

A woman with blonde hair, wearing a bright yellow halter-neck dress and orange strappy high-heeled sandals, is captured in a dynamic pose as if running or dancing on a paved path. She is smiling and looking down, with her arms and legs in motion. The background shows a clear blue sky, green trees, and some distant buildings.

# CLAIM YOUR CONFIDENCE NOW! ©

Workbook For Dancers

*Gina Pero*



YOUR



ESSENTIAL  
STEPS

To Quickly Feel Self Empowered  
and Achieve What You Really Want



# Dear Dance Souls,

I am grateful you chose to receive THE 6 ESSENTIAL STEPS to begin building your self empowerment and achieve what you really want.

My name is Gina Pero, and dance has been present in my life since the age of 4. I Started in the dance studio, competing in dance competitions and then into a BFA degree in dance. My passion inspired me to becoming a professional dancer and a dance career that took me all over the world. Dance education and teaching led me to a full time purposeful career as a Master Life Coach and Speaker. I have been blessed to create longevity with my passion for dance in my life and I consider dance to be a purposeful pathway and having a longterm lifestyle in it.

As a young dancer, I struggled with insecurity, fear, negative self talk, body image, and balance with my busy schedule. I realized later in life, I didn't know how to build my self esteem and the essential steps for me to live an empowered life as a dancer and feel confident.

Did you know your self talk is a part of your dance team?

Did you know they way you see yourself, is also a part of your dance team?

AND, Your environment and those around you are also a part of your essential dance team to feel self-empowered in your everyday life on your dance pathway.

These 6 Essential proven Steps, WILL lead you to being, doing, and having what you really want in dance. Whether you are a dancer, a dance teacher, a dance parent, or dance lover, I encourage you get ready to jumpstart your self doubt into self-confidence.

**YOU CAN EMPOWER YOURSELF RIGHT NOW!**

I invite you to share your questions, inspirations, and insights with me along your way!

I look forward to connecting with you! Remember, it takes one step to begin!

**YOU GOT THIS!**

Blessings,

Gina Pero



# Your 6 Essential Steps

*BUILDING YOUR **CONFIDENCE** RIGHT NOW*

**RESTFUL  
SLEEP**



**HEART  
STRENGTH**



**EMPOWERING  
ENVIRONMENT**



**JOYFUL  
APPRECIATION**



**INTENTIONAL  
HYDRATION**



**PASSIONATE  
PURPOSE**





# DIRECTIONS

## *SELF ASSESSMENT LEADS TO SELF ESTEEM*

The following pages will have each step towards self confidence shared in detail.

You will receive a self assessment question along with an action step to take.

Your self empowerment journey  
starts right now!

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TURN THE PAGE AND BEGIN!



## RESTFUL SLEEP



Restful sleep is waking up feeling your body's battery life is at 100%. You wake up feeling alive, grateful, and energized to begin your day.

On a scale 1-10, 10 being the best, color in the number that reflects your current restful sleep.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

What is one action you can take to move up one number?

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## HEART STRENGTH



Heart Strength is your heart muscle equally able to go up and down. Your heart is the largest muscle and is about the size of a fist.

On a scale 1-10, 10 being the best, color in the number that reflects your current heart strength.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

What is one action you can take to move up one number?

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## PASSIONATE PURPOSE



Passionate Purpose is feeling enthusiastic and secure about what you are choosing to do in your life and knowing why you are choosing to do it. Purpose with passion equals presence and prosperity.

On a scale 1-10, 10 being the best, color in the number that reflects your current passionate purpose.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

What is one action you can take to move up one number?

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## JOYFUL APPRECIATION

Joyful Appreciation is feeling joyfully appreciative for who you are and what you have in your life today. This is your ability to think about what you do have in your life.

On a scale 1-10, 10 being the best, color in the number that reflects your current joyful appreciation.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

What is one action you can take to move up one number?

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## EMPOWERING ENVIRONMENT

Empowering Environment begins with feeling empowered inside our mind, body, and spirit through our thoughts, feelings, and actions. Empowering environment is also choosing people, places, and things that empower you.

On a scale 1-10, 10 being the best, color in the number that reflects your current empowering environment.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

What is one action you can take to move up one number?

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## INTENTIONAL HYDRATION

Intentional hydration is drinking enough water that your body requires that is infused with your intention of love, gratitude, and joy.

On a scale 1-10, 10 being the best, color in the number that reflects your intentional hydration.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

What is one action you can take to move up one number?

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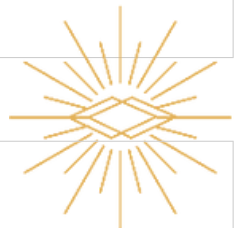
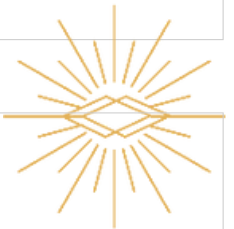
# Self Reflection

WHAT IS ONE THING YOU LEARNED  
ABOUT YOUR SELF CONFIDENCE  
TODAY?

WHAT IS ONE NEW ACTION YOU KNOW  
YOU WILL HAVE TO TAKE TO BUILD  
YOUR SELF CONFIDENCE RIGHT NOW?

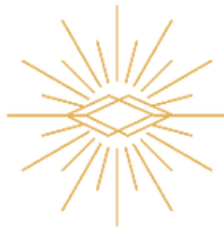
WHAT SKILL DO YOU NEED HELP WITH  
TO ACHIEVE YOUR SELF CONFIDENCE  
RIGHT NOW?

WHAT IS ONE THING YOU APPRECIATE  
RIGHT NOW?





# A Gift for You



Here is a GIFT from me to you to learn more about how you can grow your self confidence.

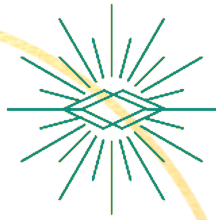
I invite you to  
connect with me  
**RIGHT NOW!**

*15 MINUTE CONNECTION CALL*

CONNECT  
NOW



Gp



# Thank You!



"I appreciate this journey with you. All with ease, joy, grace, and fun. The possibilities are around every corner and I honor this moment."

With loving support and guidance,

*Gina Pero*

[www.ginapero.com](http://www.ginapero.com)