

BY ANA
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The dancer's mindset journal

A 30-DAY GUIDE TO TRANSFORMING YOUR CONFIDENCE

Dear Dancer,

Congratulations on taking this important step in your dance journey. The journal you're holding represents a powerful truth: that your mindset is as trainable as your technique.

Over my 30 years of teaching ballet and coaching dancers, I've discovered that what separates good dancers from extraordinary ones isn't just physical ability—it's mental approach. Your thoughts create your reality in the studio, on stage, and throughout your career.

This journal is designed specifically for your Ballet Confidence Archetype.

Inside, you'll find:

- Daily prompts that address the specific mental patterns of your archetype
- Weekly reflection exercises to track your progress
- Powerful mantras to reinforce your new mindset
- Practical techniques to apply before class, during rehearsals, and on stage

The most important thing to remember as you begin: this journey isn't about perfection. It's about progress. Some days will feel easier than others. That's not just normal—it's necessary for growth.

Your commitment to showing up for these exercises—even for just 5 minutes a day—will create ripple effects throughout your dancing that you'll begin to notice within weeks.

I'm honored to be part of your journey and can't wait to see how you transform.

With warmth and belief in your potential,

Ana Domingues Co- Founder, Raising a Ballet Dancer

THE BASICS

- 1. Consistency matters more than duration.** Even 5 minutes daily will create significant shifts over time.
- 2. Choose a consistent time.** Many dancers find that journaling first thing in the morning or right after class creates the most powerful impact.
- 3. Be honest with yourself.** The more truthful you are, the more transformation you'll experience.
- 4. Notice without judgment.** When old thought patterns arise, simply observe them. No need to criticize yourself for having them.
- 5. Celebrate small shifts.** Mindset transformation happens gradually. Acknowledge every bit of progress.

Special Sections For Your Archetype

This journal contains specialized sections for each Ballet Confidence Archetype. While you'll benefit from all exercises, pay special attention to those designed for YOUR archetype:

- **The Perfectionist:** Focus on self-compassion exercises and reframing "failure" as growth
- **The Mirror Dancer:** Concentrate on defining your unique voice and breaking comparison patterns
- **The Rising Dancer:** Emphasize evidence-building and developing trust in your capabilities
- **The Hidden Force:** Prioritize visibility exercises and claiming your presence
Let's begin transforming your mindset—and through it, your dancing.

This week is about simply noticing your current thought patterns without trying to change them. Awareness itself is transformative.

DAY 1: YOUR STARTING POINT

Today's Focus: Establishing your baseline

1. Check in with your body. Close your eyes and scan from head to toe. Where do you feel tension when you think about dancing? Just notice.

2. Rate your current confidence level on a scale of 1-10 in each of these areas:

- In technique class: _____
- During rehearsals: _____
- In performances: _____
- In your career path: _____

3. Describe your current mindset as a dancer in 3 words:

- _____
- _____
- _____

4. What are your top 3 mental challenges as a dancer right now?

- _____
- _____
- _____

Today's Mantra: *"I am beginning to understand my mind, and that alone is powerful."*

Today's Focus: Noticing your self-talk during class/rehearsal

1. Before dancing today, set an intention to simply notice your inner dialogue without trying to change it.

2. After class/rehearsal, write down:

- 3 supportive thoughts you had:

- 3 critical or limiting thoughts you had:

3. Which thoughts felt most familiar or habitual?

Today's Mantra: *"I notice my thoughts without being defined by them."*

Today's Focus: Identifying what activates self-doubt

1. What situations in dance consistently trigger self-doubt for you?
(Examples: Certain steps, specific teachers, being watched, comparing to others)

- _____
- _____
- _____

2. For each trigger, what specific thoughts arise?

- Trigger 1 → Thought: _____
- Trigger 2 → Thought: _____
- Trigger 3 → Thought: _____

3. How long have these triggers been affecting you?
Were there any you weren't aware of until now?

Today's Mantra: *"My triggers are signposts, not roadblocks."*

Today's Focus: How thoughts manifest physically

1. How does confidence feel in your body? Describe in detail:

2. How does self-doubt feel in your body? Describe in detail:

3. Choose one physical cue that will help you recognize when you're slipping into self-doubt:

Today's Mantra: *"My body speaks wisdom when I listen."*

FOR THE PERFECTIONIST

Special Exercise: The Critical Voice Inventory

1. List the 5 most common criticisms your inner voice says about your dancing:

2. For each criticism, ask: Whose voice is this really? (A teacher? A parent? A classmate?)

3. When did this critical voice first appear in your dancing? What was happening at that time?

Perfectionist's Reflection: *"The critical voice is not the truthful voice."*

FOR THE MIRROR DANCER

Special Exercise: The Comparison Tracker

1. During today's class/rehearsal, make a tally mark each time you compare yourself to another dancer. Total comparisons: _____
2. What specifically were you comparing? (Technique, body, artistry, etc.)

