artists of all kinds.
- 6. Curate a digital showcase** featuring emerging talents across creative domains.
- 7. Set up an exchange event** where creatives swap their artistic works.
- 8. Launch your own club** dedicated to exploring and discussing creativity in all its forms.
- 9. Partner with local businesses** for cross-discipline art events or interactive displays.
- 10. Organize a neighborhood-wide artistic exploration,** welcoming all kinds of artists.



15 Unique Ideas to Start Building Your Dance Network:

11. Dive into immersive art experiences, whether it's theatre, dance, or interactive installations.

12. Explore your city's diverse street art scenes, connecting with artists of various genres.

13. Engage in art-inspired activities like escape rooms or collaborative music jam sessions.

14. Join maker spaces or co-working hubs to mingle with creatives from diverse backgrounds.

15. Attend outdoor sessions in parks or scenic spots, where creativity flows freely in all its forms.



Notice that building your network does NOT mean only connecting with dancers!

What are two more ways you can think of to kickstart your creative network? Write them below:

WHY IS MENTAL AND EMOTIONAL WELL-BEING IMPORTANT?

*** * LIFE LESSON * ***

How you feel and what you think about yourself matters.

Think of your mental and emotional well-being as the compass guiding your journey. Having a strong and healthy mindset isn't just a luxury. It's your secret weapon for embracing challenges, nurturing your creativity, and crafting powerful art that resonates with the world.

The Importance:

Maintaining mental and emotional well-being is your anchor in the turbulent seas of creativity.

It's how you weather storms, navigate uncharted waters, and keep your flame for dance burning brightly.

Just as a pilot relies on special instruments to fly the plane, you depend on your well-being to steer your artistic course on a healthy path that nurtures you.

The most important conversations you'll ever have is the conversations you have with... YOURSELF!

It's important to dedicate time to nourish your spirit – whether it's through music, meditation, or simply finding breathing space in a quiet corner.

What are 5 ways unique to YOU that help you replenish your energy and your spirit? List them below:

1.

2.

3.

4.

5.

Remember, your well-being is your creative engine's fuel. So, how will you ensure it stays resilient and ready to power your artistic journey to new heights?



GOAL SETTING WORKSHEET



It's one thing to have goals, but just dreaming about them won't make them come true. You have to take ACTION! You have to put in the work.

Now that you've put serious thought into your passion, write your top 3 goals, an exact date to reach them, and the action steps (and maybe sacrifices) required to make them happen. Use a separate sheet if you like. Then, post this somewhere you'll see it daily!

MY GOAL #1

ACCOMPLISHED BY DATE:

WHAT ACTION STEPS I MUST TAKE?

WHY IS THIS IMPORTANT TO ME?

MY GOAL #2

ACCOMPLISHED BY DATE:

WHAT ACTION STEPS I MUST TAKE

WHY IS THIS IMPORTANT TO ME?

MY GOAL #3

ACCOMPLISHED BY DATE:

WHAT ACTION STEPS I MUST TAKE

WHY IS THIS IMPORTANT TO ME?



YOU CAME TO SLAY!

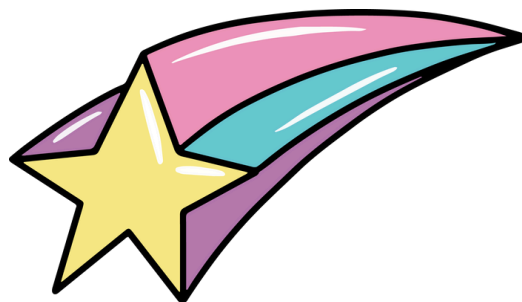
**YOU DID IT! TIME
— TO EMBRACE —
YOUR CREATIVE
JOURNEY!**

As you venture into the captivating world of dance, art and creativity, remember that your path is a thrilling adventure. Your imagination, your dreams, and your unique style are the tools to shape your story.

Of the millions of dancers in the world, there is only ONE you. You're a unicorn... and you can do this!

The pages you've completed in this workbook will help you believe in yourself, and embrace your journey. While it may have its ups and downs, your passion and determination will guide you.

CONGRATULATIONS! You're on your way to an inspiring and fulfilling journey in dance. **Bravo, and Merde!**





READY TO UNLEASH YOUR DANCE POTENTIAL?

I'm here to help! With decades of expert experience in dance and entertainment, I help guide thousands of dancers reach their goals. Let's unlock your creative potential together, and turn your dreams into reality.

Thanks for letting me be part of your creative story. Keep dreaming, keep creating, and always remember...

You Came To Slay!

To Your Success,
Shawn Byfield

To Learn More, Reach Out Today! Visit:

ShawnByfield.com

**BOOST YOUR CONFIDENCE, And Finally DISCOVER
YOUR GREATNESS- With An Award-Winning
Choreographer And Dance Authority On Your Team!**



Yes, you can! As an award-winning dance choreographer, veteran of film and TV, Shawn Byfield brings a wealth of valuable experience. His versatile talents have made him a trusted performance coach and in-demand dance mentor.

With an impressive track record, Shawn's expertise shines through in every endeavour, including prestigious awards such as Canada's DORA AWARD, and nominations for the GEMINI AWARDS and BLACK CANADIANS AWARDS.

With this thought-provoking workbook, Shawn asks insightful questions to empower dancers to unlock their true potential, build confidence, and create a safe environment for self growth.

Let Shawn guide you on this exciting journey. Discover how his genuine passion can elevate your artistic pursuits. Whether you're an aspiring dancer or industry professional, Shawn's commitment to your success will inspire you to embrace your true potential!