

MENTAL PREPARATION FOR EQUESTRIANS

Lesson 1 Worksheet

A. Directions: What expectations do you have for yourself or your horse's performance prior to entering the ring such as, "I expect my horse to be perfect today, he will not spook, and he must nail every lead and transition"?

Source	Expectations
Your Performance Expectations	1. 2. 3.
Your Horse's Performance Expectations	1. 2. 3.
What you believe others Expect of You	1. 2. 3.
Additional Expectations	1. 2. 3.

B. Directions: List examples of process goals you can use when performing, such as committing to your routine or pattern. You should use process goals to replace your expectations above.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____