

5 lessons of discipline in life from ballet dancers

If you want to practice discipline, learn ballet and you will see how your life changes.

Considering how to build and maintain a discipline, learning ballet can be considered the best way. Like anything else in life that requires effort: time, dedication and determination are also mandatory elements for every ballet dancer if he wants to achieve perfection. All "ballet dancer" try their best to achieve that despite knowing that inherent difficulties always work in the same direction with precision. The more I hope to become skilled, meticulous, proficient, the greater the challenge.

So what are the success lessons of ballet dancers? That is the **discipline of discipline**, the perseverance of practicing from day to day even though it is only a small move. As such, they strive to "forge" themselves in difficulties, pain and sacrifice for art. For them, the formula of **time, dedication** and **determination** will create "immutable submission" that leads to success in life.

1. Life is exactly what is repeated every day

In ballet, we repeat the same exercise every day to build the foundation of strength and flexibility within the body. Surprisingly, maintaining such discipline also gives each dancer many benefits in other aspects of everyday life, not every environment.



To achieve a 6-pack body, regular exercise is the core factor. In order for your body to stay awake and rest, it is necessary to have enough sleep every day. Regularity is a powerful element that will surely create a strong "adhesive" to help you control your life.

Practicing processes that want to become a habit requires a certain level of endurance and endurance. You will have to sacrifice time and effort, and make a thorough plan. If you do so, soon, they will become an indispensable part of your life.

Regularity is the backbone of each person's future success.

2. Life is a process where you need to walk slowly

Life is exactly one step at a time, slowly, carefully, both literally and figuratively.

Life is a process - a unique journey of each person. It has no clear destination on where we will go; it always has obstacles and sometimes, a few moments that make us feel confused, uncertain, indeterminate. However, every time, we learn how to accept that the way to move forward with our own power is to step by step.



This is also the way that ballet dancers focus on their attention. Ballet is a series of continuous movements that require actors to think in order. You cannot think of the next move before completely stopping the current jump. The mind that is not entangled by anything (plus a little passion) will make you feel good.

3. Ballet helps me manage time to better control my life

When we come to the show, we have to prepare certain things to ensure a successful program, including pre-rehearsal, makeup, body health, flexibility and positive mind. All of these things will create an extremely pathetic situation if prepared well, too late or something happens unexpectedly.

However, the "accuracy" here depends on each person. It means taking responsibility for yourself, your mission and feeling able to control it. For example, for a college student who wants to achieve high results, time management is a must-have skill.



Students who know how to plan, arrange time and balance life are likely to succeed. Students who do not know how to plan and do not have a clear timetable will experience a much more difficult learning process.

Any student who participates in dance, especially through many classes every week, must learn how to manage time effectively.

4. Trial and error are extremely valuable things

In ballet, everyone needs to try different ways to move and make the techniques perfect. This means that actors need to try many combinations until they feel good and better than the first time. Similar to ballet, life is the same.

You can't just wake up every day without having an idea of ??what's going to happen. Because there are always so many "waves" that you must "ride" to get what you deserve. However, remember, *"a calm ocean never creates an experienced sailor"* .

So try it many times, because with each try, you will get closer and closer to the destination you want. You can be knocked down, even while performing, but then, calm down and keep moving forward.



That is the most basic life skill. Keep your head high and never give up. Failure is an essential part of the life process. It means you need to be brave to try.

Learn to step away from the safe zone and put yourself in the environment of innovation and excitement that forces you to learn how to move. Trial and error are just a method to create discipline in order to maintain determination before unexpected things in life.

5. Life is difficult but keep smiling

When dancing and performing, ballet dancers need to maintain happy faces and smiles on the stage, preventing fun or dramatic segments. You need to learn how to control everything even if it is an extremely painful wound.



Life is similar. When life is too difficult or monotonous, just smiling is enough to make you feel better. A smile is a powerful "power" that can affect the brain and change your mind. Smile is a powerful remedy to make you

feel happier and happier. After all, never lose a smile when it will help you overcome suffering in your life.

About the author : Levita Galinsky is a professional ballet dancer, a health and physical blogger with dedicated articles to spread the spirit of beautiful life, healthy living to readers.

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