



WORKBOOK

# Top 5

***WAYS TO CONNECT  
WITH OTHERS AND BUILD  
YOUR COMMUNITY***



**SOCIAL DANCING: MAKE YOUR ROUNDS**



**BREAK THE BARRIER**



**BE ACTIVE ON SOCIAL MEDIA AND GET INVOLVED IN FACEBOOK GROUPS**



**HOST MEET-UPS IN YOUR AREA**



**GENUINELY SHOW APPRECIATION AND GET TO KNOW THOSE AROUND YOU**

# SOCIAL DANCING: MAKE YOUR ROUNDS

## Places to Dance Near Me

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Intention

## People I met:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Smile    Greet    Interact

## Goals

## Things to follow up on:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Did I dance in every area?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Intention Mantra

**Smile. It's Free, a gift that comes from me.**

REPEAT 5X OUT LOUD

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# BREAK THE BARRIER

New students/dancers

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention

What was their favorite part?

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Smile

Ask

Offer

Goals

Things to follow up on:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Did I dance in every area?

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Intention Mantra

Hello starts how you get to “know”

REPEAT 5X OUT LOUD

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# BE ACTIVE ON SOCIAL MEDIA

Who are some of your fav instructor accounts/pages?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention

What do you like about theirs and want in yours?

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Info

Invite

Interact

Goals

What are you accounts (FB, IG, TT, YT, web)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Do I have a way to share them? (stickers, cards, QR, fliers, etc.)

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Intention Mantra

**Progress, not perfection. I am the start of the connection.**

REPEAT 5X OUT LOUD

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# GET INVOLVED IN FACEBOOK GROUPS

What groups are in my area, specifically? (If there isn't one, start one!)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention

Who can I connect with in my area?

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Introduce    Interact    Stay Positive

Goals

Ways to interact with the group

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Posts to create engagement/questions to ask

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Intention Mantra

**I am part of the COMMUNITY.**

REPEAT 5X OUT LOUD

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# HOST MEETUPS IN YOUR AREA

What activities do I enjoy doing and can invite others?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention

Who can I invite to get started? (Contact info)

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Fun      Free      Interactive

Goals

Places to meetup (info)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Things to do (ideas)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention Mantra

**I am attracting all of the positivity I dream of and deserve.**

REPEAT 5X OUT LOUD

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# GENUINELY SHOW APPRECIATION AND GET TO KNOW THOSE AROUND YOU

How can I show appreciation to others?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention

Who do I work with regularly and can compliment:

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Thankful

Blessed

Humble

Goals

What is coming up important in the lives of someone I work with:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are some interests/likes/dislikes of my students? fellow dancing friends?

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Intention Mantra

**I am part of the COMMUNITY.**

REPEAT 5X OUT LOUD

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# Thoughts *ε* Ponderings

It's not what you cannot do, but what you can do.



# Thoughts Ponderings

I am enough. I do not need to prove anything to anybody.

# Thoughts & Ponderings

**My challenges will bring a better me.**

# Thoughts & Ponderings

I will figure it out.

# Thoughts & Ponderings

Perseverance not perfection is key to success.