

The Dance Boss Academy

Self study online course

DANCE
BOSS



Welcome

TO THE

DANCE BOSS ACADEMY

SELF STUDY COURSE

Dance Boss was created to be a positive space for dancers that aims to teach performers how to thrive in life and in their work through self love and care, creating a strong mindset and placing a focus on health and wellness.

Now more than ever, mental health matters and for someone in the performing arts industry, it matters a lot.

This course aims to help you learn how to love and care for yourself, develop your confidence and self belief, get clear on your goals and thrive as the best version of you.

To be a triple threat in the industry, you are told to be strong at dancing, singing and acting...but it is also vital that you become a triple threat at being strong in your physical, emotional and mental health too if you want to succeed and have longevity in your career.

At Dance Boss, we call this the "double triple threat".



Learning to love ourselves on a deep level is vital for our wellbeing and development. It also determines how successful we are and whether our goals come to fruition.

This type of love isn't egotistical or selfish...it's 100% necessary and something that is a lifelong journey, for all of us.

So what does it mean to truly love ourselves?

Well, to start with, you respect yourself, you honour your principles, you value your choices, you trust your intuition, you enjoy your own company, you believe in yourself, you love what you see in the mirror, you make time for yourself and your own self care and you become your biggest cheerleader.

Self love is a journey and not an end destination you reach one day. Which is why it's so important to practice it daily.

It can be said, that self love is the missing link we all look for at some point in our lives, only to find that it has been right here within us all along.

This course will challenge you to go deeper on the quest for becoming your best self, so even when it feels tough, before you know it, things will feel easier and in time, you'll start to feel more connected to yourself in a way that maybe you've never even experienced before.

That's when all the magic starts to happen.

Work your way through the modules and be honest with yourself as you go. The deeper you go, the more you'll find.

There are no time limits for completing the course as you are completely in charge here.

Take your time, enjoy the process and be sure to make space in your calendar for self reflection after each module.

You're about to embark on a journey of self discovery that could change your perception, your reality and your life forever.

Be consistent.
Stay tenacious.
Always persevere.

Emily Sophie
Founder of Dance Boss

www.dance-boss.com
IG @dancebossuk
Photos by Hayley Richardson





*Just as I
am, is
all that I will
ever need*

Clear out the clutter

MODULE 1



Clear out the clutter

MODULE 1

The first module in this course is "Clear out the clutter".

Clearing out the clutter is not only about sorting through material things; it's also about clearing any blocks or negative beliefs you hold inside your mind about yourself and your life, so that you can move forward with a positive step and get the results you want for your life as a dancer.

Answer the questions honestly (remember, this is just for you) and then perform the action steps outlined at the end of this module.

Set aside time in your calendar where you can have some alone time, in a quiet spot to really concentrate and explore what comes up.

Feel free to refer back to this module when you need to.

Q1. How would you describe yourself in three words?

Blank white box for answer to Q1.

Q2. How would your best friend describe you in three words?

Blank white box for answer to Q2.

Q3. Now go into a little more detail...what are your strengths/weaknesses/special quirks/likes/dislikes/passions/hopes and dreams...?

Large blank white box for answer to Q3.

Q4. Read your answers back for Q1, 2 & 3...how does that make you feel? Is this who you are being on a day to day basis? Are there things you don't really believe to be true anymore? Write down your notes below.

Q5. What characteristics/qualities/quirks of yours would you like to work on and why? Maybe you want to increase your confidence or work on letting things go, or get out of your comfort zone more...write them all down below.

Q6. What do you currently believe to be true about yourself?



Q7. Read back your answer for Q6 Is what you believe **ACTUALLY** true?



Only you get to choose what seeds you plant in the garden of your mind.

Choose to make them beautiful.

Q8. It's time to plant some new, positive beliefs about yourself. Write down what you WANT to be true below. Maybe it's that you are an extremely thoughtful, caring person, who stands proudly at social gatherings, or that you're someone who isn't afraid to try new things and always grabs hold of opportunities when they arise. It can be whatever you want it to be, so take a moment to think about what seeds you'd now like to plant. Start with "I am..." for every new belief.

A large, empty white rectangular area intended for writing down personal beliefs.

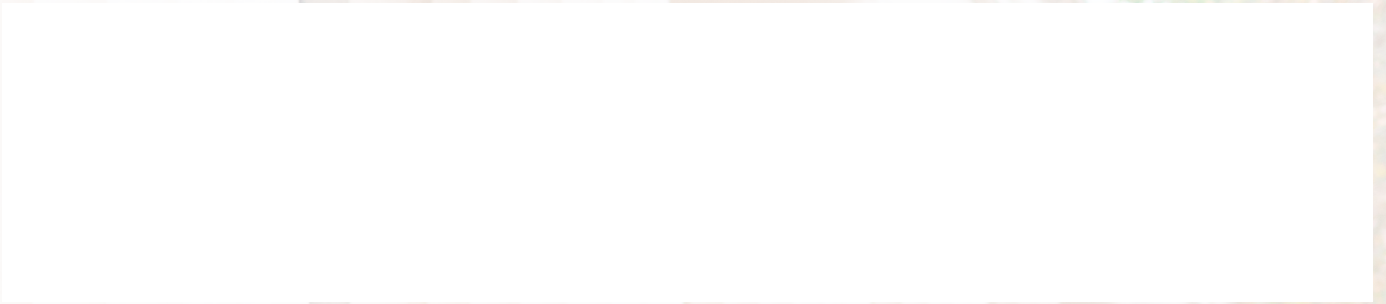
You now have a list of positive affirmations. Read these to yourself as much as possible and really cement these new beliefs into your mind until they feel true for you and become a habit.

Q9. What are your beliefs about the dance industry? Take a moment before you answer this one. Maybe you hold the belief that being a dancer is hard, or that everyone is your competition, or perhaps you believe that working in the dance industry is creative & fulfilling...what do **you** believe to be true?

Q10. Are any of these beliefs getting in the way of you moving forward towards living as your best self and succeeding as a dancer?

Q11. What new, positive beliefs do you want to firmly cement in your brain about the dance industry? Try starting with "I believe the dance industry is..." and finish with what you want your new positive belief to be.

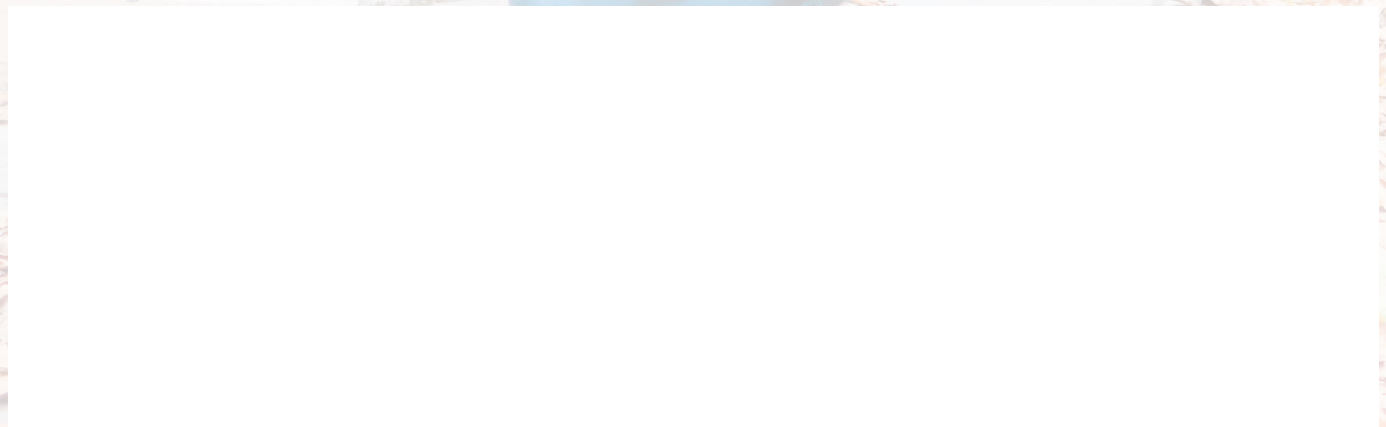
Q12. Reading those new beliefs back, how does that make you feel? Excited? Motivated? Write it down below.



Q13. If being a dancer really **can** be fulfilling, easy, fun and something you love to do each day, how would you then feel on a day to day basis?



Q14. How would your life change if you lived in this way? If you believed in yourself and your abilities, if you saw your peers as people to connect with, rather than as your competition and if you always treated yourself with love and respect...what would your life look like then?



Q15. Read your answer for Q14 again. How does this make you feel? Do you believe it's possible for you and your life?

Q16. What blocks (if any) are still coming up for you around being your best self in the dance industry? Write them out below.

Q17. Are you prepared to let these blocks go, create the reality you want to see and instead BELIEVE that you are worthy and deserving and more than capable of thriving doing what you love most?

You are the creator of your reality in any given moment because of the thoughts, beliefs and reactions you choose.

Action Steps!

1. Clear out the clutter...externally:

This is your chance to literally get rid of anything that is taking up unwanted space in your life.

If you've got a secret shoe cupboard with stilettos you never wear, sort them out. If you've got receipts and letters lying around, sort through them. Those old dance costumes from ten years ago that are stuffed in a box under your bed...you get the idea.

Put your favourite song on, dress like you're going for a photoshoot or dance around your room as you go!

Whatever will make this fun for you, do that.

