

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

Create your own power boosts or borrow a few and try them on. Try using them on a day when things are going smoothly, then on a day when you feel a little low. Note the results here.

Did you try talking to yourself in the third person? What were your results?

Session 3: Team Trust

Do you have a clear idea of your horse's needs and goals? In your sport journal or workbook, write down a short-term goal for your horse and what daily training goals will be needed to meet the larger goal.

Practice horse honoring. Check your messages. Are you operating out of 'you disappoint me' or 'I have confidence in you'? If you need to revise your primary intention or belief about your horse- write it out in a statement and ask yourself how you will support that belief going forward.

What are your horse's strengths? What matches the best with your own that you can truly celebrate – and maximize by making them part of your 'team' goals?

Session 4: Learn to get Messy

Challenge yourself. Has your goal only been to feel good or to get stronger as a rider? If you suspect you have fallen into the feel-good trap, change up your goals for a week and watch what happens to your confidence. Make a goal to up your learning or practice your reboot

Design your reboot routine, begin implementing into training. Make notes about progress here.

Come up with your very own toughness mantra. You can use "embrace the suck", I'm sure the military will be nothing but flattered. But, if you can come up with your own, go for it!

Challenge the status quo- start from imperfection. Just to flex the mind. I don't care if it's as simple as wearing two different colored socks that no one can see but you know about. Ride into the challenge of the day instead of away from it.

Session 5: Nix Confidence Killers

What are your confidence killers? How will you plan to nix them?

Session 6: Nervously Confident

What is the threat that you feel? How can you take a different perspective and downgrade it?

What strategies will you employ to help you be nervously confident?

Session 7: Fill your Confidence Bank

Which sources of confidence will you utilize?

- Preparation
- Coaching
- Inner replays
- Small confidence tests
- Do 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?