

# MENTAL PREPARATION FOR EQUESTRIANS

## Lesson 3 Worksheet

**Directions:** Identify the performance cues for each class you compete and list the distractions for each. Performance cues are any thoughts, images, or targets that help you execute a skill or pattern. Examples of performance cues include: focusing on your leads, good posture, sticking to your routine.

Class	Performance Cues	Distractions
Example: Reining <hr/>	Executing a lead change at the center of the arena <hr/>	Judges and Scribes <hr/>