When we get rid of things that are taking up space around us, we feel a weight fall off our shoulders and become renewed and more positive and this has an effect internally giving us more breathing space inside our heads too.

Action Steps!

2. Clear out the clutter...socially:

This can be a hard one, but also very liberating.

It's very easy to get trapped into the scrolling game on social media and the one we all know too well...comparison.

So take some time and have a digital detox. Stop following people/pages that don't inspire you or add more negativity to your day.

If you find yourself constantly comparing yourself to another person, hide them away for a while or if they're not a close friend, close your eyes and press the unfollow button!

This is YOUR life. You are transforming into your best self and in order to do this, you need to surround yourself with positivity, light, words of encouragement and inspiration.

Open up your social media channels and start making a cull.

Get ready to feel a lot lighter and brighter after this action step.

Action Steps!

3. Clear out the clutter...internally:

Meditation allows us to be still, to focus on the present moment, to ask ourselves questions and when we tune in...get the answers we are searching for.

It's a time that we can take to be quiet, to sit alone with ourselves and to really let go.


Sometimes the mind can wander off a little, but that's totally normal and okay, because all you have to do to move through that is to just keep showing up and practicing.

So, with that in mind, take the pressure off, relinquish control and just practice sitting with yourself for five minutes each day.

Play some gentle music, or sit in silence, keep your eyes open or closed, sit on a chair or on the floor. Whatever makes you feel the most comfortable-do that.

It's great to do this first thing, before any other 'to-do' list tasks get in the way and it then gets forgotten about.

Meditation does get easier over time but just know that it is a practice, so stay open to learning and growing and just begin by showing up for yourself a little each and every day.



*I honour
myself, for
I am whole just
as I am*

Food is my friend

MODULE 2



Food is my friend

MODULE 2

The second module in this course is "Food is my friend".

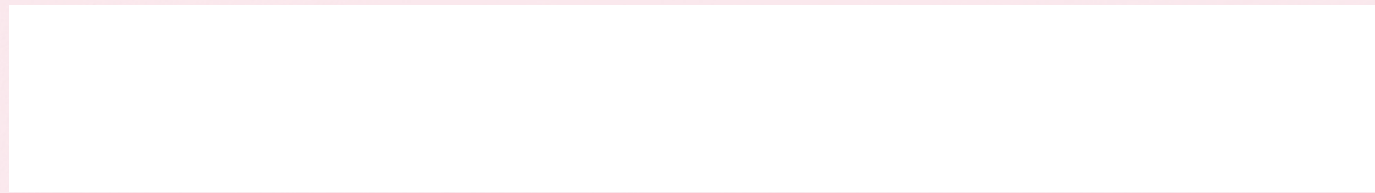
Food is my friend is all about how you feel towards food, clearing any blocks that you may have and forming a positive, healthy relationship with eating.

Answer the questions honestly (remember, this is just for you) and then perform the action steps outlined at the end of this module.

Set aside time in your calendar where you can have some alone time, in a quiet spot to really concentrate and explore what comes up.

Feel free to refer back to this module when you need to.

Q1. What do you believe food is for? Comfort? Fuel? Nourishment? Punishment? Write down your thoughts below.



Q2. Now go into a little more detail...think of a typical day's eating habits and write down how you use food. Do you listen to your body and eat when you're hungry? Or maybe you're not conscious of what you're putting into your mouth and find that you mindlessly eat? Be as honest as you can and write it all down.



Q3. Read your answers back for Q1 + 2...how does that make you feel? Were you aware of these actions before today? Write your notes below and again, be as honest as you can.

Q4. How would you like to feel about food? If food was a person, describe the kind of relationship you'd love to have with them. Be sure to give as much detail as you can.

Q5. Reading your answer to Q4 above, what is currently stopping you from having this type of relationship with food?



Q6. How long have you been holding on to these beliefs around food and where do you think they came from? Was it society, your dance friends, your parents, or maybe your teachers who passed these beliefs on to you?



Food is here to fuel and nourish our bodies so we can thrive. It is not the enemy. It is our negative beliefs about food that cause us to create unhealthy relationships with eating. But once we know this, we can then change it.

Q7. Think about your day today or yesterday and write down all the times you ate-how did you feel in those moments and how did you feel after? Did you eat because you were hungry, or were you bored or lonely perhaps?

When we look at the WHY behind our eating habits (the emotions present at the time of eating) we can start to get to the root cause of our feelings. Once we know why we eat, then we can start to change this if it is impacting us in a negative way. Whether you use food for comfort, or as punishment or reward, these all highlight something bigger going on underneath the surface. When we can address the WHY behind our eating patterns, we are able to know ourselves on a much deeper level.

Q8. Read your answer to Q7 again and try not to attach any emotion to it. Acknowledge what you said and then put your logical thinking cap on now as you answer this...what is food replacing in your life? This can be hard to answer when we let our emotions take over, so try to focus on the facts. Are you using food as comfort because you're craving love? Or perhaps you're using food as a reward because you're lacking a feeling of accomplishment and this is a way to give yourself validation? Or perhaps you don't eat very much because you don't feel worthy enough and taking food away is how you take control back? This question can bring up lots of 'stuff' and may need some extra self reflection before putting down your thoughts, so take your time and be gentle with yourself.

Q9. Now you have a greater insight into WHY you eat the way you do and the emotions behind your eating patterns, how can you start to address anything that's not working for you anymore? For example: if you're using food as a reward, perhaps you could look for a new creative class or course to sign up to that will give you that feeling of accomplishment. Or if you're using food for comfort, maybe you could arrange to meet your friends more often to get some real life connection back into your life again.

Q10. How does it feel to know yourself a little bit deeper, understand the emotions that are happening beneath the surface and to take action on this?

Becoming our best selves involves getting to know ourselves completely and on a very deep, intimate level. We must become our own best friend and listen to what our emotions are trying to tell us, respond with kindness and reassure ourselves that everything will be okay.

Q11. Off the top of your head, how many diets or restrictive food plans have you tried in the past? Did any of them really work? Did they make you feel good? Why did you choose to take part in them? What did you think they would give you?

What the diet culture is missing, is that it never talks about just eating real food. There is always a focus on restriction, rules, calorie counting, weighing yourself and generally feeling trapped and overwhelmed by it all. When we learn to listen to our bodies and eat when we're hungry and what our bodies are REALLY craving, this changes everything.

Q12. When was the last time you really listened to your body and what it needed-this can be in any area...if you were tired and needed sleep after a long day of rehearsals, or you felt down and needed to move your body, or you were hungry and just needed fuel. Journal your thoughts below.

Q13. All too often we ignore the signals our bodies are giving us-we search and search for the answer even though it's always right there in front of us. Take a moment and listen to how your body feels right now. What is it telling you it needs? Write it down below.

Imagine a life where you never worried about food, you never weighed yourself and you never had to count calories ever again. This life is waiting for you now. The only thing stopping you from living in this way, are your beliefs around food. It takes time to learn to listen to your body and to plant new, positive thoughts, but with practice, anything is possible.

Action Steps!

1. Food/Mood Diary:

Every day for the next week, keep a food/mood diary. Use the templates that have been provided to help you and don't think too much about the exercise, just write down what you're eating, when you're eating and how you **feel** in those moments.

This exercise is going to help you to tune into your body and your emotions and locate any patterns/habits that aren't currently serving you so you can then make positive changes.

At the end of each day, read your notes and see if you can pick up on any patterns...were you eating more that day because you felt deflated and sad after a rejection at an audition and used food to give you comfort?

Or maybe you were really busy and forgot to eat lunch and then you felt irritable and stressed out-these are all giving you clues to how YOUR body works and what YOU need.

Take note, keep listening and keep tuning in.

Food/Mood Diary

MONDAY

| TIME | WHAT I ATE | HOW I FELT |
|--------|------------|------------|
| 6AM | | |
| 7AM | | |
| 8AM | | |
| 9AM | | |
| 10AM | | |
| 11AM | | |
| 12NOON | | |
| 1PM | | |
| 2PM | | |
| 3PM | | |
| 4PM | | |
| 5PM | | |
| 6PM | | |
| 7PM | | |
| 8PM | | |
| 9PM | | |
| 10PM | | |
| 11PM | | |

Food/Mood Diary

TUESDAY

| TIME | WHAT I ATE | HOW I FELT |
|--------|------------|------------|
| 6AM | | |
| 7AM | | |
| 8AM | | |
| 9AM | | |
| 10AM | | |
| 11AM | | |
| 12NOON | | |
| 1PM | | |
| 2PM | | |
| 3PM | | |
| 4PM | | |
| 5PM | | |
| 6PM | | |
| 7PM | | |
| 8PM | | |
| 9PM | | |
| 10PM | | |
| 11PM | | |

Food/Mood Diary

WEDNESDAY

| TIME | WHAT I ATE | HOW I FELT |
|--------|------------|------------|
| 6AM | | |
| 7AM | | |
| 8AM | | |
| 9AM | | |
| 10AM | | |
| 11AM | | |
| 12NOON | | |
| 1PM | | |
| 2PM | | |
| 3PM | | |
| 4PM | | |
| 5PM | | |
| 6PM | | |
| 7PM | | |
| 8PM | | |
| 9PM | | |
| 10PM | | |
| 11PM | | |

Food/Mood Diary

THURSDAY

| TIME | WHAT I ATE | HOW I FELT |
|--------|------------|------------|
| 6AM | | |
| 7AM | | |
| 8AM | | |
| 9AM | | |
| 10AM | | |
| 11AM | | |
| 12NOON | | |
| 1PM | | |
| 2PM | | |
| 3PM | | |
| 4PM | | |
| 5PM | | |
| 6PM | | |
| 7PM | | |
| 8PM | | |
| 9PM | | |
| 10PM | | |
| 11PM | | |

