

Mastering Your Mindgame of Riding

Presence is only a breath away

**BREATHE
DEEPLY
AND
KEEP
CALM**

Slow, deep abdominal breathing tells your horse that it is safe - this creates a learning frame of mind and promotes optimum muscle usage

In your mental bubble



Focus, focus, focus - your next stride is the most important thing in the world right now

Strike a Pose



Do you need to embody more masculine (projecting) or feminine (receptive) energy in this moment? Posture, thoughts and actions are intimately linked

Know your 'zone'






Are you poised? In your 'zone'? Can you feel yourself starting to unravel and move into overwhelm? If so, take action to come back to your 'Peak' Performance sweet spot - smile, sigh, laugh, take a break..change something

Come to your senses



Are you present? Are your thoughts focused on the here and now? If not use smell, taste, sound, touch and vision to bring you present

Challenges the voices in your head

Cut it off	Observe not react	Exaggerate to ridiculous	Insert Exact Opposite
			

A scattered mind is destabilising for both of you - control your disempowering thoughts to get the 'Belief - Feeling - Thoughts - Actions' cycle working for you not against you

Take the reins to Freedom!

Break the habit of perfecting, performing & pleasing...



...so you can listen to your inner guidance.

Are you bringing your goals to life or those of others? Prioritise your inner world over your outer world to stop perfecting, performing and pleasing others and become the rider of your dreams - not theirs

Attitude of Gratitude



Gratitude is energetic rocket fuel for you and your horse. When your intention is for mutually joyful riding, your actions will reflect that

S-L-O-W down



Hurrying creates stress which blocks our inner wisdom & fine motor control - slow down to hear your guidance and use your body to its best effect

Break it down



Overwhelm is the enemy of progress - break down your challenge into the smallest steps possible to manage your motivation and keep you in your learning zone rather than panic zone