



# Touch it Journal

Use the spaces below to check in with your mood and embodiment practice.

## Today's Mood

## Embodiment Goals

- What energy, style, and vibe are you looking to bring into your storytelling?

## Examine

- What mental limitations, if any, are you putting on yourself that affect your dancing?

## Interpret

- In your words, what story is this performance telling?

## Critique

- What do you enjoy about your movement? This could be style, signature moves, anything about your movement.



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## Critique

- Where would you like to see improvement?

## Cont'd Writing



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Cont'd Writing

A large, empty rectangular box with a light pink background and a black border, intended for writing.