Food/Mood Diary

FRIDAY

| TIME | WHAT I ATE | HOW I FELT |
|--------|------------|------------|
| 6AM | | |
| 7AM | | |
| 8AM | | |
| 9AM | | |
| 10AM | | |
| 11AM | | |
| 12NOON | | |
| 1PM | | |
| 2PM | | |
| 3PM | | |
| 4PM | | |
| 5PM | | |
| 6PM | | |
| 7PM | | |
| 8PM | | |
| 9PM | | |
| 10PM | | |
| 11PM | | |

Food/Mood Diary

SATURDAY

| TIME | WHAT I ATE | HOW I FELT |
|--------|------------|------------|
| 6AM | | |
| 7AM | | |
| 8AM | | |
| 9AM | | |
| 10AM | | |
| 11AM | | |
| 12NOON | | |
| 1PM | | |
| 2PM | | |
| 3PM | | |
| 4PM | | |
| 5PM | | |
| 6PM | | |
| 7PM | | |
| 8PM | | |
| 9PM | | |
| 10PM | | |
| 11PM | | |

Food/Mood Diary

SUNDAY

| TIME | WHAT I ATE | HOW I FELT |
|--------|------------|------------|
| 6AM | | |
| 7AM | | |
| 8AM | | |
| 9AM | | |
| 10AM | | |
| 11AM | | |
| 12NOON | | |
| 1PM | | |
| 2PM | | |
| 3PM | | |
| 4PM | | |
| 5PM | | |
| 6PM | | |
| 7PM | | |
| 8PM | | |
| 9PM | | |
| 10PM | | |
| 11PM | | |

Action Steps!

2. Make a rainbow:

As much as possible, try to make your meals, rainbow meals!

This is your chance to aim to get as much colour on your plate as possible-think lots of lovely veggies like sweet potato, kale, spinach, carrots, broccoli and spinach.

It can be quite overwhelming to change your eating habits all at once, so doing this simple task will instantly make your meals healthier and they will also look more enticing to eat as well.

Eating really nutritious, healthy food doesn't have to be costly either. If you spend a little time planning your meals, then you can just buy what you need for the week ahead, or batch cook dinners which will help if you're tired after a long day of dance classes too.

It also pays to prepare-prepping your food can help a great deal when you're living a busy, fast paced life as a dancer, so spend some time on preparation and then reap the benefits of your actions.

Action Steps!

3. Ditch the scales:

This one is very simple.


Ditch the scales and stop weighing yourself.

You are not on a diet.

You are creating healthy habits for life and the number on the scales is irrelevant.

When you start to listen to your body, get to know how you feel inside and fill yourself with nourishing food, you'll be tuning in to what you really need and how you feel and consequently won't need to quantify this feeling with a number.

So ditch the scales and starting tuning in instead.



*I am grateful
for my body,
because it allows
me to do what I
love every day*

My body is my temple

MODULE 3



My body is my temple

MODULE 3

The third module in this course is "My body is my temple".

My body is my temple is all about treating your body with respect, loving the skin you're in and appreciating everything your body does for you.

Answer the questions honestly (remember, this is just for you) and then perform the action steps outlined at the end of this module.

Set aside time in your calendar where you can have some alone time, in a quiet spot to really concentrate and explore what comes up.

Feel free to refer back to this module when you need to.

Q1. In three words, describe your body below.



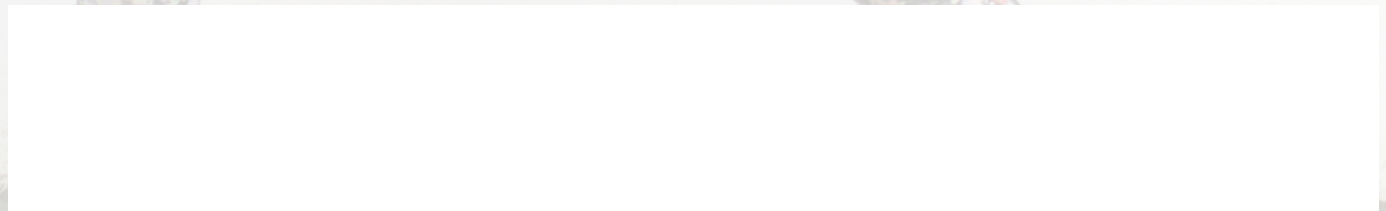
Q2. Looking at your answers to Q1, explain why you chose those three words.



Q3. Do your answers to Q1 make you feel positive or negative about your body?



Q4. If your answer to Q3 was 'negative', then write down three positive things about your body...if this feels difficult, try thinking about three things you're grateful for (eg: your vision/hearing etc)



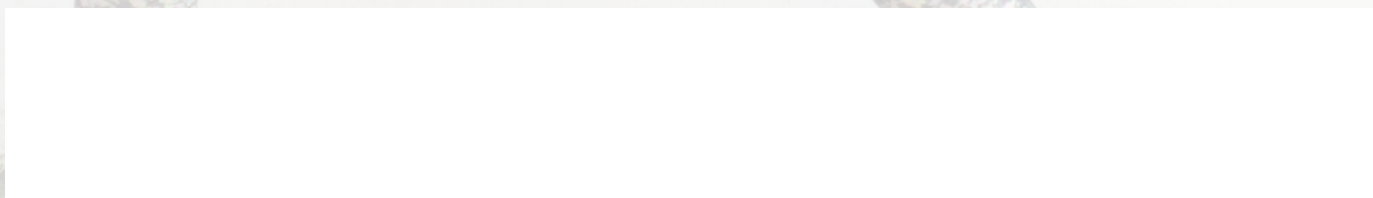
Q5. Following on from Q4, write down everything your body does for you on a daily basis (don't miss anything out, because nothing is too small when we are appreciating our body temple!)

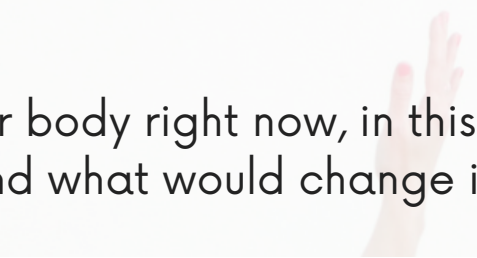


Q6. How often do you take the time to stop and really appreciate all that your body does for you?




Q7. In the box below, thank your body for doing something for you that has made your life easier or better in some way.

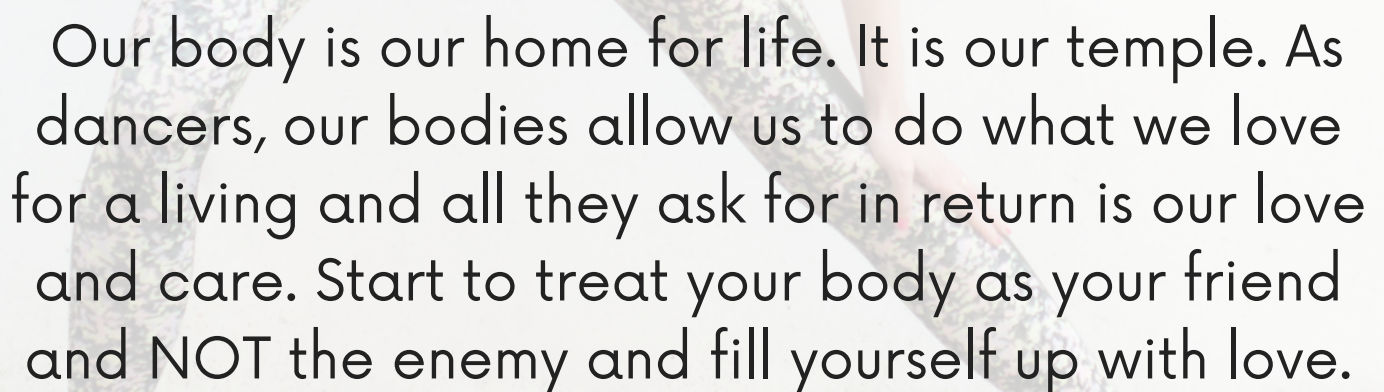




Q8. If you loved your body right now, in this moment, how would you feel and what would change in your life?

