

GOAL-SETTING

for dancers☆☆

HOW TO CREATE GOALS

- Make them challenging and achievable
- Clear and specific.

Instead of: improve my performance

*try to be
more specific*

Sustain emotional expression
across my entire variation



Process

specific strategies

Ex: practice 4
facial/emotional
expressions in front
of the mirror before I
practice my variation

Performance

personal achievements

Ex: Demonstrate sustained
emotional expression
throughout the variation
(film myself to check)

Outcome

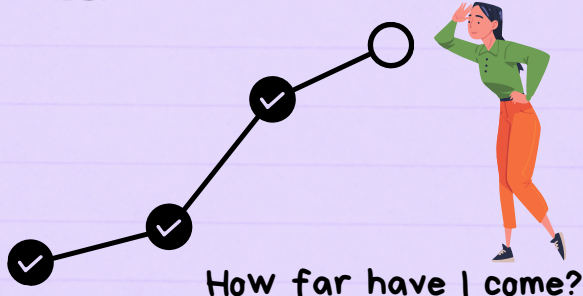
end points

Ex: Achieve a higher
performance score in
my RAD exam through
stronger emotional
expression.



Setting goals is not only about what
you achieve, it is also about...

PROGRESS



WHY SET GOALS?

- To improve performance
- Increase motivation
- Enhance focus
- Improve self-confidence

