

A WORKSHEET FOR THE  
**WORDS THAT MOVE ME**

PODCAST BY DANA WILSON

EPISODE

***Dance Lessons are Life Lessons  
with Chloe Arnold***

3

MY  
NOTES:

If knowledge is power... this episode is a superhero! I talk to Emmy nominated choreographer and master teacher, Chloe Arnold, about the education that didn't only land her at the top of the industry.. it taught her to elevate her community along with her. If you're looking for the motivation to take your training to the next level, this episode is for you

"You can't let other people set the ceilings for your success or your potential... even if they love you."

**-Chloe Arnold**

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IN THIS EPISODE  
WE ASK THE QUESTION

# WHY DO YOU DANCE?

RECORD YOUR THOUGHTS BELOW

MY  
NOTES:

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IN THIS EPISODE  
WE DISCUSS WHY  
YOU SHOULD

# DREAM BIG!

Chloe Arnold says: "There are things that you can imagine for yourself that are just far beyond what someone can know is in your imagination"

*WHAT'S YOUR BIGGEST DREAM?*

*What could make it BIGGER?*

*Write about how you would feel every morning when you wake up living your dream.*

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# ***YOUR SUPPORT SYSTEM***

Chloe talks about several women who extended a hand and offered guidance.

## ***WHO HAS HELPED YOU?***



## ***ARE YOU HELPING OTHERS? IF SO, HOW?***



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