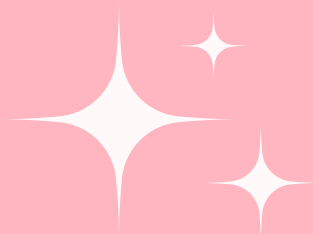


GOAL SETTING TOOLS & IDEAS

**Start kicking goals and
become the dancer you
want to be**



@MissLeahAus





Hi, I'm Miss Leah !

I am an RAD registered classical ballet and conditioning coach. I provide tips and tricks to help passionate dancers of all levels succeed.

A guide to goal setting for dancers + a bonus page with some examples of common dance goals.

It is very challenging to know exactly what to work on and how to measure your progress. Training can become overwhelming and tedious, especially when the volume of corrections received in class seems to be never-ending. As those times come - writing out what you want to do can be a lifesaver.

"Sometimes all we need is a little bit of clarity and organisation!"

WHAT TO DO:

- Keep it simple. Just begin by choosing one area to work on e.g. 'Keeping my shoulders down my back throughout class'.
- Go back to the basics. If you have no idea where to start, go back to the beginning e.g. If pirouettes are an area you want to work on, start by holding a really good *retiré* at the barre for 10 seconds.

WHAT NOT TO DO:

- Write 10 different goals on the first day. Although it's tempting, burn out is definitely something not to be messed with. Calm down lovely, one step at a time!
- Tell everyone your goals. This can trick your brain into thinking you have already done them. Work on yourself and you will see results.

Give this tool a go for one week and then check in with yourself so you can work out what you're doing and how to get to where you want to be :)



My Weekly Dance Plan

W E E K ○

DATE/TIME:

WHAT WILL I FOCUS ON?

- 1.
- 2.
- 3.

HOW WILL I IMPROVE THESE AREAS?

MID-WEEK CHECK IN:

END OF WEEK REFLECTION:

- *I feel that I*
- *next time, I would like to*



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My Goals

DATE/TIME:

WHAT IS ONE THING I WANT TO IMPROVE ON AND WHY?

WHAT IS ONE THING I CAN DO THAT WILL HELP ME TO IMPROVE?

HOW CAN I MEASURE THIS TO SEE IF I HAVE IMPROVED?

WHAT CAN I DO THAT WILL REMIND ME TO PRACTICE?



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Reflection

DATE/TIME:

WHAT WORKED WELL?

WHAT DIDN'T WORK
WELL AND WHY?

WHAT WILL I CHANGE IN
THE FUTURE?

WHAT DID I DO THAT
MADE ME PROUD OF
MYSELF?



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Dance Goals Tracker

Tick (✓) or cross (✗) the days that you worked on your goals

| MONTH: | WEEK: | | | | | | |
|--------|-------|---|---|---|---|---|---|
| GOALS | M | T | W | T | F | S | S |
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| MONTH: | WEEK: | | | | | | |
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THANK YOU

for your support.



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