# Life is a Dance-you need the right music to get in step

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I THINK I CAN- CAN………. Imagine dancing the rumba to swing dance music or the waltz to bosa nova. I’ve tried it and for some creative beings, it might work. But not for me. When we dance, we take in the whole idea of step by step to the rhythm of the music we have decided on using. And then, there are those who would rather sit on the sidelines and observe what others are gracefully, or not so gracefully engaged in. Life is a dance. We take steps by steps every day of our lives to the beat of what goes on in our heads. And again, some of us sit on the sidelines preferring to disengage for whatever reason. I don’t know if we need talent or if we just need the confidence to know that to miss a step is just a way of telling us that we need to work more diligently the next time. We will need to have the right music, attitude and tools to be the dancer we want to be. Yes, Life is a Dance: This title came to me during a coaching session when I asked a client to tell me what he thought he could accomplish based on his strengths or talents. “I can, can…. that is a dance.” he said. So from that point we realized that it is more productive to look at the “can, cans” instead of the “can’t, cant’s” and there certainly is no dance for that.

[](http://uniquepathways.websitehabitat.com/wp-content/uploads/sites/21/2015/04/images-2.jpeg)

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  The chatter in our heads can give us two left feet if we do not arrest the negative thinking. To be a better “dancer”, one must consider one's ability at other things done in the past. Think confidence, think strength in being, think strength in doing. Consider standing tall, looking great, remembering compliments others have given you, and of course **your** unique qualities.  Become your own advocate. Step by step, beat-by-beat…you will be dancing in no time. “Life's a dance you learn as you go Sometimes you lead, sometimes you follow Don't worry about what you don't know. Life's a dance you learn as you go”-John Michael Montgomery (Country Music Singer)   http://www.youtube.com/watch?v=7k4ujBGRGf8