“I've been making art my whole life—I used to bedazzle my makeup Caboodles! I don't think I'm very good at it, but that doesn't matter. I just like to alter things, to make them a little bit more mine. I tend to use things I pick up off the street, things other people might think are trash. I'm very sentimental.”

“I've journaled sporadically since I was 14, when I first moved away from home. I try to write a little every morning. I save all my old journals, and sometimes I'll reread them and want to just burn them all because they're so embarrassing! But it's also cool to see how I've changed over the years. I used to be really, really hard on myself. I've grown much more positive.”

“I have a routine now where, on my way home, I'll get off one subway stop before my apartment to buy groceries so I can cook dinner. At first cooking seems like kind of a hassle, but once I make the decision to do it, I find it to be really relaxing—really zen.”
“I’ve been choreographing since I was super-little—even before I was really dancing. I’ve always been making up steps in my head. I’m never trying to make a masterpiece; the process of creating it is what I like. **My happiest *for clara* moments were the days when it was just me and the dancers in the studio, when I wasn’t worried about what the audience was going to think, or what anyone was going to think. That was playtime!”

You have to lead when you’re the one standing at the front of the room.”

“Dancing and choreographing use different parts of my brain. It can be difficult to switch gears over the course of the day, but it’s ultimately really great to be able to do both.”
Lauren Lovette is one of New York City Ballet’s most captivating performers. A principal since 2015, she dances with simple honesty—you always believe what she’s saying onstage. Recently, she’s been exploring her choreographic voice, too: Her first piece for NYC, For Clara, premiered last fall.

But Lovette’s world doesn’t begin and end in the studio. She’s a talented visual artist, frequently using found objects from the street in her projects. She makes time for daily journaling, and has discovered that cooking can be a kind of therapy. “Dance is so important to me, but if you don’t have a life outside of dance, what are you going to dance about?” she says. “How can you be real onstage if you haven’t had any real experiences?”

Here’s an insider’s look at Lovette’s well-rounded life.
"I'm basically a shy person, but I've grown a lot in that area, because choreographing has forced me to be a leader."