



DANCE DATA PROJECT®

TOP TEN WAYS TO SURVIVE **THE ZIGZAG**

with Danni Gee

- 1** **ALLOW YOURSELF TO FEEL** THE DISAPPOINTMENT OF YOUR LIFE OR CAREER BUT DO YOUR BEST NOT TO WALLOW IN IT FOR TOO LONG.
- 2** AVOID OVER-INDULGING IN ALCOHOL OR DRUGS, OR ANYTHING THAT COULD WORSEN YOUR **STATE OF MIND**.
- 3** **BE PHYSICAL:** TAKE WALKS, RECONNECT WITH NATURE; EXERCISE AND LEAN INTO THE GOOD ENDORPHINS.
- 4** **EAT** WELL, STAY **HYDRATED**, AND TRY TO GET PLENTY OF **SLEEP**.
- 5** **BE STILL:** TAKE DEEP BREATHS AND FOCUS ON BEING OKAY WITH BEING STILL AND REFLECTIVE.
- 6** FOCUS ON YOUR ACCOMPLISHMENTS AND **BELIEVE** THAT THERE WILL BE MORE.
- 7** ALLOW YOURSELF TO CRY AND **VERBALIZE** YOUR FEARS, BUT ONLY WITH YOUR MOST TRUSTED CONFIDANTES.
- 8** **BE HUMBLE:** “ZIGZAGS” HAPPEN TO ALL OF US, AND YOU MIGHT HAVE TO TAKE WORK THAT IS NOT AS FULFILLING IN THE TEMPORARY WHILE YOU KEEP EXPLORING AND FOLLOWING YOUR DREAMS. **BE OPEN** TO LEARNING NEW SKILLS. AND NEVER FEEL ASHAMED OR EMBARRASSED ABOUT YOUR JOURNEY.
- 9** KNOW THAT YOU ARE NOT ALONE. **CONNECT** WITH PEOPLE WHO MAY SHARE YOUR EXPERIENCES OR SEEK COUNSELING IF YOU FIND YOURSELF FEELING PARALYZED BY UNCERTAINTY.
- 10** **EMBRACE CHANGE!** BE OPEN TO NEW ADVENTURES AND DON'T ALLOW YOUR ENTIRE BEING OR SELF TO BE DEFINED BY YOUR JOB OR POSITION. MAKE ROOM FOR THE **NEW!**