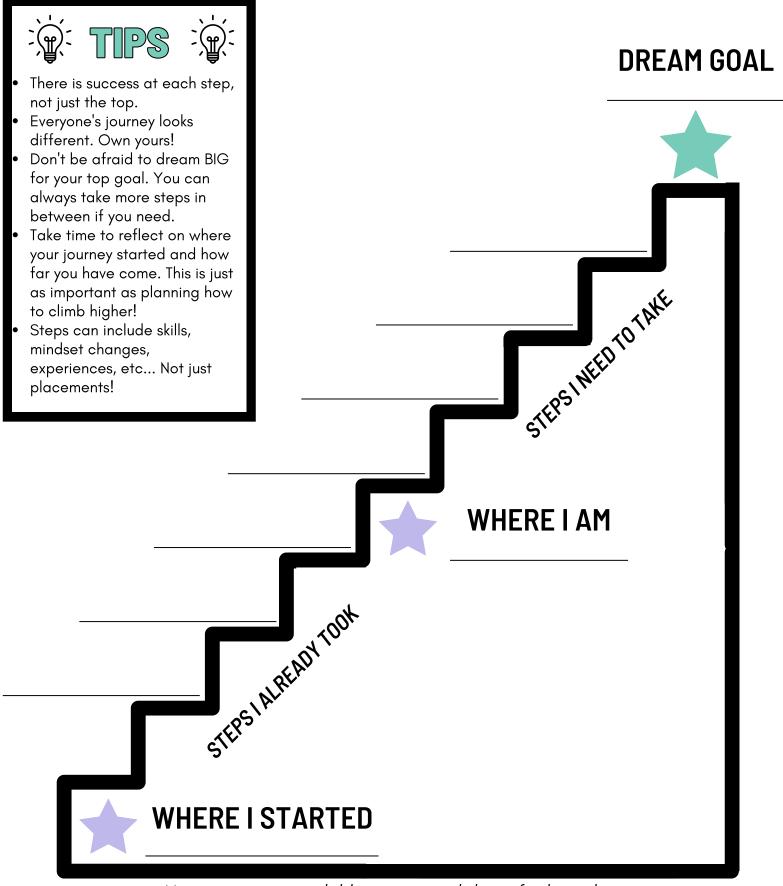
Name:	Date:	
Dance School:		
My Irisl	h Dance Journ	ey
	g questions about your dance story. There your own personal truth!	e are n
I started Irish danc	ing because	
What I love most o	about Irish dancing is	
My biggest Irish do	ance dream is to one day be able to	

STEPS OF SUCCESS

Map your dance journey from the very beginning to your biggest goal



STAGES OF CHANGE

IDENTIFY YOUR CURRENT STAGE OF CHANGE

Improvement needed/current goal I'm working on...

STAGE CHECKLIST PRE-CONTEMPLATION STAGE A teacher/judge commented that an area of my dancing needs improvement. I noticed when practicing/performing that GO THROUGH EACH STAGE'S this area needs improvement. CHECKLIST AND CHECK OFF WHAT YOU'VE ALREADY ACCOMPLISHED There is something I can control that is TOWARD THE GOAL YOU WROTE holding me back from reaching my goals. TIP: Acceptance, self-reflection, focus, and communication with your teacher(s) can help you move through this stage effectively. ABOVE. BE TRUTHFUL AND USE THIS AS A CHANCE TO SELF-REFLECT. CONTEMPLATION STAGE PREPARATION STAGE I want to make improvements to my I developed a plan to make the dancing that will help me reach my goals. corrections/changes that are needed. My teacher and I identified specific My current goal is S.M.A.R.T. (Specific, corrections/changes that are needed. Measurable, Attainable, Realistic, Timely) I am motivated to achieve my goals and I intend to start working toward this goal know that I must make changes to do that. and have the time, energy, and focus for it. TIP: Spend some time thinking about where your motivation comes from and why you love to dance in the first place. TIP: Discuss your plan with your support system (family, friends, teachers) so that you can get feedback and encouragement. **ACTION STAGE MAINTENANCE STAGE** I am actively working on my plan for I achieved my goal and know that I must change both in and out of the dance studio. continue my routine to prevent setbacks. My teacher and I are working together to When practicing, I make sure to notice if I measure my progress toward my goal. am still applying the change I worked on. I am dedicating time, energy, and focus to I am maintaining my improvements and

returning to ACTION if a setback happens.

7. TIP: Setbacks are normal! Instead of focusing on feeling discouraged by setbacks, use them as an opportunity to practice problem solving.

my goal and taking care of my mind/body.

TIP: Make small adjustments each day instead of one huge change. Taking small steps at a time helps prevent burnout and stress.

MY S.M.A.R.T. GOAL

SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, TIMELY

Instructions: Goal-setting is a skill that requires thoughtfulness, planning, and acknowledging both your limits and capabilities. One model for effective goal-setting is to create goals that meet the S.M.A.R.T. requirements. Use this worksheet to turn one of your dance wishes into an achievable S.M.A.R.T. goal!



MY **SPECIFIC** GOAL IS...

M

I WILL **MEASURE** MY PROGRESS BY...



MY GOAL IS **ATTAINABLE** BECAUSE...

R

MY GOAL IS **REALISTIC** BECAUSE...

Τ

I PLAN TO REACH MY GOAL WITHIN THIS **TIMEFRAME**...

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