

Becoming a Champion: Daily Mental Practices For Winners

Tony Bodoh International, LLC
www.TonyBodoh.com

My Vision

It is _____ (Date – 12 months from today)

I am so happy and grateful now that I am dancing as a(n)
_____ (Dance level)

It feels _____ (Feeling) to know that I practiced
_____ minutes _____ days a week to achieve this level

I just earned _____ (My solo dress, a first in my
reel, etc.) and it looks _____ on me.

_____ (person) smiled when _____ (she/he) saw me in it and said
_____.

I am now preparing and practicing for _____. (Next goal)

This or something even better still

To achieve my vision, I will accomplish
at least these goals:

1.

2.

3.

Date _____ Today is a new day. Today is a gift. Today I can be more of who I love being.

My Vision:

Morning Practice

My 3 intentions for today:

- 1.
- 2.
- 3.

Evening Practice

3 Successes I had today:

- 1.
- 2.
- 3.

3 reasons I am grateful this morning:

- 1.
- 2.
- 3.

3 things I can improve tomorrow:

- 1.
- 2.
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I visualize being the person I would love it to be today

I visualize being the dancer I would love to be

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When I feel afraid I:

1. Ask myself, “Is what I am afraid of happening right now or am I just imagining it?”
2. Ask myself, “Can I ride this wave of feeling for 90 seconds (as long as a song)?”
3. I remind myself that even though I feel this way, I really am safe and I can be who I want to be.
4. I read my vision and feel how good it is to be me.