3. What qualities do you admire in others that you don't recognize in yourself?

Mirror Dancer's Reflection: "Comparison steals my unique voice."

FOR THE RISING DANCER

Special Exercise: Evidence Collection

1. List 3 things you can do now that you couldn't do one year ago:

2. What's one correction you've successfully integrated that was once challenging?

3. Describe a moment when you surprised yourself with your capabilities:

Rising Dancer's Reflection: "My growth is real and continuous."

FOR THE HIDDEN FORCE

Special Exercise: Visibility Inventory

1. Rate your comfort level (1-10) with being seen in these scenarios:

- o Center combinations: _____
- o Going first in a group: _____
- o Receiving corrections: _____
- o Performing a solo: _____

2. When did you first learn to "stay small" or "not stand out"?

3. What's one area where you hold back your full expression?

Hidden Force's Reflection: "My presence is valuable, even when it feels uncomfortable."

Today's Focus: How others impact your mindset

1. List the people who most influence how you feel about your dancing:

2. For each person, note whether their influence is primarily positive (+) or challenging (-).

3. Whose opinion carries the most weight for you? Why?

4. Whose voice do you want to give more or less power to?

Today's Mantra: *"I choose whose feedback shapes my journey."*

Today's Focus: Identifying your core beliefs about dance

Complete these sentences honestly:

- 1. "As a dancer, I must always _____"
- 2. "I'll never be good enough until _____"
- 3. "My biggest fear in dance is _____"
- 4. "What others don't know about my dancing is _____"
- 5. "Success in ballet means _____"

Today's Mantra: "My beliefs create my experience, and I can choose new beliefs."

DAY 7: WEEKLY REFLECTION

Today's Focus: Synthesizing what you've learned

1. What's the most surprising thing you noticed about your mindset this week?

2. What pattern or thought has been most dominant?

3. Where do you feel most drawn to create change?

4. One small shift you're ready to make next week:

Today's Mantra: "Awareness creates choice, and choice creates change."

WEEK TWO: REFRAMING

"Change the way you look at things and the things you look at change." - Wayne Dyer

This week focuses on transforming limiting thoughts into supportive ones. You'll learn powerful reframing techniques to shift your perspective.

Today's Focus: Transforming fixed mindset statements into growth mindset statements

1. List 3 "I can't" statements about your dancing:

2. Now rewrite each by adding "yet" and a pathway to growth:

o "I can't _____ yet, but I'm working toward it by _____"

o "I can't _____ yet, but I'm working toward it by _____"

o "I can't _____ yet, but I'm working toward it by _____"

3. Which reframe feels most powerful? Why?

Today's Mantra: *"I am in process, always growing, always becoming."*

Today's Focus: Finding proof that challenges your limiting beliefs

1. Choose one limiting belief about your dancing:

2. List 5 pieces of evidence that contradict this belief:

3. How does your perspective shift when you consider this evidence?

Today's Mantra: *"I collect evidence of my capacity, not my limitations."*

Today's Focus: Transforming how you process corrections

1. Write down a recent correction you received:

2. Your initial interpretation/feeling about this correction:

3. Now reframe it in these three ways:

- o As a gift: _____
- o As evidence of potential: _____
- o As a pathway to growth: _____

4. Which reframe will you use next time you receive this correction?

Today's Mantra: *"Corrections are investments in my potential."*

FOR THE PERFECTIONIST

Special Exercise: Embracing “Progress” instead of “Perfection”

1. Choose one aspect of your dancing where you demand perfection:

2. What would it feel like to give yourself permission to aim for “progress” rather than “perfection” in this area?

3. What might become possible if you redirected the energy from perfectionism into experimentation?

4. Complete this sentence: "Progress" in this area means:

Perfectionist's Reflection: *"True artistry emerges not from perfection, but from the journey of continuous progress."*

FOR THE MIRROR DANCER

Special Exercise: Finding Your Unique Voice

1. If you couldn't look at anyone else in class, what would change about your dancing?

2. Name 3 qualities that are uniquely yours as a dancer:

3. Which dancer do you most often compare yourself to? What could you learn from them without trying to be them?

Mirror Dancer's Reflection: "What makes me different is what makes me irreplaceable."

