



# HE4DS Mental Game

Track your growth.

## How to use:

Use this sheet to check your mental state BEFORE you start with HE4DS Mental Game and re-evaluate yourself AFTER 4 WEEKS and again AFTER 8 WEEKS to record your progress over time. Use the checklist at the end to track your work continuously!

## How satisfied were you with your last performance on stage/ in a competition?

1=it felt bad/not satisfied at all

2=it wasnt on point and didnt feel good/not satisfied

3=it was okay, but could/should have been better

4=it was on point and felt good/satisfied

5=it exceeded my expectations/very satisfied

### Before MENTAL GAME

1 2 3 4 5

Worst

Best

### 4 weeks in:

1 2 3 4 5

Worst

Best

### 8 weeks in:

1 2 3 4 5

Worst

Best



## How nervous were you before your last performance on stage/ competition?

1=shaking legs or even blackout/very nervous

2=racing pulse & heavy breathing/nervous

3=excited and distracted/kind of nervous

4=focused and excited/not nervous

5=calm and present/not nervous at all

### Before MENTAL GAME:

1 2 3 4 5

Worst

Best

### 4 weeks in:

1 2 3 4 5

Worst

Best

### 8 weeks in:

1 2 3 4 5

Worst

Best

## How productive was your week / did you reach your dance goals?

1=didnt even try/not productive at all

2=got too distracted/not productive

3=I put in work/a little productive

4=I have reached my goals/productive

5=I have surpassed my goals/very productive

### Before MENTAL GAME:

1 2 3 4 5

Worst

Best

### 4 weeks in:

1 2 3 4 5

Worst

Best

### 8 weeks in:

1 2 3 4 5

Worst

Best





## How motivated do you feel at the moment regarding your dance?

- 1=I would rather rest/not motivated at all
- 2=My vision is not clear/not very motivated
- 3=I know my goals/motivated
- 4=I feel inspired and my vision is clear/very motivated
- 5=I want to become the best ever/extremely motivated

### Before MENTAL GAME:

1 2 3 4 5  
Worst Best

### 4 weeks in:

1 2 3 4 5  
Worst Best

### 8 weeks in:

1 2 3 4 5  
Worst Best

## YOUR MENTAL SCORE

Calculate your mental score by adding up your points from each question above.

### BEFORE

### WEEK 4

### WEEK 8

**4-8 points:** Your mind game is currently not on point. You should definitely put some work into training your mind and soul and prioritize it during the next weeks and months.

**9-14 points:** Some parts of your mind game need work. You should find a well balanced way to integrate both, your mental and your physical training in your life.

**15-20:** Your mind is in good shape! Use mental training to reach new levels in your dance and be wary that situations change and life may get difficult sometimes. A consistent mental hygiene is a great preparation, so make sure you stay in shape!

# MENTAL TRAINING LOG

What have you done for your Mental Game this week?

## WEEK 1

Visualizing movements	Visualizing performance
Visualizing problem solving strategies	Creating/applying mantras
Creating/applying stances	Meditation
Breathwork	

## WEEK 2

Visualizing movements	Visualizing performance
Visualizing problem solving strategies	Creating/applying mantras
Creating/applying stances	Meditation
Breathwork	

## WEEK 3

Visualizing movements	Visualizing performance
Visualizing problem solving strategies	Creating/applying mantras
Creating/applying stances	Meditation
Breathwork	

## WEEK 4

Visualizing movements	Visualizing performance
Visualizing problem solving strategies	Creating/applying mantras
Creating/applying stances	Meditation
Breathwork	

## WEEK 5

Visualizing movements	Visualizing performance
Visualizing problem solving strategies	Creating/applying mantras
Creating/applying stances	Meditation
Breathwork	



## WEEK 6

Visualizing movements  
Visualizing problem solving strategies  
Creating/applying stances  
Breathwork

Visualizing performance  
Creating/applying mantras  
Meditation

## WEEK 7

Visualizing movements  
Visualizing problem solving strategies  
Creating/applying stances  
Breathwork

Visualizing performance  
Creating/applying mantras  
Meditation

## WEEK 8

Visualizing movements  
Visualizing problem solving strategies  
Creating/applying stances  
Breathwork

Visualizing performance  
Creating/applying mantras  
Meditation