

Liz Imperio
Presents



Raising Successful Children Reference Guide & Workbook

WEEK 2 – FOCUS on SUCCESS



How the Program Works



Reference Guide

Every week, you'll find a detailed outline of each week's topic.



Homework

These simple tasks will further your education, and extra advice for a real world application of the material will be at the end of each outline.



Expert's Corner

For those who are interested in pursuing dance professionally, pay special attention to this segment. These sections will outline the ways you can take the information in that particular week and apply it to your career.



Life Lessons

For those who may not want to pursue dance professionally, or are simply on the fence with their future, check out this section. This will give help point you in the right direction of how to use the information you learned that week and apply it to your everyday life.



Notes

A space for your notes have been provided throughout the workbook. This is for you to jot down your notes, thoughts and aha moments. Writing your thoughts down is still proven to be the most effective method of learning and retention.



Focus Becomes Your Filter

Filters

- *Sub-conscious Program*
emotions → feelings → reaction
- *Conscious Program*
mental → thoughts → responses



Child — emotionally, mentally, or physically underdeveloped

- *emotional underdeveloped*
 - *Unfiltered*
 - *Demanding*
 - *Approval*
- *mentally underdeveloped*
 - *Memory retention*
 - *Attention span*
 - *Unfamiliar with responsibility*
- *physical underdeveloped*
 - *Motor skills*
 - *Strength*
 - *Flexibility*



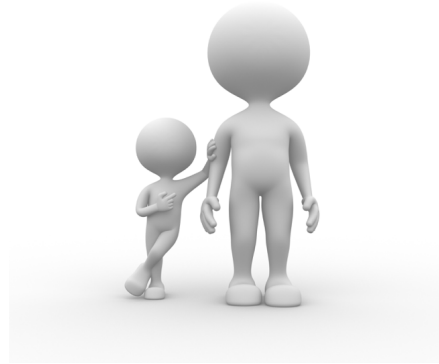
Parent

- *Emotional*
 - *Personal history*
 - *Personal fear*
- *Mental*
 - *high expectations*
 - *comparison*



Character

- *Emotional*
 - *self-confidence*
 - *emotional maturity*
 - *emotional balance*
- Mental
 - Independent thinking
 - Develop self-worth
 - Adaptability



NOTES

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Perspective of Success

External Perspective of SUCCESS

- *Seeking approval*
 - *parents*
 - *peers*
 - *social media*
- *Foster Mindset*
 - *insecurity*
 - *helplessness*
 - *fear*
- *Emotional breakdown*
 - *stress*
 - *depression*



Internal Perspective of Success

- *Personal Standard*
 - *demanding of self*
 - *Quality of...*
 - *performance*
 - *technique*
 - *teamwork*
- *Personal Growth*
 - *be true to your self*
 - *self-confident*
- *Longevity*
 - *Persistency*
 - *mental stamina*



Winning vs Performance

- *Winning in dance*
 - *stuck in a formula*
 - *warps reality*
 - *immeasurable expectations*
- *Performance in dance*
 - *makes you creative*
 - *keeps you grounded*
 - *building persistency*



NOTES



Identifying Goals

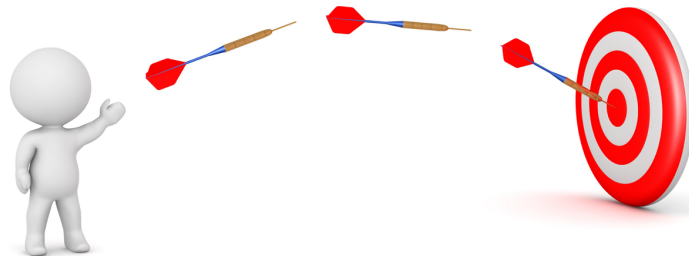
Value of Goals

- *Focus your energy*
 - *productivity*
 - *time management*
- *Build a Plan*
 - *take action/execute*
 - *accept challenges*
- *Life with purpose*
 - *serve self/others*
 - *opportunity*



Long Term Goals

- *Preparation*
 - *research*
 - *visualize the future*
 - *value time*
- *The Big Target*
 - *realistic achievement*
 - *check in*



Short Term Goals

- *Prioritize Your Plan*
 - *motivating tools*
 - *set the example*
- *Healthy Mindset*
 - *focus on training*
 - *patience*
 - *identify personal growth*





NOTES

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Expert's Corner

This week's topic of setting goals is very important as a professional in the industry. No matter where you are in your dance career, it's always necessary to have both short and long-term goals set for yourself.

For a dancer just moving to LA, this may look like a detailed budget, a timeline for getting an agent, or a list of jobs they are interested in auditioning for that fit their look. I see many dancers move to LA and simply hope that something will happen for them without putting in place a plan of how to succeed.

It's not rocket science, but solid goals and a plan to achieve them will greatly increase your chance of success.



Life Lessons

Remember, self-confidence and positive perception comes from actively focusing on the internal things that matter while blocking out the noise from the negative external. Don't be bogged down by what people think of you or other people's idea of what your life should be. The only thing that matters in the end is what fulfills you, drives you, and ignites a passion in you.



Week 2 - Homework

Hi Parents, and welcome to week 2 homework. Included in this week's homework, you're going to find a video titled "Setting Goals Day 1". This is from Breaking Barriers. What I would like for you to do, is find some time to watch this video with your dancer. Follow that up with the workbook exercise included and have your child go through the steps. What you're going to find is they're going to take a brief moment and start thinking about their own future, and that's what we're looking to do. We want to give them an opportunity to see what they can become moving forward.

This week's homework:

Included in this homework is a video of day 1 of my 21-day comprehensive program for dancers, 'Breaking Barriers'. Your homework is to watch this video with your child and help them do the simple homework included in the video.

Step 1: Watch the Video with your dancer.

Step 2: Download workbook (optional)

Step 3: Help your child set 1 long term goal and 3 short term goals that support the long term goal

By watching this video with your child, you are helping them take the first step towards defining what it means to be successful. This is such an important step, but it's also ever-evolving... so even if you already know exactly what it is your child wants to do with their life, make sure you don't miss this bonding opportunity and get on the same page with them today.