

MENTAL PREPARATION FOR EQUESTRIANS

Lesson 4 Worksheet

Directions: Develop an imagery script for your discipline. We suggest you include your pre-ring routine in the script. Tips for writing the Imagery Script:

Start by listing a set of feelings, thoughts, images and cue words that help you perform well. Your words and images should have important personal meanings. Include body sensations (strong, smooth, balanced, etc.). Also describe your pre-ring routine.

Your script should include images of confidence—such as feeling prepared, believing in your abilities and feeling like a winner. You will use these statements throughout the script.

Start with a brief period of relaxation of five minutes at the most (we'll provide an example of this). Next, write three positive statements to include in the script. Pick three statements that summarize what you want to feel or think about during your performance.

For example:

1. "I am a relaxed and confident rider."
2. "I am in control of my thoughts during the show."
3. "I will focus on one section, jump, etc at a time."

Now, write the imagery portion of the script. This should include the following points:

1. Begin with a description of the competitive environment.
2. Write what happens in your pre-ring routine in real time as it happens.
3. Include a short segment of the opening minutes of your routine or pattern in the ring, such as the first few obstacles.
4. Involve positive emotions and feelings.
5. Include cue words or words that build your confidence.
6. Include positive self-talk or confidence builders.
7. Use words that mimic the mental images you use when competing.

The final step is to record your script. Use either a simple tape recorder or record your voice into a computer using a microphone and audio software such as Adobe Audition. Using a computer and software is ideal because you can edit the voiceover and add your favorite inspirational music to the background.

As a bonus, we'll include two examples of an imagery script you can use to modify for your discipline.