



5 DAY RIDER

CONFIDENCE CHALLENGE

Task 3 workbook

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



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KEY POINTS

You've made it to day three! Give yourself a pat on the back. You've done the hard work, you've committed! And now you get to start seeing some changes! Let's go!

Making changes to your core fears is hard. (I know I just said this was fun but bear with me). These fears are likely driven by core beliefs, memories and habit loops that you have held for a rather long time. So let me make it super simple and easy! Yes easy!

Humans like the easy option. We tend to look for immediate gratification. The energy and comfort of a chocolate bar now, over how tomorrow's version of you will feel if you break your diet plan. The extra ten minutes in bed gives immediate pleasure and we don't prioritise the version of you in an hour's time that's rushing and stressed. This is important to know so that when you're choosing how to make changes in your confidence you can know that a tiny little change is the best one! The easiest it is the better as then you will stick to it. And then you get momentum. You get reward. You get better at this. You build strength to take on the next tiny change. And these add up to BIG changes.

Tiny steps in the right direction. This is the aim of the game.

Lets' do this!



COACHING FOR
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EXERCISE ONE

Getting to know the version of you that is 100% confident and fulfilled.

We can't do something if we don't know how. It would be like me telling you do to a leg yield if you've never ever heard of it but giving you no instruction whatsoever. This is like expecting yourself to be confident but not knowing what confident looks like for you.

Use the box below to draw or describe the version of you that is free from the core fears... 0 fear of not been enough, 0 fear of not been loved, 0 fear of not belonging.

Be crystal clear. How do they talk, how do they walk, how to they dress, how do they ride, what does the voice in their head say... how do they live there life!



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EXERCISE TWO

Finding the gap between here and there...

Use the box below to draw or describe you now in the same way you did the person above. This reflective exercise will help you find the road back between now and the 100% confident version of you.



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EXERCISE THREE

How did these two people that you have created differ in their daily habits?

We are going to use these habits to find things we can start to implement changes on. I've given you an example for each. This is your life so please feel free to go ad hoc! And we are here to answer questions if you're not sure if it's a good idea.

How did they differ in their health habits?

e.g. One of them allowed rest without guilt the other felt guilty if they relaxed.

How did they differ in their self talk?

e.g. One of them told themselves they shouldn't feel this way, the other validated their feelings as they would with a friend.



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EXERCISE THREE

How did they differ in the way they spoke to others?

e.g. One of them only went to their coach and good friends for advice, the other would take everybody's opinions on board for good, bad and indifferent

How did they differ in their physical habits?

e.g. One of them would walk up their horse with a smile, the other was rushing and stressed out.



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EXERCISE THREE

How did they differ in the way they ride?

e.g. One of them could ride through spooks, the other one froze.

Anything else?

e.g. One of them always took on too many commitments and the other one valued their own time.

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EXERCISE FOUR

How is your fear manifesting itself??

Pick one of the habits above you've written down. And find a tiny tiny change for the better that you could implement TODAY... and write it down.

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A few worked examples if you need a hand!

e.g. One of them allowed rest without guilt the other felt guilty if they relaxed.

Action - I will take a ten min walk after work everyday with zero agenda.

e.g. One of them told themselves they shouldn't feel this way, the other validated their feelings as they would with a friend.

Action - Next time I feel nervous, I will say to myself, that's OK were working on it.

e.g. One of them only went to their coach and good friends for advice, the other would take everybodys opions on board for good, bad and indifferent

Action - Next time someone gives me advice I didn't ask for, I can listen to them but then I will say to myself, I know myself and my horse and I have a good support circle. Is this information useful?

e.g. One of them would walk up their horse with a smile, the other was rushing and stressed out.

Action - I will take 5 mins when I arrive with my horse to group and focus on slowing down my motions.

e.g. One of them could ride through spooks, the other one froze.

Action - next time my horse spooks I will use pattern interrupt. I will pause, and then say, you've got this, look up, leg on.

e.g. One of them always took on too many commitments and the other one valued there own time.

Action - Before I commit to something I will say, let me back to you later I just need to check my diary.