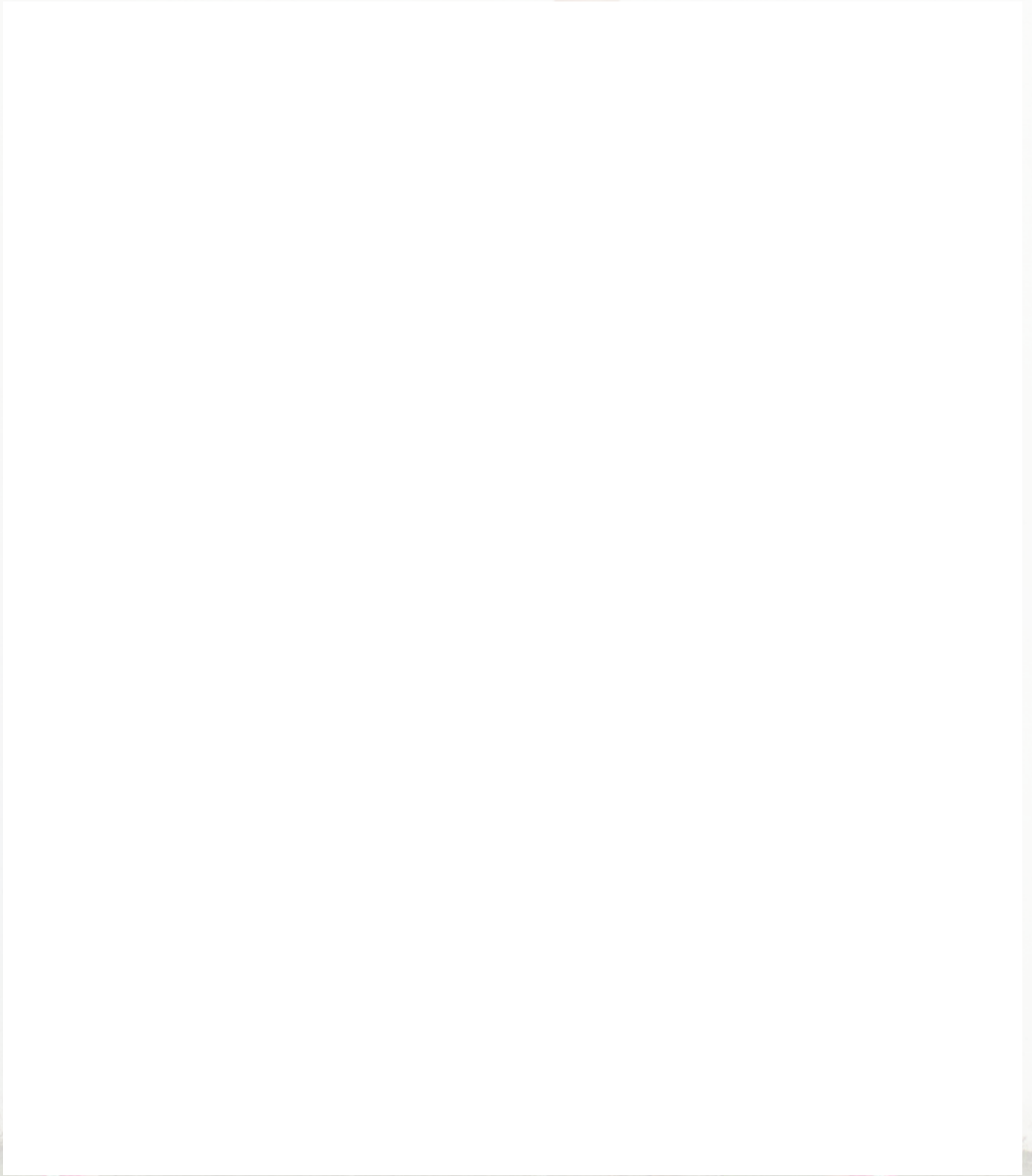


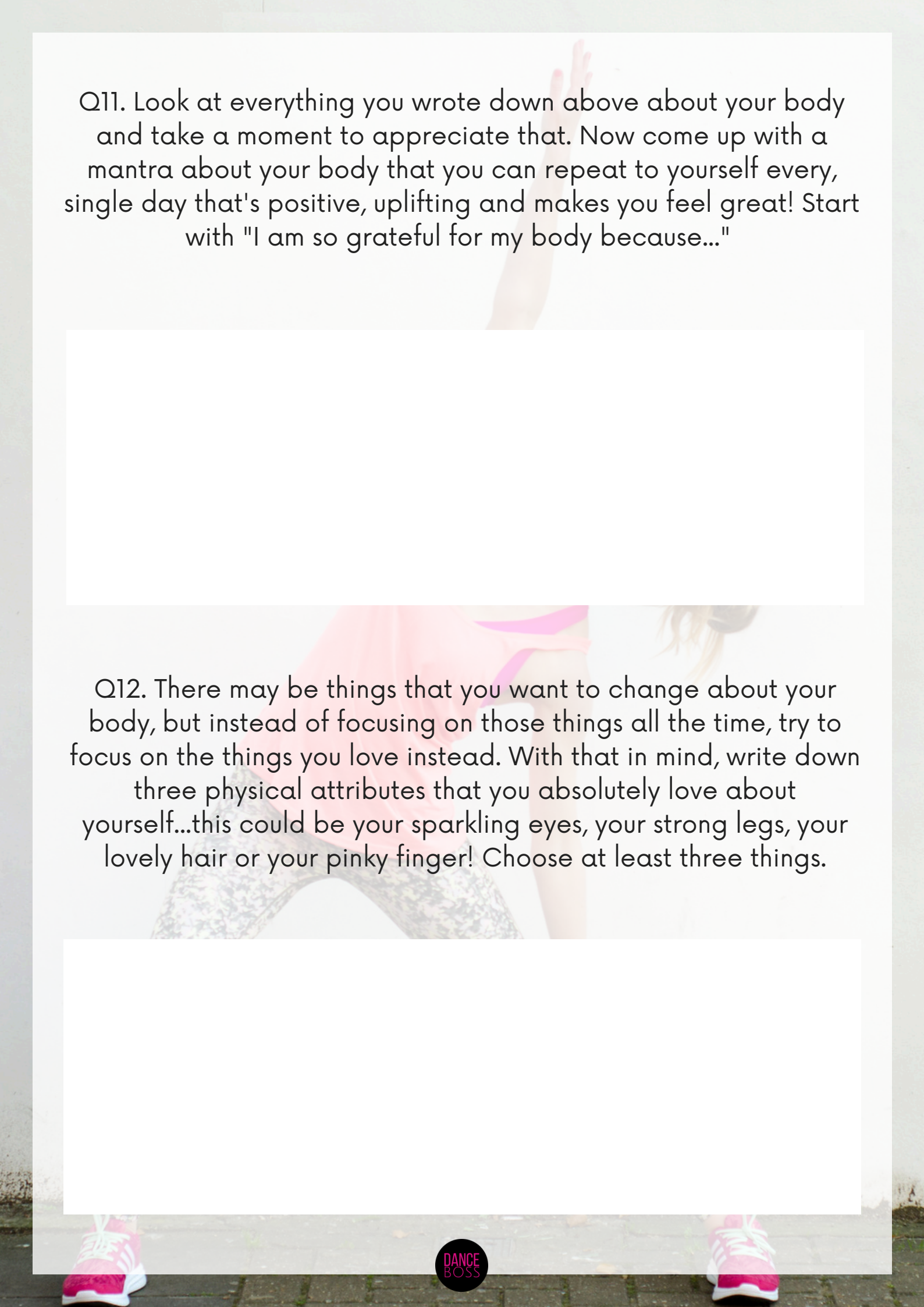
Q9. What's been stopping you from loving your body and feeling this way?



Our body is our home for life. It is our temple. As dancers, our bodies allow us to do what we love for a living and all they ask for in return is our love and care. Start to treat your body as your friend and NOT the enemy and fill yourself up with love.

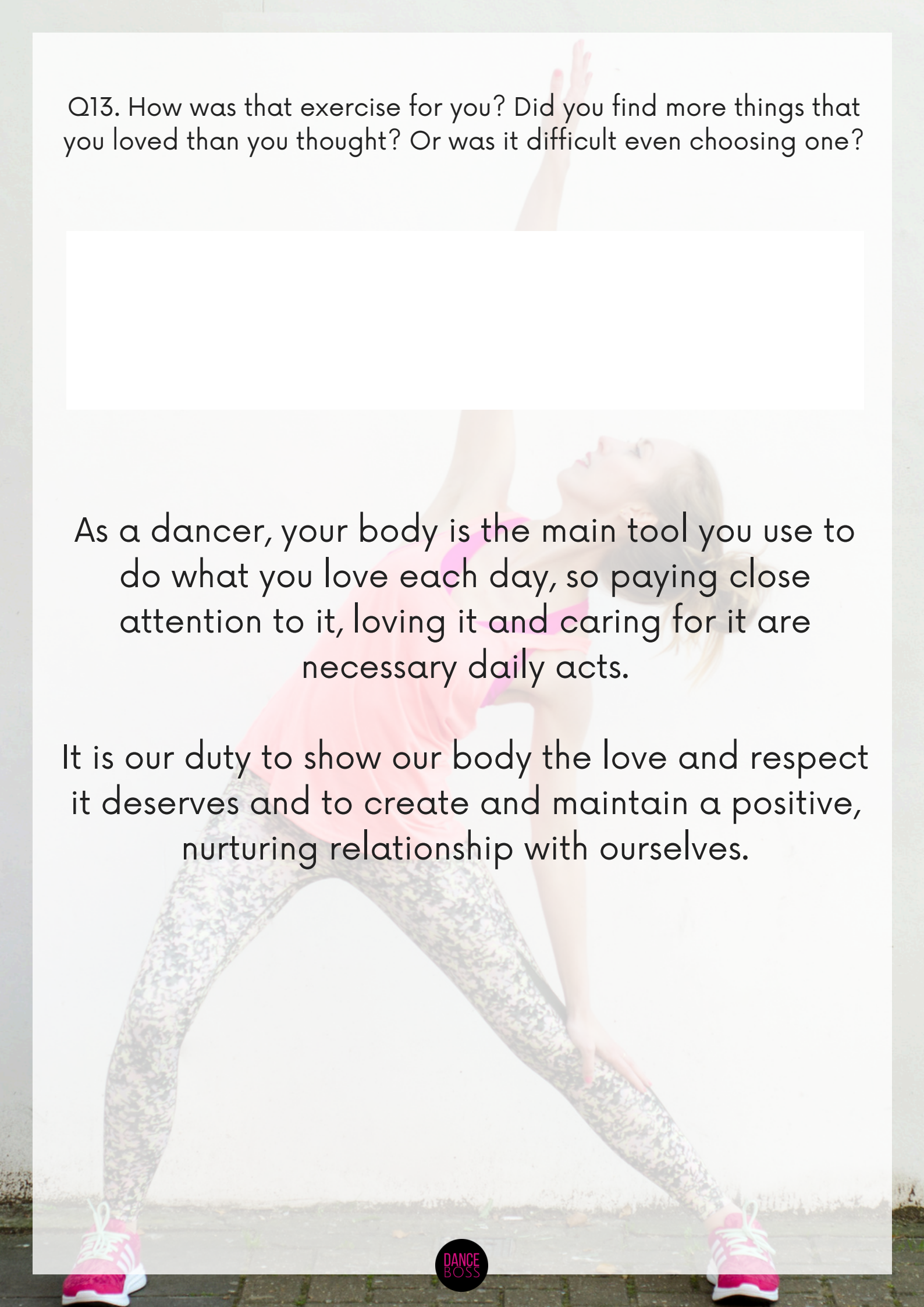
Q10. In the box below, write down ten positive statements about your body. For example: "My body is amazing because it allows me to dance every day", or "My body feels great in all costumes and helps me to feel confident". It can be whatever you want, just keep going until you have ten.





