

Liz Imperio
Presents



Raising Successful Children Reference Guide & Workbook

WEEK 6 – Supercharge 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. Extra advice for a real world application of the material will be at the end of each outline.



Expert's Corner

Beginning in week 2, 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 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 has 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.



SUPERcharge SUCCESS

Supercharge Success: How personal growth works, Building your value, Dealing with failure, Greatness is a choice.

Self-sufficiency

How Personal Growth Works

Awareness

- Discover clues
- Identify strengths
- Identify weakness



Rewire your thoughts

- Catch yourself
- conscious choice
- Break unproductive habits



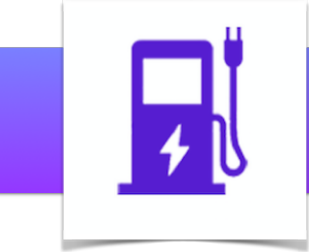
Accept the challenge

- Push past comfort zone
- Proactive mindset
- Believe in yourself





NOTES



Building Your Value

Core values

- Value your integrity
- diligence
- quality
- Trustworthiness



NOTES

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Dealing With Failure

Social Profile

- Society's view of failure
- Peer pressure of perfection



Failure is an opportunity

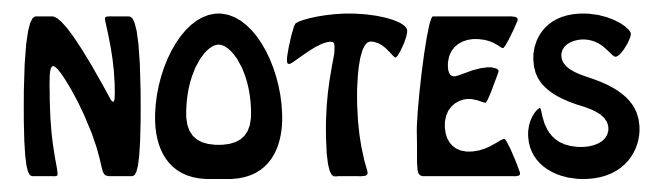
- Mistakes are teaching tools
- Mistakes inspire creativity
- Include mistakes as a process
- Fosters resilient behavior



Comfort zone

- Challenge yourself
- Dealing with change



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Greatness Is A Choice

Internal Voice

- Who's in control
- Your fairy tales



Beyond “What you Know”

- Learning is a daily experience
- Goals becomes your guide
- Visualize your “present” future



Become the Superhero

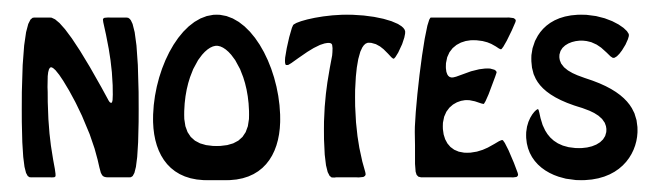
- Show your real self
- Accept the responsibility
- Be the role model



Tips to Achieve

- Focus on commitment, not motivation.
- Seek knowledge, not results
- Get rid of stagnating thoughts.
- Use your imagination.
- Get rid of distractions.
- Don't rely on others.
- Protect yourself from burnout.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Expert's Corner

So you get cut from an audition, now what? Learning how to deal with a “no” is very important in this industry. I'll tell you right now, being cut from an audition most likely has nothing to do with anything you can control. Most of the time, casting directors and choreographers are looking for a very specific look or style.

It's important not to dwell on being cut as a failure, but more as an opportunity to analyze what you can improve and then move on.



Life Lessons

Having a solid awareness of your core values and what you stand for will make a positive difference in your personal life and in business. It's rare and refreshing when people have a solid base that drives them in what they do, and learning this at a young age will set your child up for success.



Week 6 - Homework

This week's homework:

Below is a video of a Jennifer Lopez performance my team created for the American Music Awards. After the performance, I take a page from "Breaking Barriers" where I discuss my assistants from this job, JLo herself, and why we were all was so successful in this performance, illustrating this week's topic "Supercharge SUCCESS"

Step 1: Watch the Video with your dancer.

Step 2: Help your dancer answer the questions at the end of the video.

Step 3: Send your questions or comments to me at Support@SUCCESS.dance.