



How We Show Up

*Better choices.
Stronger culture.
Freer leaders.*





This card deck helps studio
leaders reset their emotional
energy—the invisible drain behind
long, overwhelming workweeks.

Play solo or with your team to reflect,
respond, and lead with intention in the
moments that matter most.

**BECAUSE FREEDOM STARTS WITH
HOW YOU SHOW UP.**



How We Show Up

*Better choices.
Stronger culture.
Freer leaders.*

TRAVEL

How to Play

1.

DRAW A SCENARIO CARD.

- Example: "Your partner says: 'You're always on your phone.'"

2.

ROUND 1: PAST SELF RESPONSE

- Each player shares or writes: "Here's how I usually react..."

3.

ROUND 2: FUTURE SELF RESPONSE

- Each player shares or writes: "Here's how I want to lead instead..."
- Pull inspiration from the game, your leadership tools, or your workbook.

4.

OPTIONAL: ADD A REFLECTION PROMPT CARD

- Example: "What belief about leadership do I need to let go of?"

5.

DEBRIEF AS A GROUP

- Vote (just for fun): Most relatable meltdown, best response, or biggest shift.



How We Show Up

*Better choices.
Stronger culture.
Freer leaders.*





Create your
own scenario for
the group.



You walk into the
studio and realize
no one set up for the
team meeting.



A parent emails you
at 9:01 PM again.



Your best
teacher just quit
mid-season.



Your partner says,
“You are always on
your phone.”



A team member
says, “You seem really
stressed lately.”



You see a competitor
copying your
entire program.



A staff member
shows up late... again.



The studio is a mess,
and no one cleaned
up from last night.



A dance parent
complains in a public
Facebook group.



You have to cancel
a class because there
is no sub.



A student gets injured
during class and the
parent is upset.



You overbooked a
space and two classes
are double scheduled.



A staff member
questions one of your
decisions in front
of the team.



Your email/text
campaign flopped
after spending
hours on it.



You are up at
2 AM fixing someone
else's mistakes.



You find out a
family left your
studio for another
down the road.



You lose power in the
middle of classes.



A dancer forgot their
costume the night of
the show.



Your phone won't
stop buzzing
with messages on
your day off.



A parent demands
a refund for a
non-refundable
deposit.



Your staff missed the
deadline for ordering
recital costumes.



You wake up and
realize you scheduled
3 meetings at the
same time.



You accidentally
sent a private
message to the wrong
chat thread.



You are at a family
event and someone
asks, “How’s your
little studio?”



You sent a team-wide
email and someone
responded with
just “k.”



Your child
says, “You’re always
working.”



A teacher
says, “I thought
someone else was
handling that.”



You pull up to the
studio and start
crying in the car.



Your spouse calls and
you decline because
you are too busy.



A team member texts
“We need to talk.”
That’s it. No context.



Your star student's
mom corners you
after class and says,
“We’re thinking of
trying a different
studio next year...”



You get to the
studio and realize:
there's no toilet paper.
Anywhere.



How We Show Up

*Better choices.
Stronger culture.
Freer leaders.*





What's the story I
tell myself in these
moments?



What am I trying
to control?



What would it look
like to pause instead
of panic?



Is there a boundary
I need to enforce
or reestablish?



What am I avoiding
by jumping into
action?



What does the
calm version of me
do here?



How would I
respond if this
happened to my
best friend?



How do I want
to remember
this moment?



What part of this
is actually mine
to carry?



Who can support
me with this, and
have I asked?



What's the cost of
handling this the
way I usually do?



What would it feel
like to respond
instead of react?



What can I learn
from this before I
move on?



What do I need
to say no to, so I
can say yes to
what matters?