

## Pre-Convention Prep

Take a few minutes and visualize you **perfect scenario**.

Close your eyes, take a few deep breathes and imagine everything is the best version of what's possible and your day is feeling amazing.

What does your morning look and feel like? How are you waking up, what are your first thoughts before your eyes open, what does your home preparation look like?

What you are driving in the car to the convention, what are you doing? Listening to? Saying to yourself? Making time for?

When you arrive, what do you notice? What do you feel? What do you do to set yourself up for a remarkable day?

Imagine you are in one of your favourite classes or disciplines: what you are feeling, hearing, seeing, wearing, noticing in your body?

## Miss Lauren Worksheet

Imagine yourself dancing – notice how you feel when you are dancing full out with the most freedom of expression and joy possible. What is your self-talk and what are your choices in those moments?

How do you leave the class feeling? What are you saying to yourself?

How do you share your love and gratitude?

When arriving home, what do you do after the FULL day of dancing?

What are your final thoughts before going to sleep?