

# VISION LABS

**Train with Intention**

4-Week Intensive Training Workbook



Awareness. Pressure. Refinement. Ownership.  
Four weeks to raise your standard as a dancer.

**by Jamie Elalouf**

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## The training program **welcome.**

Welcome to Cohort 2. If this is your second round with VISION LABS, you already know the work it takes to grow. This time, the program is built to push you further.

Over the next four weeks, you will move through four phases: awareness, pressure, refinement, and ownership. Each one is designed to expose something different about how you train, how you respond, and who you are becoming as a dancer.

Use this workbook to set goals, track your work, and reflect on what shows up. The more honest you are with the process, the bigger the jump you will see.

**LET'S GET TO WORK.**

# THE TRAINING MINDSET

Real progress does not come from taking more classes. It comes from training with intention.

Talent is rarely the thing that holds dancers back. Consistency, focus, and the willingness to step outside of your comfort zone are what create real growth. Intentional practice, repetition, and honest self-reflection are what turn effort into improvement.

In Cohort 2, you will be challenged to approach your training differently. Discomfort is part of the process. Growth happens when you push past what feels familiar. And this time, the program is built to push harder.

## 1. What did Cohort 1 teach me about how I train?

## 2. What kind of dancer do I want to become by the end of this cohort?

## 3. What do I want Cohort 2 to give me that Cohort 1 didn't?

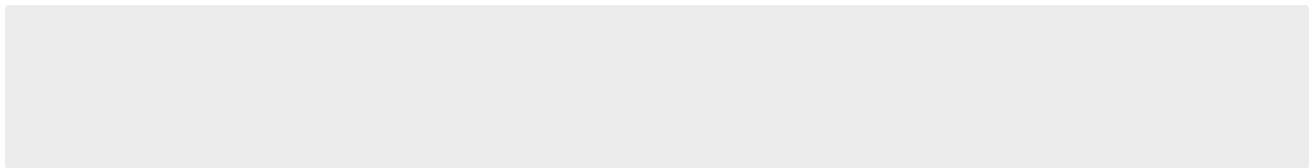
# WHY DANCERS PLATEAU

Most dancers plateau because of habits.

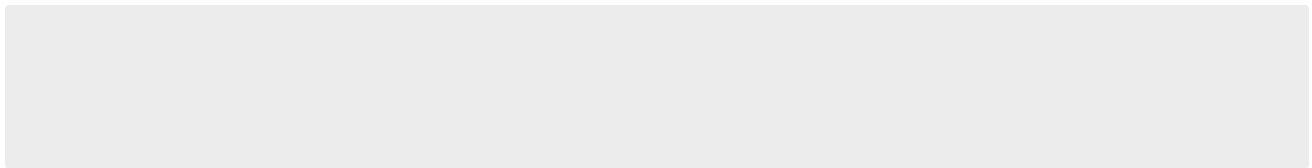
It's easy to take a class every week without a clear intention. It's easy to compare yourself to others instead of focusing on your own progress. It's easy to wait until you feel confident before pushing yourself, or to avoid the discomfort that comes with real growth.

Without structure and consistency outside of class, progress slows down. Becoming aware of these patterns is the first step toward changing them.

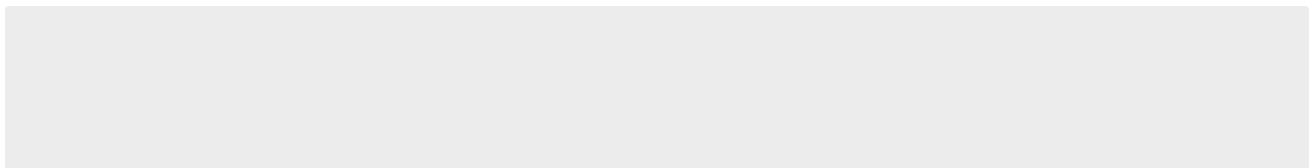
## 1. Where do I still feel stuck in my dancing?



## 2. What fears or insecurities show up when I train?



## 3. What habits am I willing to break this cohort?



# TRAINING VS TAKING CLASS

Taking class and training are not the same thing.

Taking a class is about learning choreography and gaining exposure to new movement. Training is about repetition, reflection, and intentional practice outside of the classroom. Real improvement happens when you revisit material, analyze your movement, and stay consistent between sessions.

This program is built around training, not just taking a class. The goal is to help you develop habits that support long-term growth.

