The Confidence Factor

Workbook



Ridingoutofyourmind

train your mind, your horse will thank you

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How to use this workbook:

- 1. This workbook is based on the "workout" section of your course.
- 2. Print off and put your answers for the exercises in writing. We learn much better when we write things down.

Session 1: Understanding

What is your Confidence Factor? Write down your results as well as any thoughts you have on what confidence is and is not.

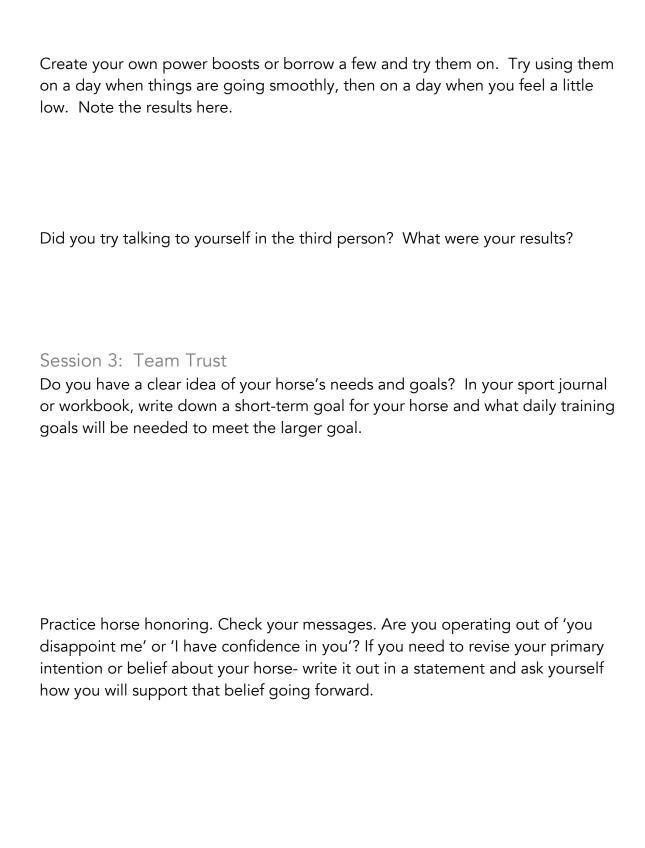
Session 2: Think Smart

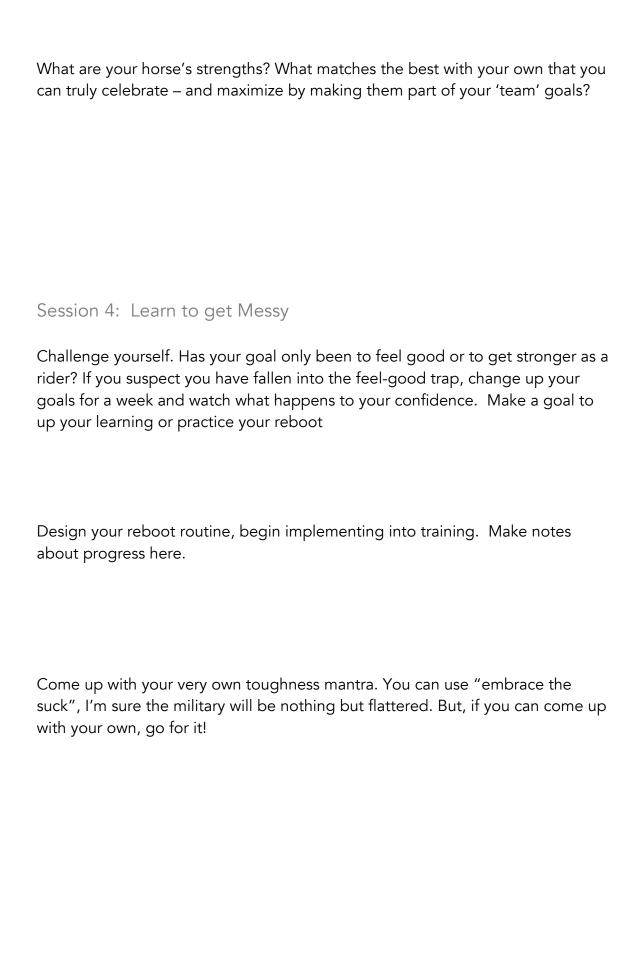
Identify situations and replacement thoughts.

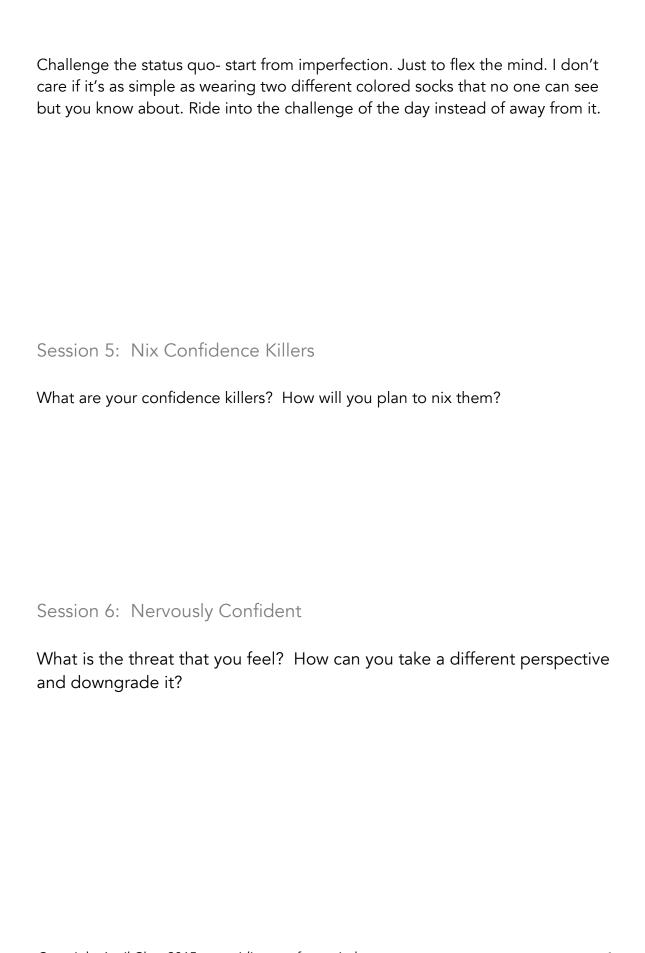
Remember and use your 3 Rs:

- 1. Recognize: Call on your thought police. Get good at catching those trouble thoughts in the act.
- 2. Replace: Give yourself another statement or focus that will be helpful to your ride.
- 3. Rehearse: Every time a similar situation arises, practice using your new talk. You can use the rehearse section to note how you will practice or put starts for every time you practiced!

RECOGNIZE	REPLACE	REHEARSE







What strategies will you employ to help you be nervously confident?		
Session 7: Fill your Confidence Bank		
Which sources of confidence will you utilize?PreparationCoaching		
• Inner replays		
Small confidence testsDo the math (even if you hate math)		
Start building your confidence bank!		
After at least a month of confidence training, go take the confidence factor test again. What are results now? What do you notice about the changes in you?		