

MENTAL PREPARATION FOR EQUESTRIANS

Lesson 2 Worksheet

A. Directions: List your top 5 self-doubts and practice reframing each doubt. For example: Using the doubt: "I hope I don't mess up my lead changes today." Rebuttal statement: "I am focused on making smooth lead changes today. Visualize yourself riding well and confidently with precise lead changes."

My Top 5 Doubts	Rebuttal Statement
1.	
2.	
3.	
4.	
5.	

B. Directions: In the space below, write a "confidence resume." Use the following questions to help you write a confidence resume:

1. What are your strengths as a rider?
2. What have others complimented you on in your riding (your commitment to the sport, your determination, your ability to overcome criticism, your ability to cue your horse correctly, quiet hands, a good seat etc.)?
3. What have you accomplished in your riding that makes you most proud (e.g. moved into a new category, green rider to limited Non pro, intermediate non pro, set a new score for myself, etc.)?
4. How would you describe your skills to others if you took the most positive stance possible?
5. What can you say about your training that gives you confidence?
6. What can you say about your commitment or work ethic in your riding and showing?
7. How are others supportive of your sport that helps you feel confident?

My Confidence Resume

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____