## TAKING CLASS

- ✗ Follow choreography
- ✗ Leave and forget
- ✗ Depend on teacher feedback
- ✗ Hope improvement happens naturally

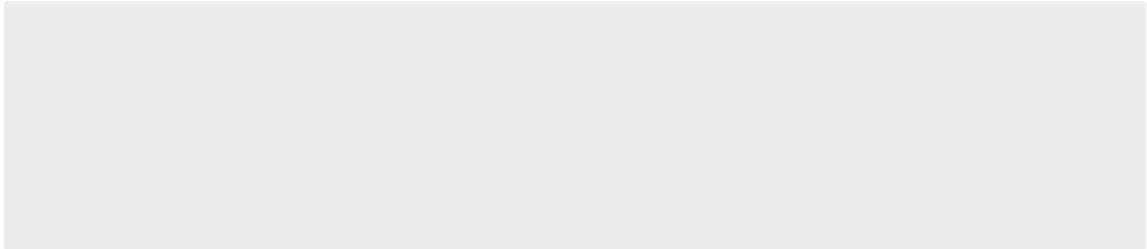
## TRAINING

- ✓ Repeat and refine
- ✓ Practice between sessions
- ✓ Train with intention
- ✓ Give yourself feedback and direction

# GOAL SETTING

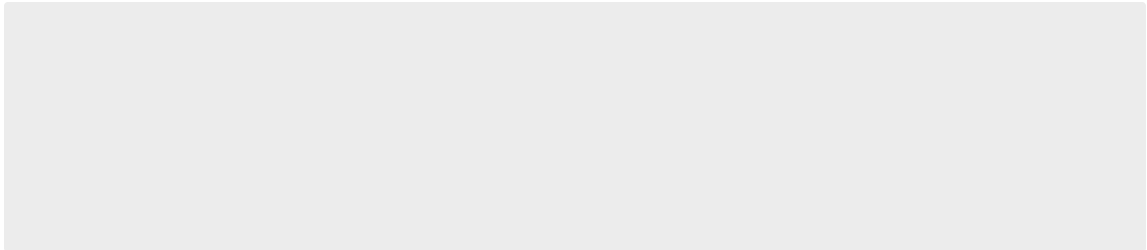
What is the main area of my dancing I want to improve over the next four weeks?

01



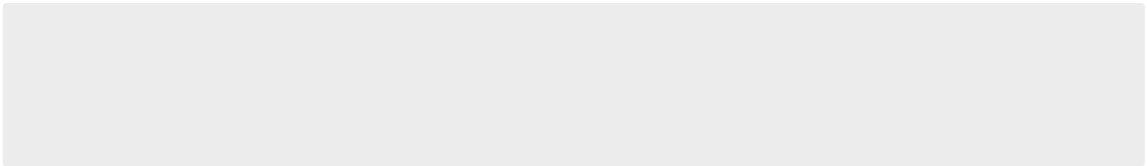
02

What habits am I willing to build to support my progress outside of class?



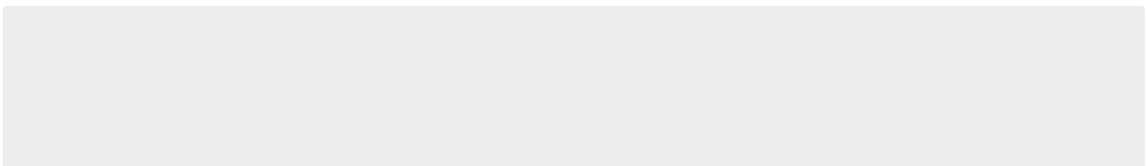
03

What obstacles could interfere with my goals, and how will I handle them?



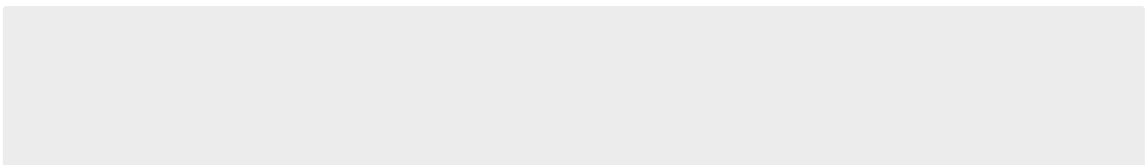
04

How will I hold myself accountable each week?



05

How will I know I gave my full effort by the end of these four weeks?



## SECTION 02

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# YOUR FOUNDATION

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Before Week 1 starts, lock in who you are as a dancer right now. These Three core pages, Dancer OS, the Habit Loop, and the One Correction Rule, are the operating system you'll run on for the next four weeks.

YOUR FOUNDATION

# MY DANCER OS

Every dancer runs on a personal operating system. The way you learn, the things that shut you down, the conditions that bring out your best. Most dancers never write theirs down. This page is your blueprint. Refer back to it whenever you feel stuck.

