

41 Affirmations for Learning Choreography

A moment to pause, reflect, and choose a useful next step.

1. My place in an activity does not depend on looking like an advertisement.
2. I can identify where one phrase of movement ends.
3. I can ask to see a transition again.
4. I can practise a suitable section before combining the sequence.
5. I can connect a cue with the music.
6. Not knowing the routine yet is a reason to ask, not a reason to leave in shame.
7. I can be visible as a learner without performing confidence.
8. The most experienced person nearby also had a starting point.
9. I can break the sequence into parts.
10. I can ask for the transition to be shown again.
11. I can practise within suitable guidance.
12. I can notice one section that becomes familiar.
13. I can return after a missed step without self-attack.
14. I can notice which step I consistently lose.
15. I can mark a question for the instructor.
16. I can learn the order without demanding immediate polish.
17. I can recognise that observing and performing are different stages.
18. I can ask where to begin and how to use an unfamiliar space appropriately.
19. I can learn a basic instruction before trying to impress anyone.
20. I can check which option fits my experience and access needs.
21. Respectful participation includes how I treat other people and myself.
22. I can ask for a clear explanation rather than copy something I do not understand.
23. I can ask which detail matters most right now.
24. I can return after a missed step without abandoning the routine.

25. I can use appropriate rehearsal guidance.
26. I can let another dancer learn at a different pace.
27. A welcoming instructor makes room for a genuine beginner question.
28. I can tell an appropriate person when an instruction is unclear.
29. My value is not a result, ranking, body shape, or number on a device.
30. I can notice enjoyment without turning it into another target.
31. A change of plan can be thoughtful rather than a failure of commitment.
32. Physical activity can have a place in my life without occupying every part.
33. I can recognise a useful experience without turning it into a public achievement.
34. I can carry one lesson forward instead of judging the entire session.
35. I can notice a section that has become more familiar.
36. I can ask for a different explanation of a cue.
37. I can appreciate effort that is not ready for an audience.
38. I can let the sequence become clearer through patient rehearsal.
39. My first session does not need to decide whether I belong forever.
40. I can notice one thing that becomes more familiar.
41. Learning a routine can take more than one visit.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/learning-choreography-personal-affirmations/>