

get Gritty



Mental Planning and
Action Goal Setting
for Competition
Work Sheets

RIDER NAME Cherry
SHOW FQHR World Round Up

HORSE NAME Breezy
DATE 7-14-19

PRE-COMPETITION WEEK PLANNING

Tip: Complete this the Sunday evening prior to a show.

Pre-Show Week Mental Focus Plan:

What mental skills work best for you to stay calm and focused? Visualizing? Breathing Techniques? Take out your planner and write in times this week when you WILL mentally prepare!

- Visualization
- Reframing Negative Thoughts into Positive Affirmations
- Mindfulness Meditations every night before bed

Pre-Show Physical Focus Plan:

How will you ensure that you and your horse are well rested the week before you show? Are there any physical needs/appointments (chiro, massage, etc.) that need attended to this week? Write these tasks down in your planner!

- Set -and keep! - an earlier bedtime!
- Drink more water this week
- Call and make a chiro appointment for me!

Create a Personalized Positive Affirmation Statement:

Create a positive affirmation statement. Repeat this to yourself at least 3x/day-I recommended once in the morning, once right before you ride, and once right before you go to bed.

I choose confidence. I choose to believe and trust in my ability and Breezy's ability. I know we can handle anything that comes our way. We are gritty!

One more to-do: Create a packing list of needed tack, clothes, stable items, etc. Then write in your planner when you will pack your trailer!

RIDER NAME Chevy

HORSE NAME Breezy

SHOW & CLASS FQHR World Round Up

DATE 7-15-19

Class: Reining + Ranch Riding

PRE-COMPETITION PRACTICE RIDE PLAN PART 1

Tip: Fill this out for each practice ride scheduled the week before a show.

What three things can you do with your horse today that would help you to prepare for your next show?

1. Practice Lope Departures
2. Practice Simple + Flying Lead Changes
3. Practice Roll backs

Why do you want to do these things? How will this help you and your horse? Be specific!

1. Lope Departures - smoother transitions and hip control will help in reining and ranch riding patterns
2. Simple + Flying Lead Changes - more practice to build my confidence in own ability to do these for patterns
3. Rollbacks - needed for the reining class, also to help tune up moving off the neck rein for cattle classes.

What do you need to do to be able to achieve these things?

1. Stay relaxed, smooth leg cues to push his hip over, soft in the bridle, sit back and lope off
2. Sit back, stay smooth, slow with the reins, plan where to change, look ahead, maintain rhythm, count 1, 2, 3, change then shift hips and change!
3. Get stopped, square, rock weight back, apply neck rein and leg, then forward out of the turn

What might prevent you from achieving these things?

Get sidetracked when riding, get too focused on nitpicking at little things, not plan ahead and end up working on other not so important things, avoiding doing these things because they are harder

PRE-COMPETITION PRACTICE RIDE PLAN PART 2

Tip: Fill this out for each practice ride scheduled the week before a show.

Rewrite your three specific things you want to achieve into action goals:

Ex: Instead of writing "My goal is to perfectly change leads" transform this into an action goal such as: My goal is to prepare myself and my horse to change leads by sitting back, using soft rein and leg cues to help my horse lift his shoulder, and mentally coaching myself through the lead change by counting strides and saying "1, 2, 3, change."

1. My goal is to prepare myself and Breezy for lope departures by getting a relaxed, forward walk, using soft rein cues and leg cues to shape him for the lead, sitting back, adding leg and loping off.
2. My goal is to prepare myself and Breezy for changing leads by maintaining a rhythmic lope, sitting back to help him maintain his balance, looking ahead and planning exactly where to change leads, and mentally coaching myself through the lead change by counting strides and saying "1, 2, 3, change."
3. My goal is to prepare myself and Breezy for rollbacks by ensuring he has stopped completely, is square, has his weight rocked back on his hocks, looking over my shoulder, smoothly using my reins and leg to turn, then powering out of the turn.

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RIDER NAME Avery
SHOW & CLASS World Round Up

HORSE NAME Breezy
DATE 7-15-19

PRACTICE RIDE OUTCOME TRACKING

Tip: Fill this out for each practice ride scheduled the week before a show.

What are three things went well during this ride?

1. Clean lead changes each direction
2. Had one really nice stop
3. It was a nice evening to end the ride by riding up the hill to open the pasture gates and let the cows back on pasture

Did you achieve your Action Goals?

Yes - all 3! 😊

Do you feel this practice ride was effective? Do you feel more prepared to show?

Yes - I feel better about my lope departures and rollbacks

What will you do differently the next time you ride?

Practice a few more changes out of the counter canter to reduce ~~anti~~ anticipation.

Notes/Comments:

It was a nice early morning ride - glad I was able to ride before it got too hot!

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RIDER NAME Chevy

HORSE NAME Breezy

SHOW & CLASS FQHR World Roundup DATE 7-19-19

Friday Classes - Herd Work,
Reining, Level 2 Cowhorse, Down + Back

COMPETITION DAY MENTAL PLANNING

Tip: Complete this the night before you show.

Pre-Show Mental Focus Plan:

What mental skills work best for you to stay calm and focused the morning before you show? Visualizing? Breathing Techniques? Write down the specific techniques you will use in the morning before you show.

1. Square Breathing!
2. Visualizing! Mentally rehearse the runs in the morning
3. Positive Affirmations

Pre-Show Physical Focus Plan:

How will you ensure that you eat properly and are hydrated the day of the show? Is there specific things that your horse needs physically to perform at their best? Is there equipment you need to remember to use?