**How I learn best:**

**What makes me shut down:**

**What helps me recover:**

**The type of feedback that helps me most:**

**My biggest training strength & biggest training weakness:**

**What I need to remember under pressure:**

YOUR FOUNDATION

# THE HABIT LOOP

Most of what holds dancers back is not talent. It is the loop that runs on autopilot when something goes wrong. Spot the loop, break the loop.



## EXAMPLE

**Trigger:** I forget the combo.

**Reaction:** I panic.

**Habit:** I stop performing and look down.

**Result:** I lose confidence and disconnect.

**My trigger:**

**My reaction:**

**My habit:**

**My result:**

**My new response (the loop I'm building this cohort):**

HOW TO TRAIN

# THE ONE CORRECTION RULE

Dancers often try to fix everything at once and end up fixing nothing. Each round of practice has one target. Stack the rounds, not the corrections.

01

MEMORY

02

TIMING

03

TEXTURE

04

PERFORMANCE

05

FULL TAKE

**Today's one correction:**

**What changed when I focused only on that?**

**My next single correction:**

# FOUR WEEKS TO RAISE YOUR STANDARD

Four weeks is not enough to reach your full potential as a dancer. If it were up to me, we would train consistently for a full year or more. That is the long-term vision for VISION LABS.

But the next four weeks are not just about learning choreography. They are about building the awareness, composure, and ownership that will continue to shape you long after this cohort ends.

*If you commit fully and trust the arc, Awareness, Pressure, Refinement, Ownership, you will look back at Week 1 and barely recognize the dancer who started.*

*This is only the beginning.*

SECTION 03

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# WEEK 1 AWARENESS

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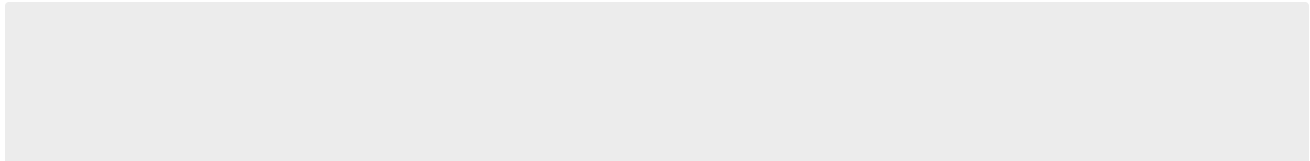
Reset, rebuild, and study the habits showing up in your dancing. Film your starting point. Be honest about what you see.

WEEK 01: AWARENESS

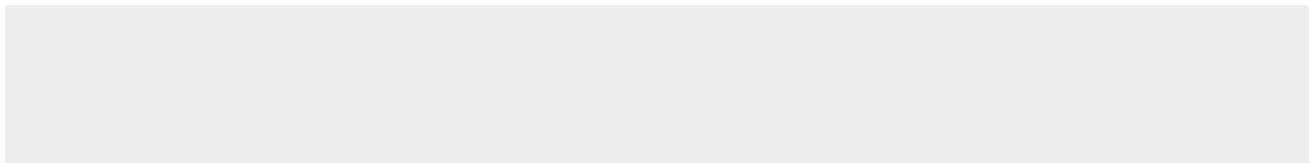
# RESET & REBUILD

Before you can grow, you have to know where you stand. This week is about being honest with yourself. What habits keep showing up, what feedback you have heard before, and what you want to tackle from here on.

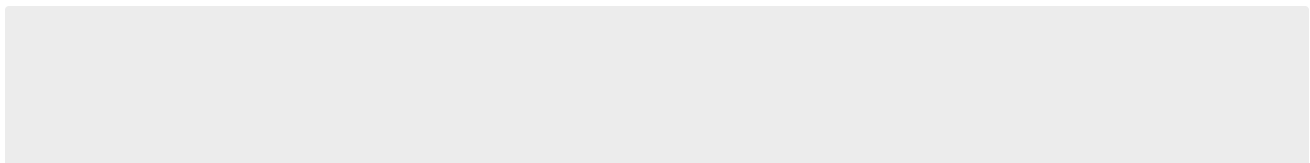
**1. What habits keep showing up in my dancing?**



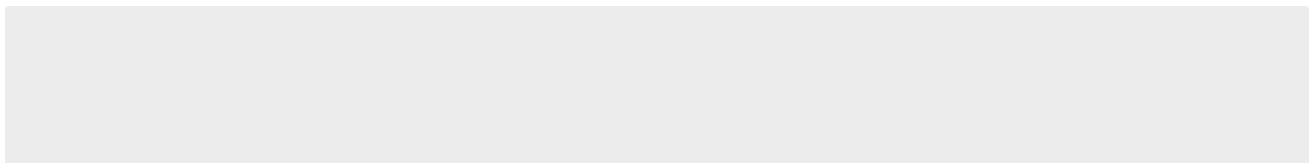
**2. What feedback have I heard before that I still need to apply?**



