

Goal Setting

Think SMART:



Specific, Measurable, Attainable, Relevant, Time-Bound

Outcome Goal: What will you achieve, and what will your mindset be like when you achieve it?

ex) placing top 5 at the next feis feeling confident and proud of preparation

Dance Performance Goals

ex) higher kicks

Mindset Performance Goals

ex) feeling calm at competitions.

Dance Process Goals

ex) weekly stretching routine

Mindset Process Goals

ex) creating a pre-performance routine to promote feeling calm.