Eat breakfast - I packed bread for toast, have fruit, and need lots of fluids - the heat will be a factor this weekend.

I bought a fan for Breezy's stall tonight, and made sure he has electrolytes and a salt block in his stall.

Create a Positive Affirmation for the Show Pen:

Get Gritty and Go For It!

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RIDER NAME

HORSE NAME

SHOW & CLASS World Round Up

DATE 7-19-19

Herd work

COMPETITION DAY WARM UP ACTION GOALS

Tip: Complete this the night before you show.

Warm-Up Action Goals & Plan:

*What are your action goals for warming up yourself and your horse before your show?
Are there specific exercises that work best for you?*

Action goals

-slow warm up - it is hot and he has a lot of classes today - all he needs is some trotting and stopping - check the brakes!

Plan for Visualizing

Focus on quiet, clean cuts

Push the cow a little further out of the herd before starting to work

Defense - be clean and correct, and stay in position

Remember to repeat your Positive Affirmation before you ride into the Warm Up Pen!

Get Gritty and Go For It!

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RIDER NAME Chery
SHOW & CLASS FQHR World
Round Up - Herd Work

HORSE NAME Breezy
DATE 7-19-19

COMPETITION DAY SHOW RING ACTION GOALS

Tip: Complete this the night before you show.

My Action Goals for the Show Pen & Specific Plan to Achieve Them:
Write down detailed action goals and how you will achieve them.

1. Clean, quiet cuts. Push the cow further out of the herd before starting to work.
2. Sit deep, quiet hands, and eyes on the cow!
3. Be determined!
4. Take the opportunity to quit.

Remember to repeat your Positive Affirmation as you enter the Show Pen!

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RIDER NAME Chelly

HORSE NAME Breezy

SHOW & CLASS Herd Work

DATE 7-19-19

COMPETITION OUTCOME TRACKING

Pre-Show Mental Focus Plan:

Was this effective? What do you think would work better next time?

Yes - need to remind myself to breathe between cuts next time.

Pre-Show Physical Focus Plan:

Were you and your horse physically ready to perform? Any changes to make to perform better next time?

Yes - although the heat was getting to me!

Warm-Up Plan:

Did you achieve your warm-up action goals? Did you feel your warm-up was effective? What would you do differently next time?

Yes - we were ready to go.

Action Goals for the Show Pen & Specific Plan to Achieve Them:

Did you achieve your action goals in the show pen? How do you feel about your performance? What went well? What can you do better next time?

No - honestly, I let the pressure get to me in the pen. I lost my first cow - I needed to keep my hand up and pointed at the cow, and get to its eye quicker. We did recover quickly, and my 2nd + 3rd cows were better.

Scores/Judges Comments/Placings:

there was 14 in the class, we did not place.

Penalty for losing the 1st cow, and - for eye appeal and also a penalty on 1st cow for loss of working advantage.

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RIDER NAME

HORSE NAME

SHOW & CLASS World Roundup

DATE 7-19-19

Reining

COMPETITION DAY WARM UP ACTION GOALS

Tip: Complete this the night before you show.

Warm-Up Action Goals & Plan:

*What are your action goals for warming up yourself and your horse before your show?
Are there specific exercises that work best for you?*

- Lope offs - warm up just once each way
- Collected up before spins
- Trot - Whoa warm ups
- Stay slow + easy - he has lots of classes today and it will be HOT

Remember to repeat your Positive Affirmation before you ride into the Warm Up Pen!

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RIDER NAME Chevy
SHOW & CLASS Reining -
World Round up

HORSE NAME Breezy
DATE 7-19-19

COMPETITION DAY SHOW RING ACTION GOALS

Tip: Complete this the night before you show.

My Action Goals for the Show Pen & Specific Plan to Achieve Them:
Write down detailed action goals and how you will achieve them.

Pattern 4

Some bonuses - rollbacks are in the middle, so focus more on power out of the rollback and less on the leads

Look for the markers and ride accurate!

Collected + slower for the stops - the ground is sticky so we need to be a little cautious.

Remember to repeat your Positive Affirmation as you enter the Show Pen!

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RIDER NAME Chevy
SHOW & CLASS Reining
FRHR World Round up

HORSE NAME Breezy
DATE 7-19-19

COMPETITION OUTCOME TRACKING

Pre-Show Mental Focus Plan:

Was this effective? What do you think would work better next time?

Yes - visualizing and planning my pattern, including have set markers/banners to look for really helped!

Pre-Show Physical Focus Plan:

Were you and your horse physically ready to perform? Any changes to make to perform better next time?

Yes - as ready as we could be, considering the heat and humidity - heat index was over 100!

Warm-Up Plan:

Did you achieve your warm-up action goals? Did you feel your warm-up was effective? What would you do differently next time?

Yes - next time though would do more trot - whoa. I was cautious in this heat to not override Breezy, but this needs work to get him dialed in and focused before entering the pen.

Action Goals for the Show Pen & Specific Plan to Achieve Them:

Did you achieve your action goals in the show pen? How do you feel about your performance? What went well? What can you do better next time?

Our stops were the best he has ever done - we were cautious because of the footing. Also we did great with our roll backs - we even were complimented on them when we walked out of the pen! 😊

Our circles and lead changes were clean, happy there.

Scores/Judges Comments/Placings:

we placed 3rd!



Our spits need more work - that is our weak point - need to work on these at home.