

Liz Imperio presents

BREAKING BARRIERS



SETTING GOALS: PART I

Name:

WORKBOOK



BREAKING BARRIERS

A LETTER FROM LIZ

Dear Breaking Barriers Student,

Welcome and congratulations on taking your next Step Towards Success.
You are about to embark on a life changing journey ...

As a result of being in the dance industry for more than 30 years, I discovered it was time to share information that will inspire and motivate you to reach a greater level of your dancing and Self Worth within yourself.

Breaking Barriers is an educational/motivational video lecture and workbook program for dancers. Here I'll be teaching you resourceful information and tips that will fuel you to set and achieving your personal goals.

At the end of each session of SETTING GOALS you will be asked to complete exercises that will support the point of each lesson. Make the commitment of following through and completing each exercise. You'll be glad you did. The new ways of thinking introduced in this program will not only enhance your dancing, but it will enhance every other area of your life as well.

I encourage you to practice being your absolute best during this program; the best in energy, attitude and in participation. Although these tools can be gainfully applied to nearly any aspect of life, I have tailored this program specifically for you as a dancer.

So get ready to learn, have fun and achieve a brand new level of dancing and life.

Here's to your future,

A handwritten signature in black ink, reading "Liz Imperio". The signature is fluid and cursive, with a large, stylized "L" and "I".

Liz Imperio

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DAY 1



WHAT IS A GOAL?

The _____ or _____ toward which effort is directed

WHY YOU SET GOALS?

- 1.
- 2.
- 3.
- 4.

HOW DO YOU SET GOALS?

- 1.
- 2.
- 3.
- 4.

There's no real order in which to use these tools

SHORT TERM VS LONG TERM

- 1.
- 2.
- 3.

It's not the destination, but the journey.

Answers: result, achievement, create a road map, focus, motivation, self-worth, visualize, research, organize, execute, stepping stones, long term becomes short term, constant re-evaluation

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DAY 1 EXERCISE



1. WRITE DOWN YOUR LONG TERM GOAL? (Example: I want a professional agent.)

2. LIST 3 SHORT TERM GOALS TO SUPPORT YOUR LONG TERM GOAL.

(Example: 1. Write a resume 2. Get headshots 3. Write a list of professional agents.)

1.

2.

3.



NOTES: (Workshop your thoughts.)