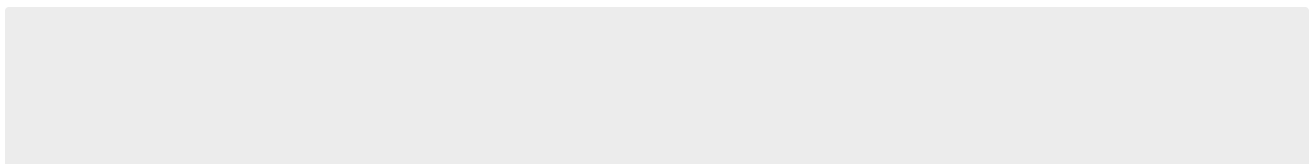
**3. What do I do when I feel uncomfortable in class?**



**4. What do I want to stop doing this cohort?**



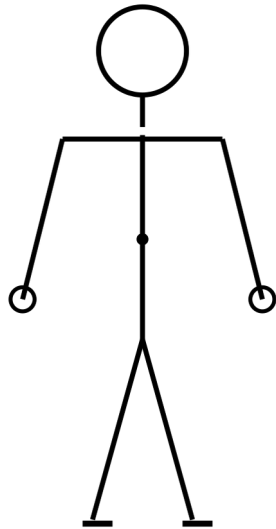
**5. What do I want to become known for as a dancer?**



WEEK 01: AWARENESS

# THE ENERGY LEAK MAP

Performances die in small places. Eyes drop. Shoulders tense. A hand stays unfinished. Each one is a leak, and audiences feel it before they can name it. Circle your top 3.



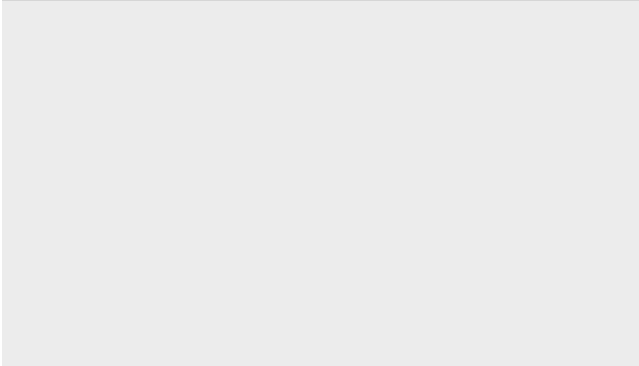
- Eyes drop
- Shoulders tense
- Hands unfinished
- Feet lazy
- Face goes blank
- Breath held
- Core disconnected
- Transitions rushed

My top 3 leaks:

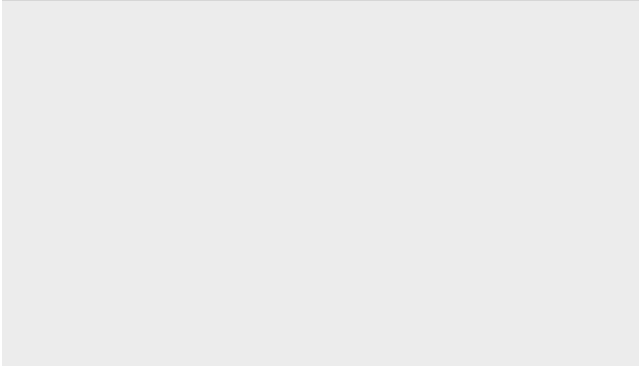
What I'll do when I feel a leak start to happen:

# WORKSHEET

**What do I want to focus on today?**

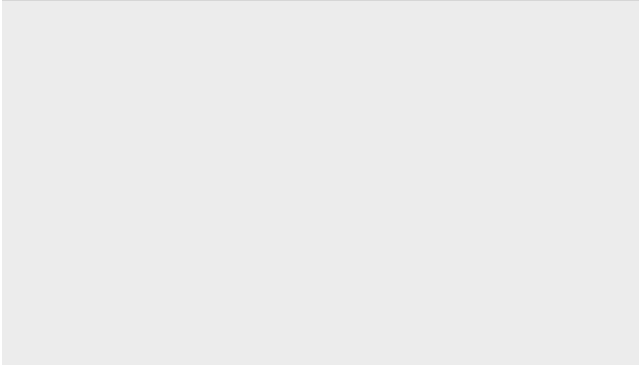


**What habit am I tracking this week?**

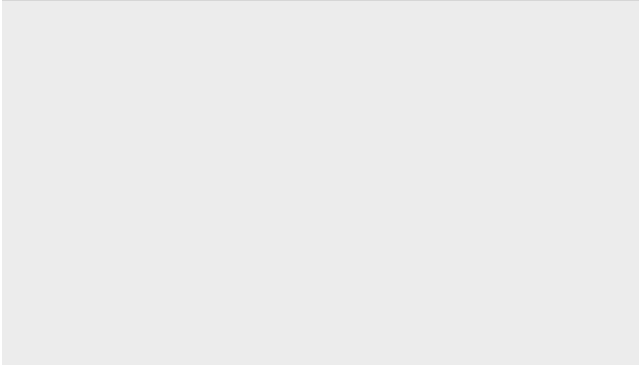


Post-Training Reflections.

