

MENTAL PREPARATION FOR EQUESTRIANS

Lesson 5 Worksheet

Directions: Develop a plan for coping with pre-ring jitters. The objective is to accept the pre-ring jitters as a natural part of performing and not allow them to make you more nervous.

Coping with Pre-ring Jitters	Your Plan
Do a reality check of your fears.	
Put your fears aside by focusing on the positive.	
Recognize that pre-competition nerves are part of showing horses.	
Focus on the process and your preparation instead of results or scores.	
Show to succeed, not to avoid failure.	