Q11. Look at everything you wrote down above about your body and take a moment to appreciate that. Now come up with a mantra about your body that you can repeat to yourself every, single day that's positive, uplifting and makes you feel great! Start with "I am so grateful for my body because..."

Q12. There may be things that you want to change about your body, but instead of focusing on those things all the time, try to focus on the things you love instead. With that in mind, write down three physical attributes that you absolutely love about yourself...this could be your sparkling eyes, your strong legs, your lovely hair or your pinky finger! Choose at least three things.

A woman with blonde hair tied back is captured in a dynamic stretching pose against a plain white wall. She is wearing a bright pink long-sleeved top, patterned leggings, and pink sneakers. Her right arm is extended upwards, and her left hand rests on her right thigh. Her head is tilted back, and her eyes are looking towards the sky. The overall mood is one of grace and physical awareness.

Q13. How was that exercise for you? Did you find more things that you loved than you thought? Or was it difficult even choosing one?

As a dancer, your body is the main tool you use to do what you love each day, so paying close attention to it, loving it and caring for it are necessary daily acts.

It is our duty to show our body the love and respect it deserves and to create and maintain a positive, nurturing relationship with ourselves.

Action Steps!

A woman with long blonde hair is captured in a dynamic stretching pose against a plain white wall. She is wearing a bright pink long-sleeved top, patterned leggings, and pink sneakers with white laces. Her right arm is extended upwards, and her left hand is resting on her right thigh. Her body is arched, and she has a focused expression.

1. Dress to impress:

If our confidence levels are a little bit low, we can tend to hide ourselves away for fear of being seen and judged, rejected or ridiculed.

But hiding ourselves away doesn't serve anyone.

So challenge yourself to find clothes in your wardrobe that make you feel great. Items that will increase your confidence and enhance your self belief.

When you're choosing an outfit to dance or workout in, pick something that helps you feel good before you've even begun moving.

Same with heading out to the shops, or to meet your friends- choose clothes that help you to stand taller and ooze self confidence.

Doing this can have a huge effect on our mental wellbeing because we are making the most of ourselves and in turn, we then feel better about ourselves.

Action Steps!

2. Schedule it in:

For the next week schedule in some 'ME TIME' where you'll be completely undisturbed and can do whatever you want, just you, on your own.

This could be simply to sit and be still, to read a book, have a bath, watch your favourite film, attend a dance class, workout, paint a picture, go to a cafe or whatever takes your fancy.

Make time for you and schedule it in so it's a necessity not just something you'll do IF you have time.

MAKE THE TIME!

It's so important to make time for yourself because no one can give from an empty cup and when we give back to ourselves, we feel more refreshed, rejuvenated and energised, so we can then give more to others.

It also allows us to get to know ourselves better and to learn to enjoy our own company and appreciate what amazing qualities we possess.

Action Steps!

A woman with blonde hair tied back is performing a side stretch against a white wall. She is wearing a bright pink tank top, patterned leggings, and pink sneakers. Her right arm is raised high, touching the wall, and her left hand is on her right knee. She is looking upwards and to the right.

3. Smile:


This is a very simple exercise to do and there will be countless opportunities to perform this throughout your day, even if you don't come into contact with anyone else!

Smile.

When you wake up, if you're passing a stranger, in class with friends, if you start to feel anxious, when you see your reflection...smile.

Smiling increases our confidence and changes our state very quickly and it also has a very positive effect on those around us too, so it's an easy win-win.

Keep your shoulders back and your head held high and smile to the world.



*I am at peace
with myself and I
love every square
inch of my body*

Mindset muscle training

MODULE 4



Mindset muscle training

MODULE 4

The fourth module in this course is "Mindset muscle training".

Mindset muscle training is all about training your mind to work FOR you, planting positive thoughts and beliefs and feeling strong from the inside.

Answer the questions honestly (remember, this is just for you) and then perform the action steps outlined at the end of this module.

Set aside time in your calendar where you can have some alone time, in a quiet spot to really concentrate and explore what comes up.

Feel free to refer back to this module when you need to.

Q1. How do you feel on a day to day basis?

Q2. Would you say your thoughts are mostly positive, or negative?

Q3. Are you a 'glass half empty' or a 'glass half full' kind of person?

Q4. Have you always been this way or was there a noticeable change at some point in your life? Think back through your timeline and then comment below with your thoughts.

Q5. What triggers you into a negative spiral with your thoughts?
Write down everything you can think of below.



Q6. How do you get yourself out of this spiral? What have you done in the past that has worked? Write it down below.



One of the best ways of getting ourselves out of a negative spiral quickly, is to focus on gratitude. To stop the negative chatter, switch your focus to searching for as many things as you can to be grateful for instead.

Q7. Make a list below of everything you can think of that makes you smile, feel happy or puts you in a positive mood. Maybe it's dancing, going for a walk or calling your friend...keep writing until you fill the page.

A large, empty white rectangular area intended for writing a list of things that make the user smile or feel happy.

Q8. Read through your list again and write down how you feel looking at all the positive, happy things on your list.

Next time you start to feel a little down or the negative thoughts begin to creep inside your head, refer back to your list and focus on all of these things that bring you joy. Then feel gratitude for each one and really FEEL those feelings.

Q9. Do you believe that life just happens to you, or do you believe that you can purposefully create your life? Write your thoughts down below.

Q10. Explain your answer to Q9 below. Why do you believe this? Where have those thoughts and beliefs come from? Take a moment to think about this before you write your answers down. Maybe these are the thoughts of a family member? Or maybe this is what you were taught at school or maybe you picked these beliefs up from your close friends? Write down what comes up for you.



Q11. Do you believe that you can change your thoughts by training your brain to think differently?



Think back to a time when you felt really low, or you were in a bad mood, confused or fearful...what were you thinking about?

Now think back to a time when you felt joy, happiness, excitement or contentment...what were you thinking about then?

Negative thoughts = a negative reality just like positive thoughts = a positive reality.

We have the choice where we focus our thoughts, what we choose to believe and how we react in any given situation, so we are then able to create the reality that we wish to see.

This is simple to do, but it is not always easy and we must practice daily to help form these new habits that will help to shape our lives just the way we want them to be.

Q12. It can be very easy to let ourselves fall into a negative cycle (and stay there) if we don't take stock of our thinking habits. Just as it can feel very easy once we are feeling good, to stay feeling good because our thoughts are working for us in a positive way. What helps you to get into a positive frame of mind and stay in that state? Write your thoughts below.

Q13. Write down three **actions** that are going to be your go-to happiness boosters when you feel down. This could be anything from drinking a smoothie to choreographing in your bedroom. What is important to note is that it needs to distract you from your internal state, which inevitably needs to involve you getting up and doing something completely different.

Q14. Now write down three positive, affirming **thoughts/beliefs** that will be your go-to happiness boosters when you start to notice you are getting into a negative cycle. This could be for example: "Life is working for me and all is well in my world" or "I am so grateful for everything in my life right now". Write yours below.

We all hold so much power inside our minds, that if we truly tapped into it, it would completely change our lives.

The easiest way to start is to focus your attention on all the good that you see, because this will bring more good things to you.

Try it for a day-focus on the good and notice how more good comes back to you.

Change your thoughts...change your life!

Action Steps!

1. Happiness boost up:

Spend a few minutes writing out your top three happiness booster actions and affirmations on your phone, or on some paper to stick on your fridge, on a post it note stuck to the bathroom mirror or even as a pop up reminder on your phone or computer.

Put these happiness boosters wherever you're going to be spending the most time, so you'll see them continuously throughout the day and be fully prepared if any negative thoughts/feelings begin to creep in.

Action Steps!

2. Stop sign:

We have so many thoughts in one day that keeping track of them all would be totally exhausting. So when you are in that place where you feel stuck in your head, the negative thoughts and worries keep coming and you just can't seem to get out, think of a stop sign.

This is a simple way of distracting your thoughts and taking back your power.

When you're stuck in your head, picture a stop sign in your mind's eye held up against the negative chatter and then let that thought go. Keep repeating this until you feel you are able to come back to the present moment and then continue to distract yourself by getting up, moving from your current space and doing something different.