**What did I learn today?**



**What habit did I notice the most?**



WEEK 1: BETWEEN-CLASS WORK

# THE HONEST TAKE

Five steps. No filters. Awareness starts by watching yourself the way someone else would.

	TRUE	FALSE
1. Filmed one full take of the choreography without stopping.	<input type="checkbox"/>	<input type="checkbox"/>
2. Watched it once without judging myself.	<input type="checkbox"/>	<input type="checkbox"/>
3. Watched it again and identified one habit that keeps showing up.	<input type="checkbox"/>	<input type="checkbox"/>
4. Wrote my one correction for Week 2.	<input type="checkbox"/>	<input type="checkbox"/>
5. Brought that correction back to class.	<input type="checkbox"/>	<input type="checkbox"/>

**My one correction for Week 2:**

SECTION 04

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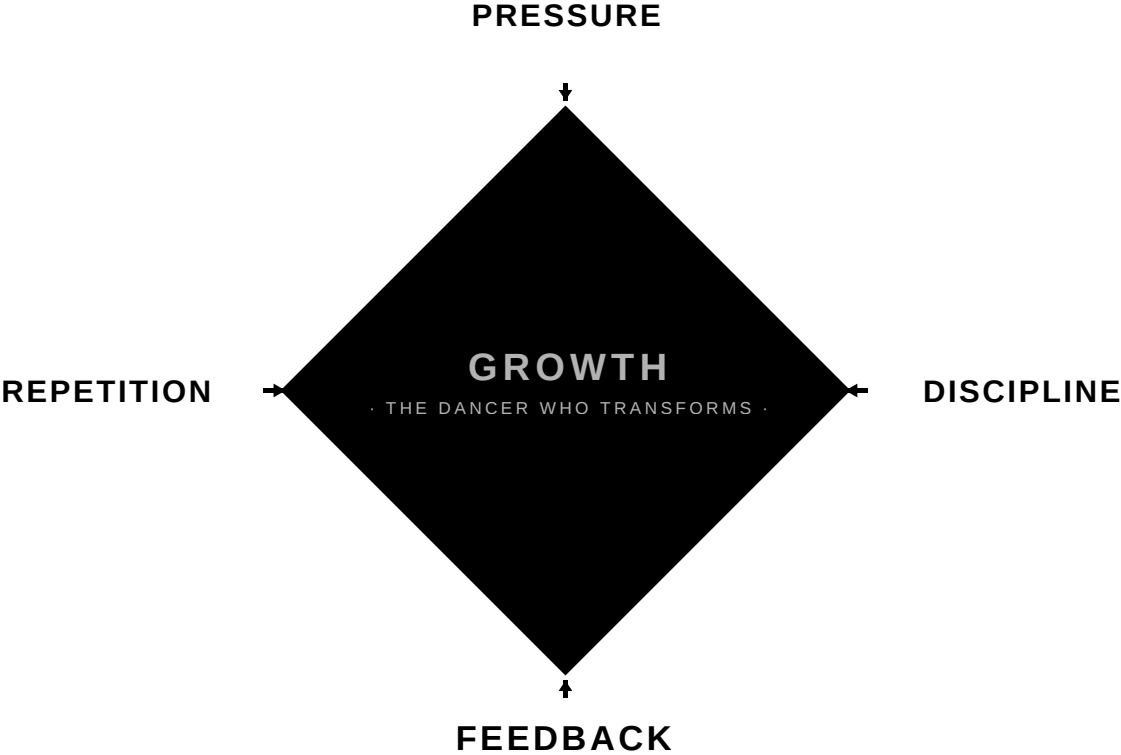
# WEEK 2 PRESSURE

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Two choreographies back to back. The pace gets faster, the brain gets Fuller, and the habits show themselves. Pressure reveals what needs to be trained.

WEEK 02: PRESSURE

# THE DIAMOND



Pressure does not create growth by itself. Pressure reveals what needs to be trained. The dancer who reflects, repeats, and applies feedback is the dancer who transforms.

