

Dancers, what do you want to learn next?

My next Goal is:

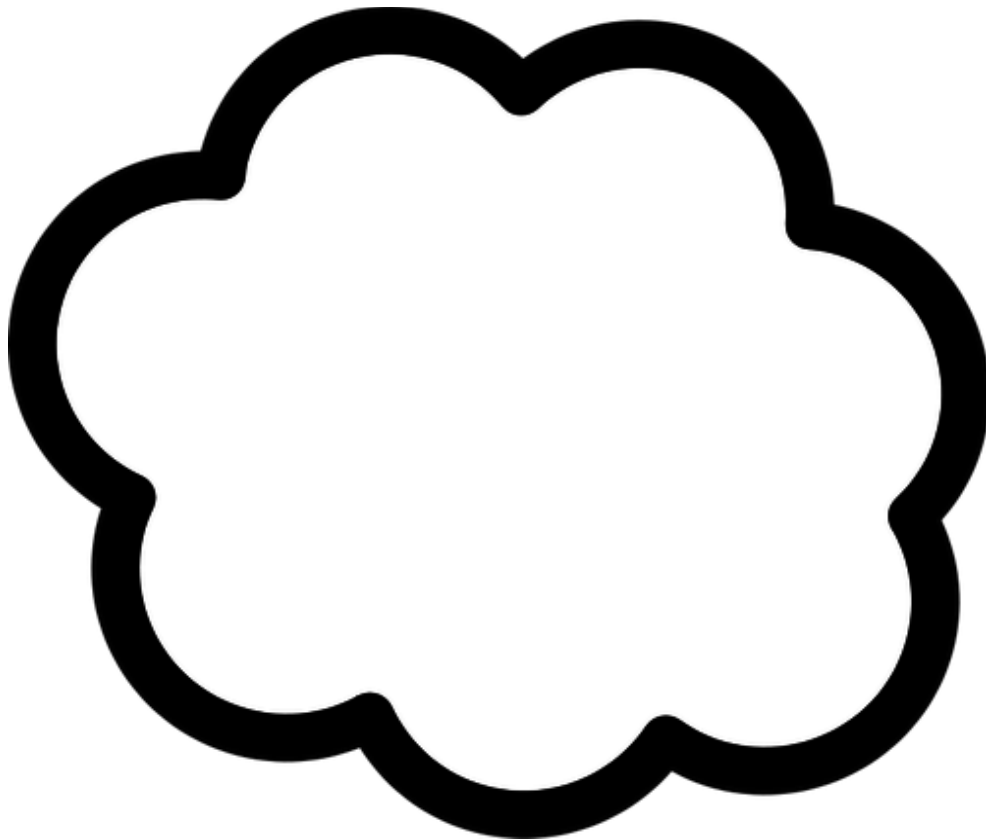
I may not be able to do it **YET** but if I keep working I can learn anything!

Things to practice to work towards my goal:

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Let's practice setting **SMART** goals!

What do you want to accomplish in the next 30 days?



Write three of them here ^^

SMART goals are:

S=Specific	Say exactly what you want, not just generally. eg a triple turn, not just be a better turner
M=Measurable	you need to be able to tell how close you are to achieving your goal.
A=Adjustable	you need to be able to adjust your goal if necessary
R=Realistic	make sure you are aiming for something achievable
T=Timed	set a deadline

Now let's pick 1 **SMART** goal from above...

And write out the steps to achieve it!

My goal is: _____

I will work to achieve my goal by (pick your date): _____

Things to do today to achieve my goal: _____

Things to do this week to achieve my goal: _____

Things to do this month to achieve my goal: _____

Once I achieve my goal I will feel: _____

Now get to work! And have fun doing it :)