Once we break the cycle, we can step onto a new set of wheels that moves us forward instead of keeping us stuck in a place of self doubt and anxiety.

Action Steps!

3. Be grateful:

Gratitude really is the game changer.

This simple act of focusing on being grateful for everything you have already and seeing the good in everything around you and within you, will bring you more of the great things that life has to offer.

You can start where you are and build from there, because there is always something to be grateful for.

This is a good way of testing your perception skills too. For example: if the weather is grey and raining continuously outside, an easy reaction would be to focus on the negative side of this scenario "I'll get wet if I go out", "It's so miserable outside" etc...but when you change your focus, you can make gratitude a game and see that this weather state means that you can curl up with your favourite book, workout indoors, call a friend, watch a film or play a board game instead.

Life is all about your perception and when you learn to focus on the positive side of things, your whole life will appear to change right before your eyes.



*I am
beautiful*

Be your own best friend

MODULE 5

Be your own best friend

MODULE 5

The fifth module in this course is "Be your own best friend".

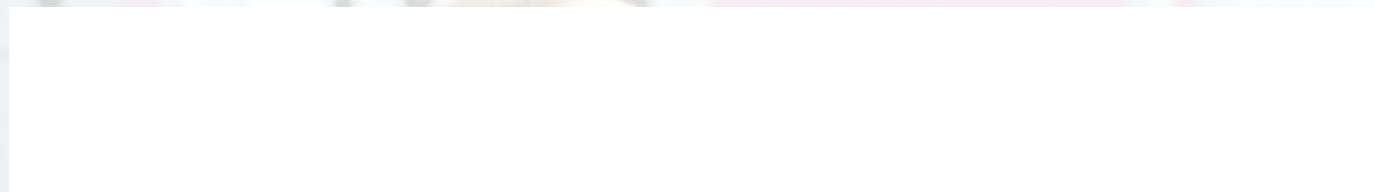
Be your own best friend is all about getting to know yourself on an intimate level, learning to love everything about YOU and becoming your very own best friend.

Answer the questions honestly (remember, this is just for you) and then perform the action steps outlined at the end of this module.

Set aside time in your calendar where you can have some alone time, in a quiet spot to really concentrate and explore what comes up.

Feel free to refer back to this module when you need to.

Q1. How do you feel about yourself in this given moment?



Q2. Is this a true reflection of how you feel about yourself on a day to day basis?



Q3. What kind of thoughts do you most commonly think about yourself?



Q4. Are these thoughts mostly positive or negative?

Q5. Would you ever say these things out loud so others could hear what you thought about yourself?

Q6. Would you say these thoughts to your best friend, as if you were saying this about them?

All too often, we fill our heads with negative thoughts and beliefs about ourselves that are simply not true and we will quite happily play the same tune for years and years even though it doesn't serve us and we are desperate to get out of the spiral.

Can you imagine saying these thoughts out loud to your closest friend?

Q7. Write below all the lovely things you say about your best friend. Maybe you always notice and comment when they wear something nice that really suits their skin tone, or that their eyes sparkle, or that they're great at their profession or that you admire their strength...write them all down below.



Q8. Now write down everything you said above as if you were saying it to yourself. Address yourself like you are talking to your best friend.



Q9. How did you find that exercise? Did any resistance come up? Or maybe it felt liberating? Whatever feelings came up, write them down below.



Q10. What emotions/thoughts come up for you when you hear the phrase 'be your own best friend'? Write them down below.



Q11. Why do you think that is? Go into more detail here.

It is very common for us to believe that putting our own needs first and making ourselves our number one priority makes us selfish or uncaring. But in order for us to be our best selves and give that version of us to everyone else, we **HAVE** to be our own best friend and give to ourselves first, always.

Q12. In what ways can you start making yourself your No.1 priority again? Maybe this means saying no to more things so you can do what YOU really want, or maybe it means having thirty minutes a day completely to yourself undisturbed...you get to choose.

Q13. How did that feel to start putting yourself first in life? Remember, it's not selfish or rude...it's absolutely necessary.



Q14. Write down one thing that you're going to do TODAY to start being your own best friend. It doesn't have to be anything complicated or costly, just think of one simple thing you can take action on right now and write it down.



Q15. Take a few moments now to close your eyes and feel into your body. Now make a promise to yourself to always treat yourself with love and respect and write down one sentence affirming this below.



Action Steps!

1. Stop, listen, reroute:

Start to become aware of your thoughts and the things you say to yourself on a daily basis.

Really tune in as much as possible so your thoughts don't continue to just run on autopilot.

This can feel a bit tricky at first if you have never had to monitor your thoughts before, but it will become easier over time and it's crucial you do this so you can start putting positive and empowering thoughts about yourself into your mind instead.

Whenever you catch yourself thinking something negative about yourself, stop the thought (actually say 'stop!' either in your head or out loud) and then reroute the thought by putting in a positive thought instead.

Keep doing this as much as you can so that one day, it'll just be a habit you do without much thought involved.

Action Steps!

2. Time for you:

This one is super simple and so enjoyable.

Over the next week, set aside time EACH DAY just for you.

Even if it's just two minutes to read a page of your new book, or make your favourite hot drink.

This is so important, because it sends a signal to your brain and also to everyone around you that you **are** important and a priority in your own life.

Try to get into the habit of doing this from now on and before the guilty feelings start to creep in, remind yourself that in order for you to be your most loving, happy, bubbly, energetic, wonderful self, you **HAVE** to put yourself first and do the things that light you up so you can fulfil that role as the best version of you, not only for yourself, but for everyone around you too.

Action Steps!

3. Go on a date:

Your third action step is to go on a date...with yourself.

Take yourself to the cinema, or for lunch at your favourite cafe or for a smoothie in the park or out to dinner on a Saturday night (without your phone for distraction).

This date can be whatever you want it to be, as long as it's enjoyable for you and you get to spend some quality time with the most important person/relationship you'll ever have...yourself.

Enjoy!



*I am my
own best friend
and I treat myself
with kindness,
respect and
love daily*

Step into your spotlight

MODULE 6



Step into your spotlight

MODULE 6

The sixth module in this course is "Step into your spotlight".

Step into your spotlight is all about fully standing in your spotlight and showing up as your most fabulous, amazing self, doing more of the things that light you up and creating a life you love waking up to.

Answer the questions honestly (remember, this is just for you) and then perform the action steps outlined at the end of this module.

Set aside time in your calendar where you can have some alone time, in a quiet spot to really concentrate and explore what comes up.

Feel free to refer back to this module when you need to.

Q1. What is your morning routine? (simply write down how you start your day) Maybe you press snooze ten times before rolling out of bed, or maybe you wake up before your alarm, meditate and make a warm drink? Write down everything you do in the first thirty minutes of your day.



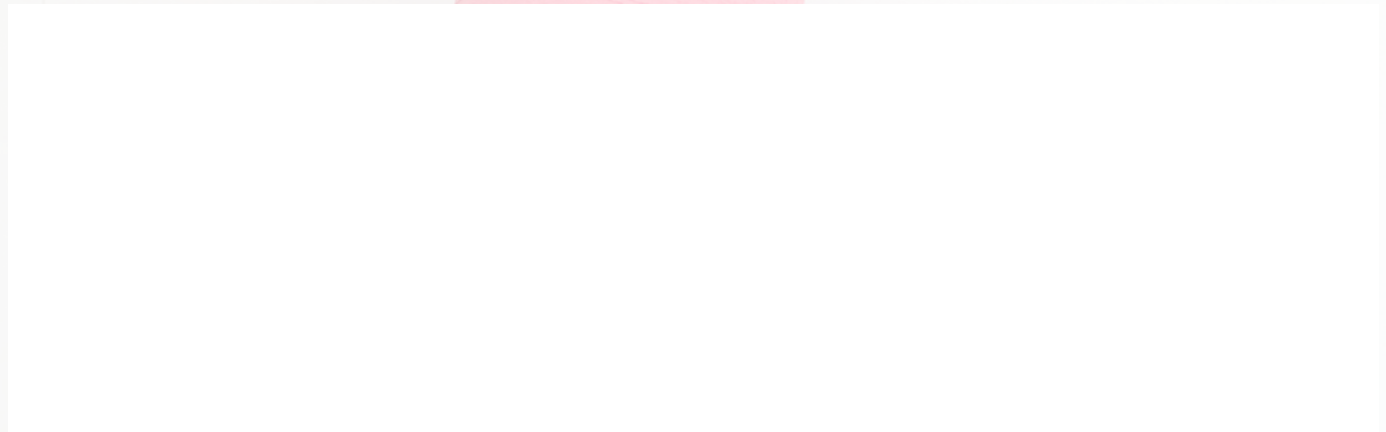
Q2. How long have you performed this morning routine for and how does it make you feel starting the day in this way?