WEEK 02: PRESSURE

# PRESSURE MAKES DIAMONDS

This week is designed to challenge your ability to learn, retain, and perform under pressure.

You will be taught two choreographies back to back. The goal is not to be perfect. The goal is to observe how you respond when the information is heavier and the pressure is higher.

Pressure reveals your habits. It shows you where you rush, where you disconnect, where you panic, and where you need to build more confidence. Instead of judging yourself, study yourself. The way you respond under pressure gives you information. That information is what helps you grow.

**"PRESSURE REVEALS YOUR HABITS."**

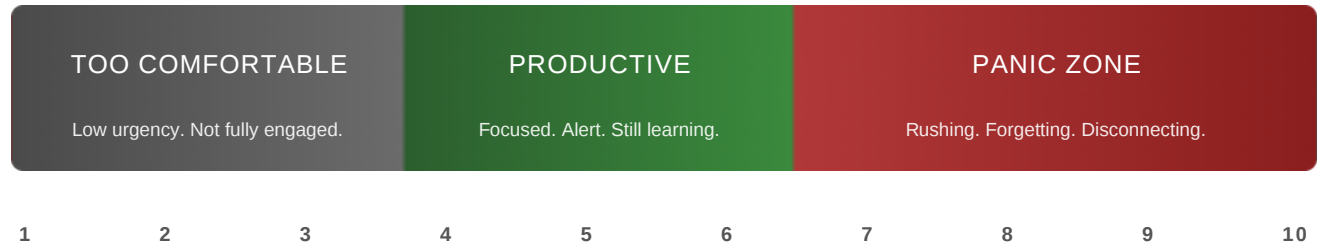
**This week tests:**

- How fast you pick up
- How well you retain information
- How you handle mistakes
- How you manage frustration
- Whether you stay present when overwhelmed
- Whether you can still perform with a full brain

WEEK 02: PRESSURE

# THE PRESSURE METER

Productive pressure looks like focus. Too little and you coast. Too much and you panic. Mark where you were during each combo today.



Where was I during Choreography 1? / 10

Where was I during Choreography 2? / 10

What pushed me into the panic zone?

What helped me come back down to productive?

WEEK 02: PRESSURE

# PRESSURE TEST RESULTS

Treat this week like a lab experiment. The combos are the test. You are the data.

AREA	WHAT HAPPENED?
Memory	
Focus	
Confidence	
Performance	
Recovery	
Energy	

When pressure increased, I noticed that I...

The moment I lost focus was...

The way I got myself back was...

Next time under pressure, I will...

HOMEWORK  
**CHECKLIST**

No stopping. No restarting. No excuses. Treat the camera like an audition.

	TRUE	FALSE
1. Practiced Choreography 1 three times.	<input type="checkbox"/>	<input type="checkbox"/>
2. Practiced Choreography 2 three times.	<input type="checkbox"/>	<input type="checkbox"/>
3. Filmed both combos back to back without stopping.	<input type="checkbox"/>	<input type="checkbox"/>
4. Watched the video and noted where my energy, memory, or focus dropped.	<input type="checkbox"/>	<input type="checkbox"/>
5. Repeated both combos with one clear correction.	<input type="checkbox"/>	<input type="checkbox"/>

**OPTIONAL CHALLENGE**  
Perform both choreographies back to back on camera as if it were an audition. One take. No restart.

SECTION 05

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# WEEK 3 REFINEMENT

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Slow everything down. Texture, dynamics, contrast, intention. This is where the cracks pressure exposed get cleaned up.

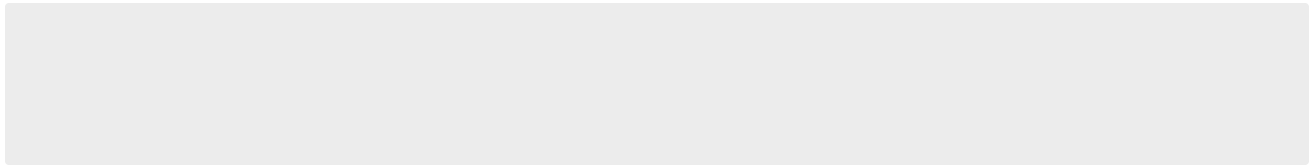
WEEK 03: REFINEMENT

# TEXTURE & DYNAMICS

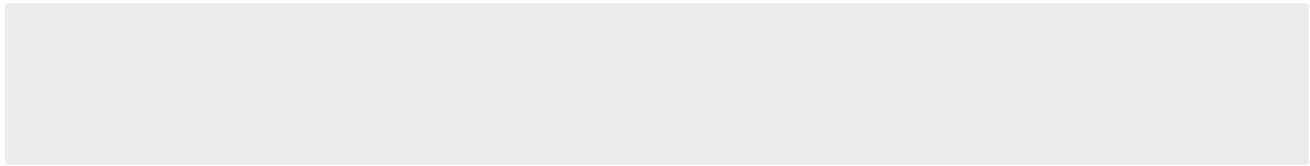
After being challenged under pressure, this week is about refinement. Now that you have seen what happens when the pace is faster and the pressure is higher, the goal is to slow down and improve the quality of your choices.