FOR THE RISING DANCER

Special Exercise: The Confidence Rehearsal

1. Describe in detail what dancing with complete confidence would look, feel, and sound like for you:

2. Choose one upcoming dance situation (class, audition, performance):

3. Write a detailed script of how you'll approach it with confidence:

Rising Dancer's Reflection: *"I don't need to wait for confidence—I can embody it now."*

FOR THE HIDDEN FORCE

Special Exercise: Claiming Space

1. On a scale of 1-10, how comfortable are you taking up space in the studio?

2. Describe a dancer who commands attention through presence rather than showiness:

3. List three ways you could expand your presence in class tomorrow:

Hidden Force's Reflection: *"My fullest expression is a gift, not an imposition."*

Today's Focus: Building your internal support system

1. If your confidence was a character, what would they look like? What would they say?

2. What qualities would your "inner mentor" have?

3. Write a short pep talk from your inner mentor to yourself before a challenging class or performance:

Today's Mantra: *"I carry wisdom and support within me at all times."*

DAY 12: REFRAMING COMPARISON

Today's Focus: Transforming comparison into inspiration

1. Name a dancer you admire:

2. What specific qualities do you admire in them?

3. How can you be inspired by these qualities without diminishing your own?

4. What unique qualities do you bring that even this admired dancer doesn't have?

Today's Mantra: *"I can admire others' light while still shining my own."*

Today's Focus: Transforming setbacks into growth

1. Describe a recent "failure" or disappointment in your dancing:

2. What did this experience teach you that success couldn't have?

3. How has this challenge contributed to your growth?

4. Rewrite this "failure" story as a necessary step in your journey:

Today's Mantra: "There is no failure, only feedback."

DAY 14: WEEKLY REFLECTION

Today's Focus: Integrating your reframes

1. Which reframing technique had the biggest impact on you this week?

2. What shifted in your dancing as you practiced these reframes?

3. What limiting thought still feels challenging to reframe?

4. One reframe you commit to practicing consistently next week:

Today's Mantra: "As I change my thoughts, I change my dance journey."

WEEK THREE: EMBODIMENT

"Don't just talk about it. Be about it." - Iyanla Vanzant

This week focuses on bringing your new mindset into your physical practice. You'll learn techniques to embody confidence in the studio and on stage.

DAY 15: POWER POSES

Today's Focus: Using your body to influence your mind

1. Before class/rehearsal today, spend 2 minutes in a "power pose" (standing tall, arms wide, or hands on hips).
2. How did you feel afterward? Notice physical and mental changes:

3. Choose one moment in class when you typically feel less confident. How could you adjust your posture in that moment?

4. Create a pre-performance power pose ritual (2-3 poses for 30 seconds each):

Today's Mantra: "My body can lead my mind into confidence."

Today's Focus: Creating physical cues for confidence

1. Choose a physical "anchor" for confidence: (Examples: touching thumb to middle finger, feeling feet firmly on floor, specific breath pattern)

2. Practice your anchor before and during class/rehearsal today.

3. When did you use it? How did it affect your dancing?

4. In what challenging dance situation could you use this anchor next?

Today's Mantra: "I can return to confidence with a single action."

FOR THE PERFECTIONIST

Special Exercise: The Permission Slip

1. Write yourself a permission slip that begins: "I give myself permission to..."

- o Make mistakes in class
- o Show my work in progress
- o Receive corrections without judgment
- o Celebrate small victories
- o Other: _____

2. Place this somewhere you'll see it before dancing. How does having this "official" permission change your approach?

3. What feels different in your body when you dance with this permission?

Perfectionist's Reflection: *"Freedom comes from permission, not perfection."*

FOR THE MIRROR DANCER

Special Exercise: Eyes Closed Practice

- 1. Choose a simple combination or center exercise you know well.
- 2. Practice it with your eyes closed, focusing only on how it FEELS in your body.
- 3. What did you notice when you couldn't see yourself or others?

4. What qualities emerge in your dancing when you're focused inward rather than outward?

Mirror Dancer's Reflection: "My authentic movement lives within, not outside."

FOR THE RISING DANCER

Special Exercise: The Success Rehearsal

- 1. Choose an upcoming dance challenge (difficult variation, audition, etc.)
- _____
- 2. Close your eyes and vividly imagine yourself moving through this challenge with confidence and success. See, feel, and hear the experience.
- 3. What specific physical sensations did you notice during this visualization?

4. How can you bring those sensations into your actual practice?

Rising Dancer's Reflection: "My mind has already created the path for my body to follow."

