

Mastering the Mindgame of Riding

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Horse connection:

1. I love horses - my life wouldn't be complete without a horse
2. I like horses - I could live without them though
3. I like competing but looking after a horse is a hassle

Three moments of joy with horses:

- 1.
- 2.
- 3.

How do you usually feel when you ride?

- 1.
- 2.
- 3.

How would you like to feel when you ride?

- 1.
- 2.
- 3.

How do you think your horse feels about you?

Loves me	Likes me	Tolerates me	Dislikes me
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Around horses, how often do you feel...

	Never	Occasionally	Often	Always
1. Fearful				
2. Frustrated				
3. Guilty				
4. Aggressive				
5. Confident				
6. Grateful				

How did you feel being approached by a predator?

- 1.
- 2.
- 3.

I am a type of person:

Tense _____ **Relaxed**

High Energy _____ **Low Energy**

Introvert _____ **Extrovert**

Emotionally Even _____ **Emotionally Expressive**

F = How I feel in familiar situations

U = How I feel in unfamiliar situations





My horse is a ... type of horse:

Tense	_____	Relaxed
High Energy	_____	Low Energy
Reactive	_____	Non-Reactive
Compliant	_____	Non-Compliant

F - Horse in familiar surroundings

U - Horse in unfamiliar surroundings





Tools for Mastering the Mindgame of Riding

In your bubble	
Change is only a breath away	
Strike a pose	
'Peak' Performance	
Come to your senses	
The voices in your head	
'Outside in' = 'Inside out'	
Thank you	



Your Notes

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