Texture, dynamics, and control are what make movement feel alive. This week is about making your dancing less flat and more specific.

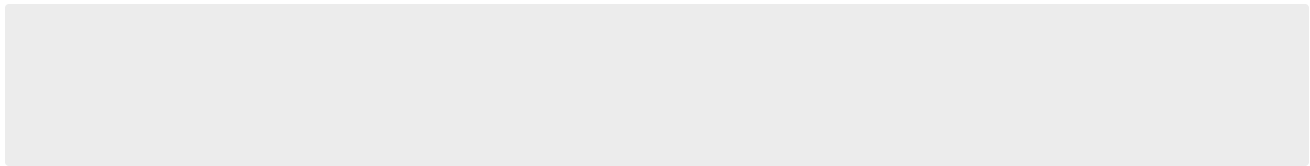
## 1. Where can I add more softness?



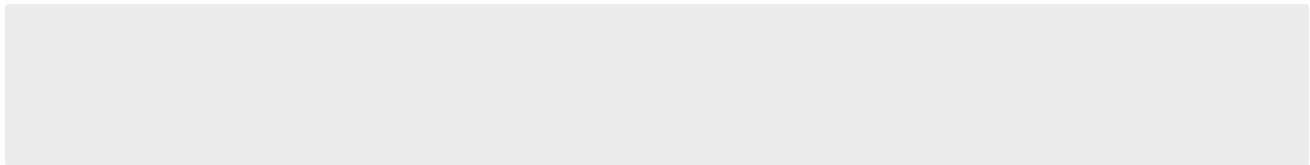
## 2. Where can I add more attack?



## 3. Where am I rushing through details?



## 4. Which moment in the choreography needs more intention?



WEEK 03: REFINEMENT

# MOVEMENT TEXTURE MENU

Most dancers default to two or three textures and avoid the rest. Variety is what makes movement interesting. Pick from the menu: what you live in, what you avoid, what you'll practice.

SHARP <input type="checkbox"/>	SOFT <input type="checkbox"/>	HEAVY <input type="checkbox"/>	LIGHT <input type="checkbox"/>
SUSPENDED <input type="checkbox"/>	GROOVY <input type="checkbox"/>	CONTROLLED <input type="checkbox"/>	EXPLOSIVE <input type="checkbox"/>
RELAXED <input type="checkbox"/>	TENSE <input type="checkbox"/>	FLUID <input type="checkbox"/>	PERCUSSIVE <input type="checkbox"/>

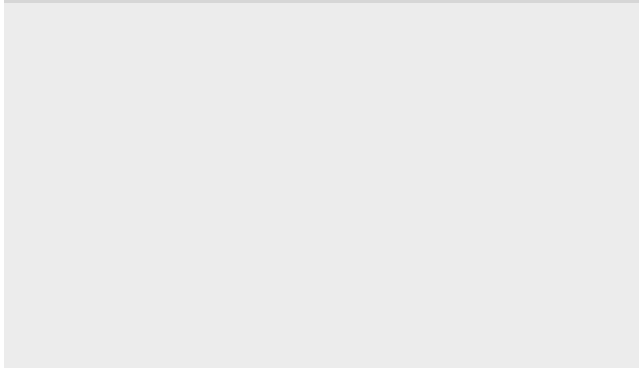
**3 textures I naturally use:**

**3 textures I avoid:**

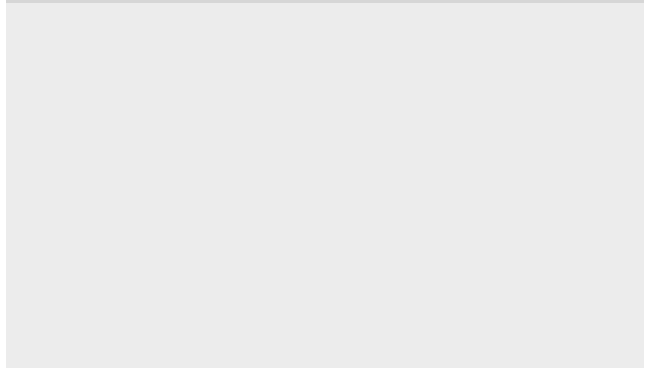
**1 texture I'll apply to this week's choreography:**

