



5 DAY RIDER

CONFIDENCE CHALLENGE

Task 4 workbook

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





COACHING FOR
CONFIDENCE

5 DAY RIDER

CONFIDENCE CHALLENGE

Task 4 workbook

KEY POINTS

Phew! We've had a blast. Today is about giving you some tools to 'grease the wheels' and give you some tools to use 'in the moment' to help you lower anxiety and making the 'doing plans' we made yesterday a little easier to execute.

There was sooo much choice for me to go from today but I have decided!

We are going to combine two super powerful techniques visualisation and Anchoring.

Visualisation, done well, is proven to activate the same neuronal activity in your brain as actually doing the thing itself! What does this mean... well imagine. you did the thing you wanted to do 20times and it went really well... would you feel a bit better about it? Exactly! Use and abuse this tool! Practise it and get good at it!

Anchoring is a tool which uses the science of brain associations to great effect. Your brain can pair an internal response to an outside stimulus very easily. Do you have a song that you hear and it makes you feel instantly happy or sad depending on the initial event it was associated with? This is anchoring. Imagine been able to find a certain emotion, like confidence, as soon as you need it!

Shall we go get stuck in!

5 DAY RIDER

CONFIDENCE CHALLENGE

Task 4 workbook

EXERCISE ONE

Creating your 10 second movie. (we will use it later)

I would like you to create this movie with the ONE thing in mind which you have chosen as your next step. NOT the big end goal.
The next step.

It is important that when I say 'perfect version' I do mean nothing untoward happens. I just mean YOU are perfect. You deal with / ride / talk / act just the way you planned out yesterday.

e.g. if you would like to ride through spooks calming and confidently. Visualise yourself riding through a spook really well. (not imaging a horse that never spooks and it is all just fairytale)

I would like you to either draw or describe a 10 second movie with the following outline.

- 1 Start in your safe place. SAFE PLACE IS BEFORE ANY ANXIETY CREEPS IN. Be aware of where your anxiety is triggered. This might need to be at home with a brew if you feel your what if thoughts spiral the second you're at the yard. For others it might be getting on... and for others it could be warming up their horse, or the very moment before the 'thing we are concerned about' .
- 2 Play out the 100% perfect version of the 'thing' you're overcoming anxiety with. THIS MUST BE THE 100% PERFECT VERSION. You feel fantastic! Fill in everything, what can you hear? See? Feel? How did it make you feel?
- 3 End in a safe place. For some this might be moments after completing their 100% perfect version of the 'thing' we are overcoming. For others the anxiety might not leave until you are untacked and grooming. The right answer is whatever is your reality. During this stage really get in touch with how it made you feel about yourself to ride as well as you did.

Close your eyes and enjoy your movie!



COACHING FOR
CONFIDENCE

5 DAY RIDER

CONFIDENCE CHALLENGE

Task 4
workbook

NOTE SPACE FOR YOUR MOVIE

A large, empty rectangular box with a dark blue border, intended for taking notes on a movie.

Task 4 workbook

EXERCISE TWO

Anchoring your movie!

Once you have created your 10SEC movie its times to anchor it to something. Here are a few examples of anchors that work well.

A feel good song, your riding gloves (wear them), a grooming brush you use every time before you ride, your horses bridle, a visual stimulus that you would see every time you ride such as your horses ears or putting your foot in the stirrup.

Use the ask me anything to get help and ideas. It is paramount you get this right for you!

My anchor is....

.....

To anchor your movie simply run through your movie, when you get to a moment when the emotion feels most intense, when you are most immersed in your movie, introduce your chosen stimulus. Play your song, pop on your gloves, pick up your brush. If you're using a visual stimulus simply include this sight at the start of the middle section of your movie.

As you feel the emotion fade. Release the anchor. Some of you will be able to hold it on for a little while for others this may feel only a second at first.

Now you can take your anchor with you to the place where you need to have this super power! And you feel more able!

Here's some tips to make your anchors more effective.

1. Repetition. The more the better.
2. The more emotional the anchor to you the stronger the feelings will anchor.e.g. if you already have a song that means something to you and the emotions fit the bill here this would be a string anchor.