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The Working Dancer

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AUDITION AFFIRMATIONS

TheWorkingDancer.com



Get out of your head and into the game with positive affirmations.

Affirming your worth to yourself and the universe will help power your efforts towards building the career of your dreams.

1. I AM TALENTED, COURAGEOUS, AND STRONG.

I invest in my craft and have the skill to show for it. I have the courage to be open by offering my gifts to the world, and I have the strength to never give up on my dreams or myself.

2. I PERFORM WELL IN FRONT OF MY PEERS.

I rise to the occasion when it's my time to shine. I believe in myself, I am not intimidated by my peers, and I am confident performing in front of or alongside them.

3. I HAVE SOMETHING VALUABLE TO OFFER.

I have something special to offer that is specific and unique to me. I am beautifully and wonderfully made, and I am proud of who I am.

THE TAKEAWAY: YOU ARE ENOUGH.

Auditions are great opportunities to grow both personally and professionally. While you won't be a fit for every audition opportunity, the outcome does not determine your worth. In your next audition, **just remember to trust yourself, be confident in what you know, breath, and enjoy the ride!**