



5 DAY RIDER

CONFIDENCE CHALLENGE

Task 5 workbook

If you don't have a printer just duplicate it on plain paper



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KEY POINTS

Making these dreams a reality!

Let's make sure this summer we ARE using our time with our horses to make amazing memories. After all they don't last forever. Time doesn't last forever. Let's do this!

REMEMBER

Goals are not there to make you feel shite when you don't hit them! They are simply a map of how to do it... the length of time to travel along that map can move one way or another!

BE REALISTIC - WILL I ACTUALLY STICK TO THIS.

Implement small sustainable changes.
80 / 20 rule. 20% of your time spent in the training zone. Practising new skills. Pushing out of the comfort zone. 80% consolidating, having fun, doing things hell just because you want to!

AND FINALLY ENJOY IT!



COACHING FOR
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EXERCISE ONE

What would I like my riding to look and feel like - what are me and my horse doing in 6 months time?

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To be on track for my 6 months target - what are me and my horse doing in 3 months time?

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To be on track for my 3 months target - what are me and my horse doing in 6 weeks time?

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To be on track for my 6 weeks target - what are me and my horse doing in 3 weeks time?

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EXERCISE ONE... CONTINUED

To make my 3 week goal happen... what do I need to be doing next week?

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GET YOUR DIARY OUT AND SCHEDULE IT!

What help / support / resources do I need to make this happen?

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What is likely to be my main excuse for not doing the above?

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NOTE PAGE



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CAUSE OR EFFECT DECLARATION

I encourage you to embrace the affirmations below. Affirmations are positive statements that act to prime you to act more in line with the values we wish to adopt.

What is priming? Priming put simply means when one thing (be that thing be an affirmation, or an advert, or something someone says or anything really) influences the way you respond to another thing. For example, if you wake up and work out, your more likely to resist a cookie later in the day. If someone smiles at you first thing in morning, your more likely to smile at the next person!

As a final example! If I asked you to say each morning, I can sit up when I ride, when you rode you would be more likely to be aware of your position, and hence sit up!

As for our affirmations, by writing these declarations ... and if you want the full affect! ... By reading the declaration each morning, or each Monday if you like, you will be more likely to pull yourself up when you act against these principles... or notice times when we can give evidence for these values.

I have left three more affirmations not filled in so that you can fill them in to help you most.

NEXT PAGE TO SIGN :)

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CAUSE OR EFFECT DECLARATION

1 promise to take FULL RESPONSIBILITY for my progress going forward.

1 will not dwell on the past but instead look forward to solutions.

1 will remain in the present, the past has had an effect on me, for good and maybe not so good too, but I can't change it, I can only change tomorrow by creating the good today.

1 will not make excuses. It's OK for things to be hard. I can get help if I ask. BUT excuses will not move me forward.

1 will show myself everyday that I love myself. This doesn't mean I have to be big headed. Just a small simple act of kindness towards myself each day.

1 will remember that there is no such thing as failure. Only opportunities to learn.

1 am happy with where I am at the moment. I am doing my best. That is enough. Everyone has a journey and this is mine.

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