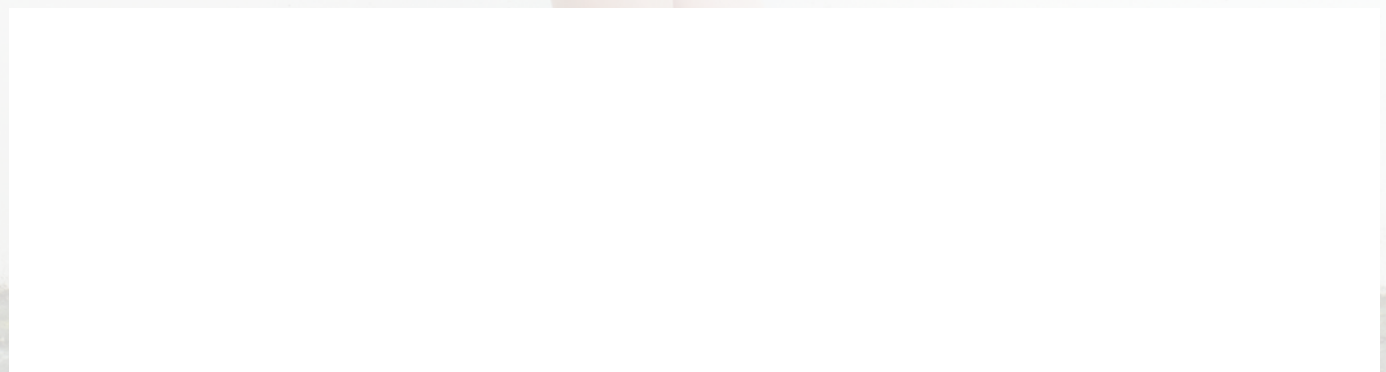
Q3. If there are things about your morning routine that you'd like to change, write them down below. How would you **love** to start your day instead?



Q4. What is stopping you from doing this now?



Q5. How would this ideal morning routine impact the rest of your day and ultimately, your life?



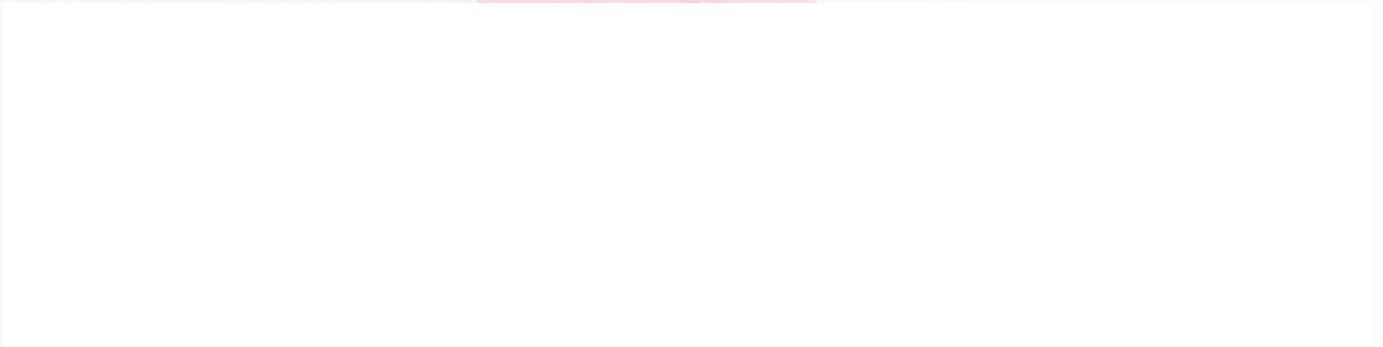
Q6. Now take a moment to think about your evening routine. What do you do just before bed in the last thirty minutes of your day? Are you scrolling through Instagram? Reading your book? Having a bath? Eating? Write it all down below.

Q7. How long have you performed this evening routine for and how does it make you feel ending the day in this way?

Q8. If there are things about your evening routine that you'd like to change, write them down below. How would you **love** to end your day instead?



Q9. What is stopping you from doing this now?



Q10. How would this ideal evening routine impact your day and life?



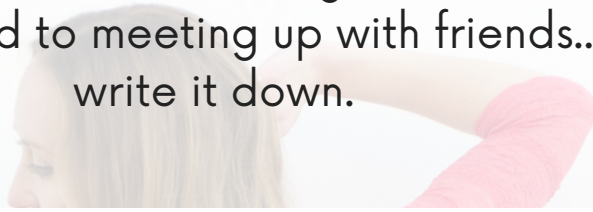
How we begin and end our day is so important because it sets the tone for how we live our lives. Stumbling out of bed after pressing snooze for the tenth time and forgetting your house keys or only putting on half a face of make up is not the ideal way to begin your day.

However, when we take the time to decide how we want to feel, we prioritise tasks that are going to help us feel that way more regularly and give us the best possible start to our day and therefore our lives.

Q11. What one thing can you start doing as part of your new morning routine?

Q12. What one thing can you start doing as part of your new evening routine?

Q13. Write down everything below that lights you up! This could be anything from eating a delicious meal to reading on the beach, from dancing in a show to travelling around the world, from teaching dance abroad to meeting up with friends...it all counts, so write it down.



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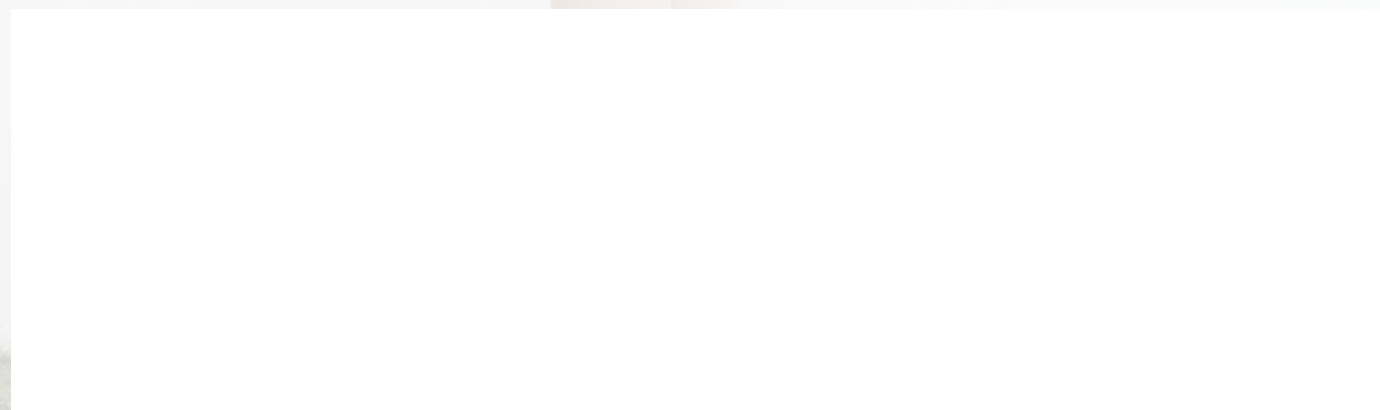
Q14. How do you feel when you do any of the things you wrote down for Q13?



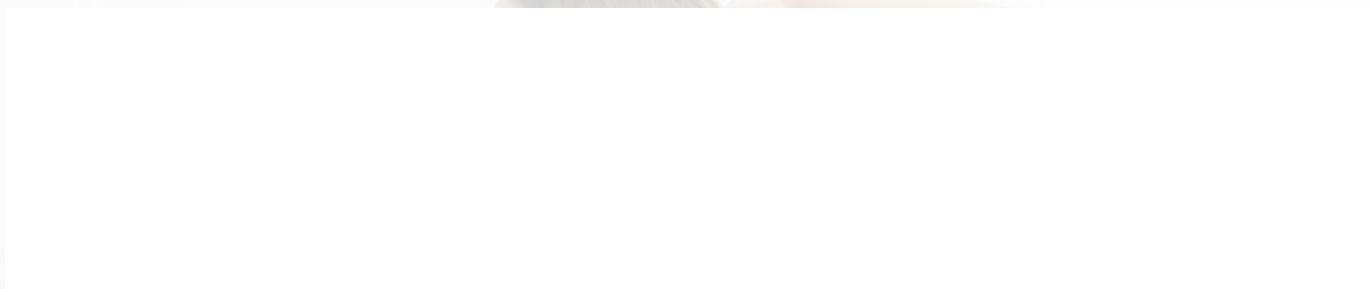
Q15. How many of those things do you currently do in your life right now?



Q16. How would you feel if you started doing more of the things you love?



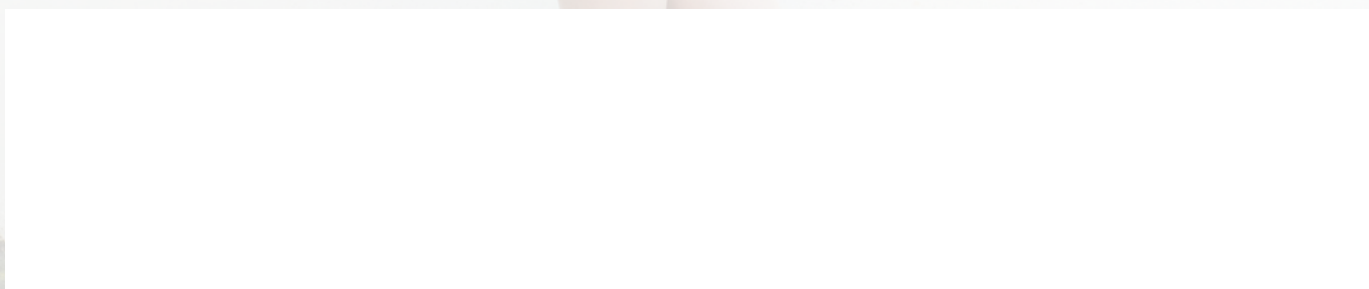
Q17. What is stopping you from doing more of the things you love?



Q18. If time and money weren't an issue, what would be stopping you then?



Q19. Look back to your answer for Q16...how would your life change if you felt like this more of the time?



