

Dancing Genius

Show Your Moves

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are dancing and fully expressing yourself without fear.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming a better and more fearless dancer. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I am a confident dancer

I love to dance

I feel fantastic when I dance

I feel wonderful when I dance

I feel expressive when I dance

I am a fantastic dancer

I am a skilled dancer

I am a wonderful dancer

I am a dancing prodigy

I am a natural dancer

I dance without thinking

I am a dancing genius

I am a dance prodigy

Dancing comes naturally to me

dancing is in my blood

dancing is in my DNA

dancing comes automatically

I am flexible and agile

I am flexible

I am agile

I dance tirelessly

I am incredibly flexible

I am incredibly agile

I am a very sharp dancer

I am graceful

I dance with precision

I dance with fierceness

I dance with passion

I dance with elegance

My dance technique is perfect

I dance in any style

I quickly learn any style

I quickly learn any moves

I quickly learn any method

My dance moves are sharp

my dance moves are clean

I dance with perfect rhythm

I dance with ease

I dance with incredible energy

I express music with my movements

I express creativity with my movements

my dancing is beautiful artwork

people love watching me dance

People love dancing with me

people love learning from me

I quickly learn choreography

I quickly memorize complicated choreography

I can easily learn any choreography

I capture the song in my movements

I create new dance moves in the moment

I dance with stunning improvisation

I dance with genius improvisation

People admire my dancing

people love watching me dance

You are a confident dancer

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You feel fantastic when You dance

You feel wonderful when You dance

You feel expressive when You dance

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