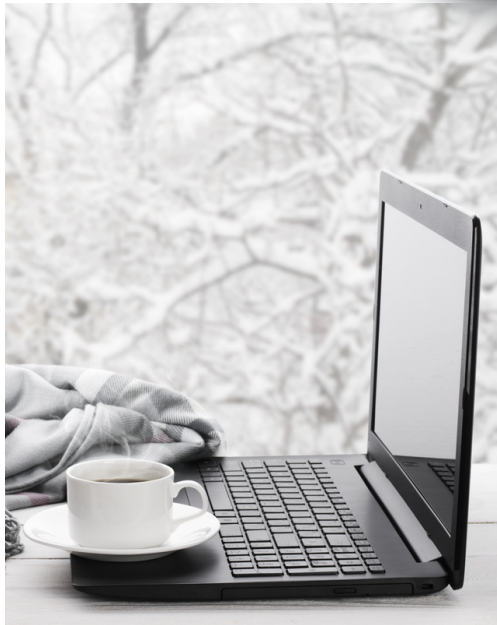




# Grace & Confidence



## From the Author

### MELISA TORRES

The start of a new year. We get to look back and reflect on last year as well as sit down and think about what we want to accomplish this year. 2022 was a challenging year for me. I had long covid complications which kept me out of the weight room and off the dance floor. I missed both tremendously! But I still finished *Strive for Excellence* on-time and I'm proud of that accomplishment.

What is in store for 2023? A new *Optionals* book as well as audio books for *I've Got This!* through *Brothers Have Talent, Too!* I am looking forward to working with *Tantor Media* on these four audio books.

This issue has *Life Lessons of a Gymnast*, two *Readers of the Month*, *Character Trivia*, and sample pages from our *Goal Setting Journal*. Happy New Year!

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# LIFE LESSONS OF A GYMNAST

As we start the new year, we are all thinking about our goals for 2023. I am willing to bet your gymnast already knows what she wants to accomplish this year. While I realize gymnasts are well ahead of their peers in their ability to set goals, I would like to share some of my best tips for making goals a reality.

- 1 - Look at your timeline and work backwards
- 2 - Break down your goals by week
- 3 - Set realistic goals
- 4 - Show up to every practice you can
- 5 - At practice, be willing to work and listen to corrections
- 6 - Review your goals monthly and adjust them as needed

To learn more goal setting skills, I highly recommend our Goal Setting Journal.



## JANUARY READER OF THE MONTH, AURORA



Meet Aurora! Aurora is a Level 4 gymnast who also likes making crafts and playing other sports such as softball, swimming, dance, and basketball. Aurora's favorite Perfect Balance Gymnastics Book is Brothers Have Talent, Too and her favorite character is Savannah. She even dressed up as Savannah on book character day at school (the picture is of Aurora as Savannah, spot on)! Aurora says she loves the series because the books have interesting things in them that she can relate to and because each book has a different topic.

We are so glad you are enjoying the series. Keep up the hard work in the gym and keep reading Aurora!

# FEBRUARY READER OF THE MONTH, LIZZIE!



Meet Lizzie! Lizzie is a Level 2 gymnast who also likes reading. Lizzie's favorite Perfect Balance Gymnastics Book is *I've Got This!* and her favorite character is Marissa. She says she loves the series because the characters go through similar situations that she has at the gym. She says she has many of the same problems as the characters. Lizzie says she reads the books every night. That makes us so happy! Keep up the reading and the hard work in the gym Lizzie!

## PERFECT BALANCE TRIVIA



Which Perfect Balance Gymnasts does a back extension roll on beam and why?

# SAMPLE GOAL SETTING PAGES

## VAULT GOAL

Skill I am going to learn on vault: \_\_\_\_\_

What I am going to do each week to make my goal:

Week 1 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 2 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 3 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 4 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 5 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 6 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 7 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 8 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 9 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Week 10 – Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Write down your skill, then work backwards to decide what you need to accomplish each week to reach your goal.

## VAULT GOAL CHECK-IN

Week 1 - Date: \_\_\_\_\_

What did I do well? \_\_\_\_\_

What can I do better? \_\_\_\_\_

Week 2 - Date: \_\_\_\_\_

What did I do well? \_\_\_\_\_

What can I do better? \_\_\_\_\_

Week 3 - Date: \_\_\_\_\_

What did I do well? \_\_\_\_\_

What can I do better? \_\_\_\_\_

Week 4 - Date: \_\_\_\_\_

What did I do well? \_\_\_\_\_

What can I do better? \_\_\_\_\_

Check in with your progress each month and adjust your goals as needed.



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Trivia answer:  
Paige competes a back extension roll on beam in Level 5 because she does not have the shoulder flexibility to do a back walkover or back handspring on beam.