

STAGES OF CHANGE

IDENTIFY YOUR CURRENT STAGE OF CHANGE

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


STAGE CHECKLIST



GO THROUGH EACH STAGE'S CHECKLIST AND CHECK OFF WHAT YOU'VE ALREADY ACCOMPLISHED TOWARD THE GOAL YOU WROTE ABOVE. BE TRUTHFUL AND USE THIS AS A CHANCE TO SELF-REFLECT.


PRE-CONTEMPLATION STAGE

- A teacher/judge commented that an area of my dancing needs improvement.
- I noticed when practicing/performing that this area needs improvement.
- There is something I can control that is 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.


CONTEMPLATION STAGE

- I want to make improvements to my dancing that will help me reach my goals.
- My teacher and I identified specific corrections/changes that are needed.
- I am motivated to achieve my goals and know that I must make changes to do that.

 **TIP:** Spend some time thinking about where your motivation comes from and why you love to dance in the first place.


PREPARATION STAGE

- I developed a plan to make the corrections/changes that are needed.
- My current goal is S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, Timely)
- I intend to start working toward this goal and have the time, energy, and focus for it.

 **TIP:** Discuss your plan with your support system (family, friends, teachers) so that you can get feedback and encouragement.


ACTION STAGE

- I am actively working on my plan for change both in and out of the dance studio.
- My teacher and I are working together to measure my progress toward my goal.
- I am dedicating time, energy, and focus to 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.

MAINTENANCE STAGE

- I achieved my goal and know that I must continue my routine to prevent setbacks.
- When practicing, I make sure to notice if I am still applying the change I worked on.
- I am maintaining my improvements and returning to ACTION if a setback happens.

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