



5 DAY RIDER

CONFIDENCE CHALLENGE

Task1 workbook

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



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KEY POINTS

First of all welcome and we are super excited to help you.

Today we are looking into your personal fears, why you have them and more importantly why you might be holding onto them!

Nut first....

Make sure we are focused and committed. You need to implement and action what you learn and not just listen and do nothing.

This will get you results, but only if you do the work.

I wan't you to imagine for a moment what it would feel like if you could ride fear free? What would you be doing?

It is important to see these dreams as realities that can happen for you so that on the days you are struggling you can remember your WHY and it will give you the incentive to keep going.

There will be days where you will struggle, you will not have the energy or perhaps you feel like giving up. It is these days you will need to be remember the feeling you CAN HAVE if you keep going. Others have done it - so can you.

But you WILL NEED support. Please remember that throughout this week you have the ASK ME ANYTHING where you can recieve direct help from ME on your daily tasks. AND the LIVES in the PM where anything goes!

Shall we get stuck in!?



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EXERCISE ONE

Your personal audit for the week.
Go through and answer the questions.

1. What is the reason I choose to participate in this challenge this week?

2. What would it mean to be if I overcame this obstacle?

3. What would my riding feel like?

4. What would it look like?

5. What would I be doing?



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EXERCISE TWO

We are not born fearing cantering or open fields. **We learnt it** somewhere. In this next exercise write down ALL the fears you have and where you think you have learnt it. Remember if we learn't it we can unlearn it.

We can learn through experience, what we see, what we hear, what someone says...

MY FEARS

WHERE I LEARN'T THEM





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EXERCISE THREE

Now re-list your fears and decide if they are REAL or IMAGINED.

BE HONEST. You can't decide everything is a real fear otherwise we would never do anything. If your horse really is that dangerous that your highly likely to die I agree- let's stop now.

REAL

IMAGINED





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BONUS TASK

What are your fears costing you?

Look back at your fears and think - what is holding onto my fears REALLY costing me?

Use the vision board below to write or draw your life WITHOUT your biggest fears.