FOR THE HIDDEN FORCE

Special Exercise: Expanding Your Movement

- 1. Choose one combination in class today.
- 2. Make your movement 10% bigger than feels comfortable.
- 3. What did you notice? How did others respond?

4. What felt different when you took up more space?

Hidden Force's Reflection: *"When I expand my movement, I expand my presence."*

DAY 17: PERFORMANCE STATE

Today's Focus: Creating your ideal performance mindset

1. Think of a time when you performed at your best. Describe your mental and emotional state:

2. What specific factors contributed to this ideal state?

3. Create a pre-performance ritual that helps you access this state:

4. How could you recreate elements of this state in daily class?

Today's Mantra: *"I can create my ideal performance state through intention."*

Today's Focus: Using breath to enhance performance

- 1. Before class/rehearsal, practice 5 slow, deep breaths.
- 2. During class, notice when your breath becomes shallow or held. What was happening in those moments?

3. Choose one challenging step/combination. How does consciously breathing through it change your experience?

4. Create a breath pattern for a specific dance challenge:

Today's Mantra: *"My breath creates space for both technique and artistry."*

DAY 19: RECOVERING FROM MISTAKES

Today's Focus: Building resilience in the moment

- 1. Describe your typical reaction when you make a mistake while dancing:

2. Create a 3-second recovery ritual to use after mistakes:

3. Practice your recovery ritual in class today. What changed in your dancing afterward?

4. What would become possible if you could recover immediately from every mistake?

Today's Mantra: *"I reset in an instant and continue with presence."*

Today's Focus: Shifting from judgment to curiosity

1. Choose one aspect of your dancing you typically criticize:

2. Reframe your perspective from critic to observer. What do you notice when you approach this area with curiosity instead of judgment?

3. What questions could an observer ask that a critic wouldn't?

4. How does this shift change your emotional experience while dancing?

Today's Mantra: "I observe with curiosity rather than judge with criticism."

Today's Focus: Integrating embodiment practices

1. Which embodiment technique had the biggest impact on your dancing this week?

2. What shifts did you notice in how you physically approach challenges?

3. How has your relationship with your body changed?

4. One embodiment practice you commit to continuing next week:

Today's Mantra: *"As I embody confidence, I become confidence."*

WEEK FOUR: ARTISTRY AND EXPRESSION

"Art is the expression of the soul." - Henry Moore

This week focuses on connecting your newfound confidence to your artistic voice and expression. You'll explore how mindset affects artistry and how to dance with authenticity.

Today's Focus: Connecting to artistic purpose

- 1. Why do you dance? Go beyond the surface to your deepest motivation:

- 2. When do you feel most connected to the joy or purpose of dance?

- 3. How does your confidence (or lack thereof) affect your artistic expression?

- 4. One way you could bring more of your authentic self into your dancing:

Today's Mantra: "My technique serves my expression, not the other way around."

DAY 23: MOVEMENT MEDITATION

Today's Focus: Dancing from within

- 1. Find 5-10 minutes to move freely to music that inspires you.
- 2. Focus on how the movement feels rather than how it looks.
- 3. What did you discover about your natural movement tendencies?

- 4. How could you bring this internal awareness into your formal training?

Today's Mantra: "My most powerful dancing comes from within."

FOR THE PERFECTIONIST

Special Exercise: The Imperfect Performance

- 1. Choose one combination in class to deliberately dance with freedom rather than precision.
- 2. Give yourself permission to prioritize feeling over form, just for this exercise.
- 3. What did you discover when technique wasn't the primary focus?

- 4. What artistic qualities emerged when you loosened your grip on perfection?

Perfectionist's Reflection: *"Artistic magic often happens in the space between control and freedom."*

FOR THE MIRROR DANCER

Special Exercise: Your Artistic Signature

- 1. If you were to create a short solo that represents your unique artistic voice, what qualities would it have?

- 2. Name three artists (in any medium) whose work resonates with you. What draws you to them?

- 3. What artistic qualities would you like to be known for as a dancer?

Mirror Dancer's Reflection: *"My artistic voice is waiting for me to claim it."*

FOR THE RISING DANCER

Special Exercise: Permission to Create

1. If there were no technique requirements and no judgment, what would you create or express through movement?

2. What stops you from bringing this creative energy into your current training?

3. Choose one small way to incorporate this creative impulse into your next class:

Rising Dancer's Reflection: *"My creative voice doesn't need to wait for perfect technique."*

FOR THE HIDDEN FORCE

Special Exercise: The Bold Artistic Choice

- 1. Choose one combination or variation you know well.
- 2. Make one bold artistic choice that feels slightly uncomfortable (timing, dynamic, focus, etc.)