# WORKSHEET

**What texture am I exploring today?**

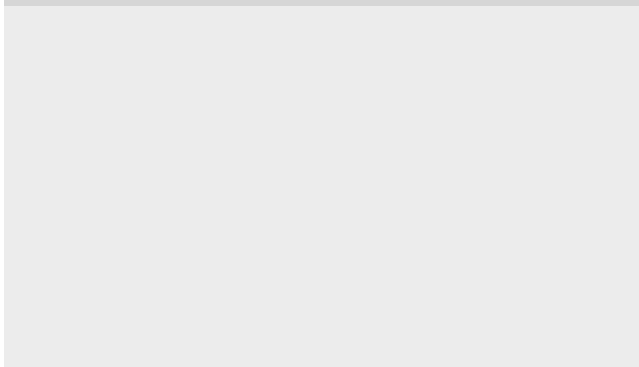


**Where do I want more contrast?**

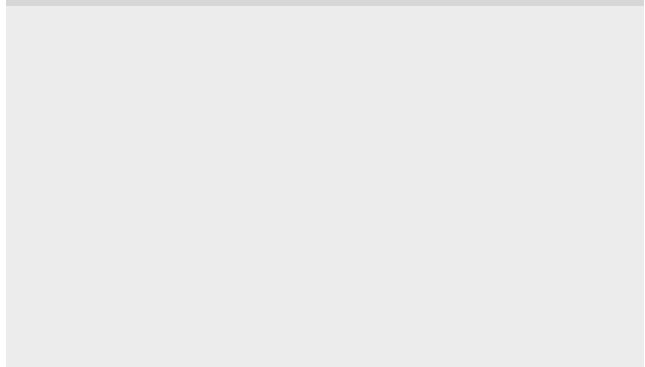


Post-Training Reflections.

**What changed in my movement quality?**



**What still feels flat or generic?**



HOMEWORK

# CHECKLIST

Film three versions. Compare them. Notice what your body actually does versus what you think it does.

	TRUE	FALSE
1. Filmed a clean and controlled version.	<input type="checkbox"/>	<input type="checkbox"/>
2. Filmed a full-out performance version.	<input type="checkbox"/>	<input type="checkbox"/>
3. Filmed one version with a specific texture choice.	<input type="checkbox"/>	<input type="checkbox"/>
4. Identified which version felt most natural and which challenged me most.	<input type="checkbox"/>	<input type="checkbox"/>
5. Noted which version looked strongest on camera.	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 06

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# WEEK 4 OWNERSHIP

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Final take. Final reflection. Compare your Week 1 video to your Week 4 video and own the standard you've built.

WEEK 04: OWNERSHIP

# FINAL TAKE & PERSONAL STANDARD

This week brings everything together. You are not just filming a final video. You are showing the standard you have built over the past four weeks.

Can you dance with intention? Can you recover from mistakes? Can you make choices? Can you perform without waiting for permission? Your final take should represent your current standard as a dancer.

**1. What standard do I want to hold myself to from now on?**

**2. What do I want people to notice in my final video?**

**3. What habit am I still working on?**

**4. What do I want to carry into my next stage of training?**

WEEK 04: OWNERSHIP

# VIDEO REVIEW SCORECARD

Watch your final video with structure. Score yourself honestly out of 5 in each category, then pick one correction for the next take.

CATEGORY	SCORE	NOTES
Memory	/5	
Clarity	/5	
Texture	/5	
Dynamics	/5	
Musicality	/5	
Performance	/5	
Confidence	/5	
Recovery after mistakes	/5	

**My strongest category:**

**My weakest category:**

**One correction for next take:**

# WORKSHEET

**What standard am I holding today?**

**What do I want my final take to feel like?**

Post-Training Reflections.

**What did I own today?**

**What still feels unfinished?**

## COHORT 2: REFLECTION TOOLS

# THE GROWTH TIMELINE

The story of these four weeks. Write the headline of each week, then read it back to yourself.

W1

Week 1: I noticed...

W2

Week 2: Pressure revealed...

W3

Week 3: I refined...

W4

Week 4: I became more aware of...

**My biggest shift was:**

**My next level is:**

# THANK YOU

Proud of you. See you at the next one.

You made it through Cohort 2. That alone is worth recognizing.

Over the past four weeks you moved through awareness, pressure, refinement, and ownership. You filmed yourself when it was uncomfortable. You sat with feedback you would rather have skipped. You raised your standard.

Cohort 1 taught you how to train. Cohort 2 showed you who you become when the pressure goes up. Carry that forward. Into your next class, your next audition, your next stage.

The work does not stop here.

***VISION***