SETTING DANCE GOALS

Name:_____

A dance goal I have already achieved_____
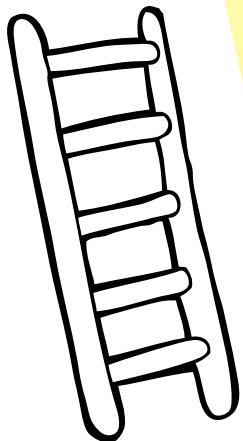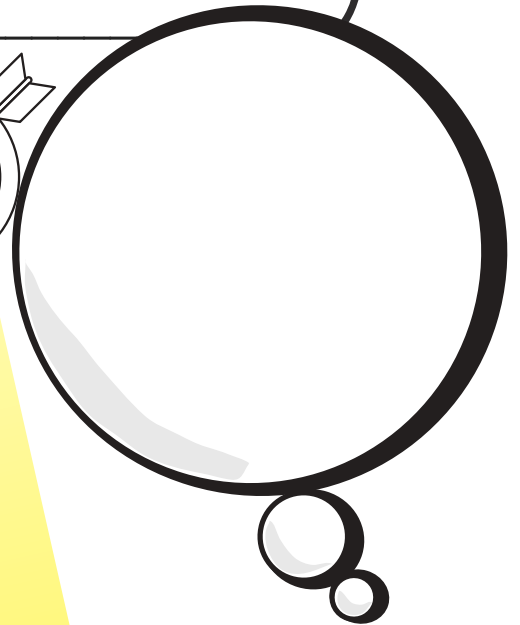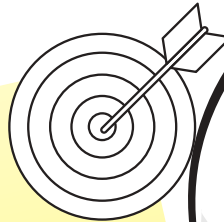
Some of the things I did to achieve this goal

Next I would like to_____

Three things I can do to achieve this goal:

_____

_____

_____

This week 1 will

How will 1 feel when 1 achieve my goal

step by step, 1 can achieve anything