Q20. What do you need to do/who do you need to be to make this your reality now?

The most common worries (excuses!) in society today are that we never have enough time or money to do X, Y, Z...but what's really holding us back is fear.

Fear of the unknown, fear of how to make something happen, fear of what others will think of us, fear of failure, fear of rejection, fear of success...the list goes on!

When we take away the fear, there's really nothing stopping us...but fear will always be there, because it's a part of life.

So, instead we have to be brave and move towards what we want **DESPITE** having fear.

Anything is possible and if you value it enough/prioritise it in your life, then it can be achieved.

Q21. What fear is holding you back from living your most amazing life and being the best version of you?

Q22. If you want to feel like the best version of you, then you need to start doing the things that make you feel like that. Accept that fear will be tagging along for the ride and go on the journey anyway. Write down below what you truly want for your life as a dancer and how you want to feel and then make a commitment to go out and grab this with both hands-starting TODAY!

Action Steps!



1. Act as if:

Start practicing living your ideal life as the best version of you now.

What this means is acting as if you are already living your most amazing life and that YOU are already the most amazing version of yourself, right now.

Stand tall, flick your hair back and smile.

Go about your day like you would if you were living life the way you wrote down for Q22.

Do it now.

Start today and keep going until you begin to feel yourself changing and becoming this higher version of you.

Action Steps!



2. Do one thing that scares you:

Each day start doing one new thing that scares you.

It doesn't have to be a big thing—even just talking to someone new, or messaging that person you met at class the other day to say hi, or going shopping alone...

Mix up your day—try not to let yourself just be on autopilot all the time; take a new route to class, go to a different restaurant, change your laundry day!

It all counts to help you move out of your comfort zone and into the bigger world that awaits you.

Action Steps!

3. Shout it from the rooftops:

Now you're becoming your most fabulous self and taking action to live a life you love waking up to...go and tell everyone about it.

Go and tell all your friends, family and dance teachers!

When we say what we want from life out loud, magical things start to happen.

The Universe starts to listen and take you seriously-it hears you and wants to help.

Also, your friends and family will too-by you telling your friend from class about a trip you're going to take, they might pass on your information to their friend who's been to that city and knows someone who can show you around.

You never know where something will take you or who can help you get there, so don't discount anyone or anything.

Life is happening for you. Go and live it.



*I am here
to shine*

Goal Getter

MODULE 7

Goal Getter

MODULE 7

The seventh module in this course is "Goal Getter".

Goal Getter aims to help bring you some clarity, inspiration and excitement as you get really clear about what it is you want for your life and career as a dancer.

Remember that anything is possible, so let yourself dream as big as you want.

Let go of "how" and "what if" and instead stay open to the magic that awaits you when you get into alignment with your goals and dreams.

Get crystal clear on what it is you really want, then make a plan of action. If you stay committed to your goals and dreams, take consistent action and believe that you deserve them, you will achieve them.

Make sure everything you write down is aligned with you, because it simply will not manifest if your heart isn't truly in it.

Now it's time to get stuck in!

You may be familiar with The Secret, or other manifesting methods, but here at Dance Boss, we like to go that one step further by giving you ALL the steps necessary to make your goals and dreams happen.

It's a 6 step process and it looks like this...

1. Ask... You have to know what you want in order to get what you want (this is often the biggest roadblock for most people) so gaining ultimate clarity is key
2. Believe... You have to believe that your goals and dreams are possible for you and that you deserve them, otherwise they will not manifest
3. Act... You have to meet the Universe halfway by taking inspired and aligned action-this type of action feels good and comes from your intuition-it is not forced
4. Embody... In order for you to receive the things you desire, you must step into the future version of yourself that has already achieved those things, as this puts you on the same frequency as those very things, therefore attracting them to you (Law of attraction!)
5. Let go... When you have followed all the steps above, then it is time to let go-you must truly know that your desires are on their way and let the Universe handle the rest. Let go of expectations and instead focus on what you can control (steps 1-4)
6. Receive... When you follow this process, the Universe will always provide. There is no set date and time for your goals and dreams to manifest, so do not feel despondent if it takes a while-instead take a look at the above steps and be sure each one is being followed in order. What's meant for you, will always come to you, if you do your part too

Q1. In the box below, write down everything that you'd like to have, do or achieve in the next 3 months. Remember, you're allowed to dream as BIG as you want. Everything is up for grabs here!

Q2. What will it mean for you to achieve these goals in the next 3 months? How will you feel once they are manifested? Write everything down in the box below.

Q3. What action steps can you start taking today to get you closer to your 3 month goals? Are there daily habits you need to develop? Weekly tasks to complete? Networking with people at classes or attending more dance events? Write everything down below.

Q4. Who do you need to become to manifest these goals and dreams? How would the future you who has achieved these things think and act? What would you believe, say and do as this version of you? Write everything down below.

Q5. In the box below, write down everything you'd like to have, do or achieve in the next 6 months. Let your imagination take you wherever it wants to go!

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Q6. What will it mean for you to achieve these goals in the next 6 months? How will you feel once they are manifested? Write everything down in the box below.

Q7. What action steps can you start taking today to get you closer to your 6 month goals? Could you reach out for extra help or training? Or maybe allow extra time during your week to spend on your new project? Write everything down below.

Q8. Who do you need to become to manifest these goals and dreams? How would the future you who has achieved these things think and act? What would you believe, say and do as this version of you? Write everything down below.

Q9. In the box below, write out everything you'd like to have, do or achieve in the next year. Fast forward to a year from now, what do you want your life to look like?

Q10. What will it mean for you to achieve these goals in the next year? How will you feel once they are manifested? Write everything down in the box below.

Q11. What action steps can you start taking today to get you closer to your 12 month goals? Is your self care routine in need of an overhaul? Perhaps you want to start your own dance related business? Or maybe invest in more dance training? Write everything down below.

Q12. Who do you need to become to manifest these goals and dreams? How would the future you who has achieved these things think and act? What would you believe, say and do as this version of you? Write everything down below.

Q13. Looking at what you have written down for your 3, 6 and 12 month goals and the action steps you can start taking-how do you feel? Are you excited to start? Overwhelmed by the tasks ahead? Whatever you feel, write it down below.

Look back at what you wrote down for Q13...if you put down that you feel excited/motivated/ready to take action or something similar, then great! You're ready to set sail and begin bringing your goals to life.

If your answer was a little less enthusiastic and left you feeling a bit flat or deflated, then perhaps repeat this module once more and this time really let yourself go in terms of dreaming big and allowing yourself to get excited.

This is your life we're talking about and you deserve to have, be and do whatever your heart desires.

If/when the mind chatter starts (you may recognise this as something along the lines of "But HOW is that going to happen?" or "What if I fail?" or "I'm not good enough..") then take a breath, thank your mind for trying to keep you safe, but kindly tell it that you are ready to adopt more positive beliefs about yourself and your life now and keep going.

The mind likes to play a game of repetition until it is told otherwise-it's cheeky like that and similar to a little child. So take care and be kind, but let the mind chatter know that it is no longer the boss around here.

Keep your goals and dreams front and centre, practice your positive affirmations, feel into what achieving them will be like, step into this future version of you who has done that and keep taking consistent action every day.

Remember that what you focus on, grows.

Q14. List 10 ways you are going to keep yourself accountable to these action steps. Eg: Telling your best friend/partner so they can help you stay on course, or writing in your journal every day or maybe setting daily reminders on your phone...write down your ideas below.

Future Scripting

Future scripting is a great way of helping you really **feel** into your goals as if they have already happened-in every area of your life.

On the next few pages, write about everything you have achieved/who you have become in the past year (but date it a year from today!). The aim of this exercise is to write 'as if' the year to come has already happened and all your goals and dreams have come to fruition.

Really let yourself be free with this exercise and allow yourself to **feel** excited and joyful at everything you have written down. This will help you to feel into who you need to be **now** to help you get to where you want to go. Be sure to write in the present tense...for example "I am so grateful that I got to perform all over the world at dance events this past year, it was a thrilling experience and I met so many amazing people" or "In the last year my self worth has skyrocketed and I am so proud of myself for starting my own dance business where I have delivered 20 workshops in schools around the UK".

Take another look at your goals that you have written down and before you start, take a moment to close your eyes and visualise the next year as if it has already happened-does this excite you? If not, perhaps re-look at your goals once more and allow yourself to dream bigger!

Future Scripting

When you have got yourself into a joyful and grateful state, begin future scripting-remember to write as if it is a year from today and be as specific as you can, but most of all, let yourself have fun with it!

Now it's time to begin!

Future Scripting

Future Scripting

Future Scripting



*Love radiates
out of me because
I am full of
love inside*

Congratulations

Congratulations on completing this course! This is a huge achievement and deserves to be celebrated, so give yourself a great big high five, hug and/or pat on the back.

Hopefully by now, you are feeling more connected and in tune to who you are and what you really want from life and your dancing pursuits.

You have probably already started to make some positive changes to the way you think, the actions you take and your daily habits, which is fantastic. Now it's time to keep up the great work you've already started doing to make these changes last and help you in becoming your best self.

You may find it useful to read Emily Sophie's self help/memoir book "Confessions of a dancer" to continue your personal growth journey (available now from [Amazon](#)).

"I think every budding professional dancer should have this on their bedside table"

-Cat Sandion, CBeebies Presenter, Performer

And remember to...

Be consistent.

Stay tenacious.

Always persevere.

Emily sophie
Founder of Dance Boss





*I have unique
skills and talents
to share with
the world*