



Low motivation is often indicated by certain signs. One clear sign is a lack of desire to train as much as you need to in order to achieve your goals. Another sign is giving less than 100 percent of your effort in class or rehearsal. When you train, do you work as hard as is necessary? Do you complete all aspects of your daily training program? Common specific signs of low motivation include skipping or shortening classes or rehearsals and finding excuses not to attend your dance training. If you're not motivated, it's easy to leave out or reduce parts of your training, particularly when it is difficult or not enjoyable.

Low motivation may also be indicated by a lack of enjoyment in your dancing. It's not likely that you're being forced to dance. Ideally, you do it because you have fun with it and gain a great deal from it. If training and performance consistently feel like chores, make some changes to put the fun back in your dance life and reconnect with your motivation for participating. For example, try a new style of dance, change teachers, or take different classes.

If you exhibit any of these signs of low motivation, it will be difficult for you to achieve your goals. If you're not as motivated as you want to be, do two things. First, ask yourself why you're not giving your best effort in training. Second, take active steps to increase your motivation for dance.

Your dedication to dance will shine through your performance.

*“I dance because nothing else has the ability to bring about tears, joy, frustration, love, passion, and anger, both as a dancer and as a spectator. I dance for those moments onstage when exhaustion is overtaken by exhilaration in a matter of seconds simply by glancing at a colleague and drawing on their strength. I dance because I know it’s a special gift that was given to me, and sharing it is what I want and need to do.”*

Laura Gilbreath, Pacific Northwest Ballet



## *Developing Motivation*

You now have a better understanding of motivation and how it affects your dance efforts. If you find that you’re not as motivated as you’d like to be, take heart—there are solutions. Specifically, you can improve your motivation by implementing one or more of the following strategies: setting goals, establishing a support system, acknowledging your accomplishments, cross-training,