3. What did you discover when you pushed your artistic boundaries?

4. How did others respond to your artistic risk?

Hidden Force's Reflection: *"My artistic voice deserves to be heard."*

Today's Focus: Dancing in the moment

1. When do you feel most connected to the music while dancing?

2. What tends to pull you out of musical connection?

3. How does your confidence level affect your musicality?

4. One way to deepen your musical connection in your next class:

Today's Mantra: *"I am the music made visible."*

DAY 25: PERFORMING FOR YOU

Today's Focus: Shifting your focus from external to internal validation

1. When performing, who do you typically dance for?

2. How would your performance change if you danced primarily for yourself?

3. What might you emphasize if your own experience was the priority?

4. One intention to set for your next performance opportunity:

Today's Mantra: *"I dance first for my own soul, then for others."*

Today's Focus: Taking creative risks

1. On a scale of 1-10, how comfortable are you making artistic choices that stand out?

2. What holds you back from taking more artistic risks?

3. One artistic risk you're willing to take in your next class or rehearsal:

4. How might your dancing evolve if you consistently took artistic risks?

Today's Mantra: *"My artistic choices are valid and valuable."*

DAY 27: DANCING FROM TRUTH

Today's Focus: Authenticity in performance

1. When do you feel most authentically yourself while dancing?

2. What emotions are easiest for you to express through dance? Which are most challenging?

3. How might connecting to your personal experiences enhance a performance?

4. Choose one area where you could bring more authenticity to your dancing:

Today's Mantra: *"My truth gives my dancing its unique power."*

Today's Focus: Integrating artistry and confidence

1. How has your artistic expression changed as your confidence has grown?

2. What new aspects of your artistic voice have you discovered?

3. How has connecting to your artistic purpose affected your confidence?

4. One artistic intention you'll carry forward:

Today's Mantra: *"My confidence and my artistry grow together."*

WEEK FIVE: INTEGRATION AND MOVING FORWARD

"True confidence is the culmination of many small acts of daily courage." -
Mary Anne Radmacher

This final section focuses on integrating what you've learned and creating a sustainable practice for continuing your mindset development.



Today's Focus: Acknowledging your progress

1. Return to your Day 1 confidence ratings. Rate yourself again in each area:

- o In technique class: _____
- o During rehearsals: _____
- o In performances: _____
- o In your career path: _____

2. What changes do you notice? Where has the most growth occurred?

3. What mindset shifts have had the biggest impact on your dancing?

4. How would others who dance with you describe the changes they've seen?

Today's Mantra: *"I acknowledge and celebrate my growth."*

DAY 30: YOUR CONFIDENCE PRACTICE

Today's Focus: Creating your ongoing mindset practice

1. List the 3 mindset techniques that have been most effective for you:

2. How will you incorporate these into your regular dance practice?

3. What support structures will help you maintain your mindset work?

4. Set 3 confidence intentions for your dance journey moving forward:

Final Mantra: *"My mindset is as trainable as my technique, and I commit to developing both."*

FINAL REFLECTIONS

Congratulations on completing your 30-day mindset journey!

Take a moment to acknowledge the courage and commitment you've shown by dedicating this time to your mental training. Just as technical development is ongoing, your mindset growth will continue to evolve.

Remember that confidence fluctuates—even the most accomplished dancers have moments of doubt. The difference now is that you have tools to recognize and transform these moments.

A few final thoughts to carry with you:

- 1. **Progress isn't linear.** Some days will feel easier than others. That's not just normal—it's necessary for growth.
- 2. **Small practices yield big results.** Even 5 minutes of mindset work before class can transform your entire experience.
- 3. **Your journey is unique.** Avoid comparing your dance progress to others. Your path is yours alone.
- 4. **You're never "done."** Like technique, mindset is something you'll continue to refine throughout your career.
- 5. **You have everything you need within you.** Trust the inner wisdom that emerges when you quiet the critical voice.

I'm so proud of the work you've done, and I'm excited to see how your dancing continues to transform as you integrate these practices.

Keep dancing with presence, purpose, and power.
To your full potential,
Ana Domingues
Co-Founder, Raising a Ballet Dancer

Additional Support: For personalized mindset coaching, visit raisingaballetdancer.com or email info@raisingaballetdancer.com

NOTES AND IDEAS

Use this space to jot down additional insights, patterns you notice, or techniques you discover along your journey:

Lined area for writing.