

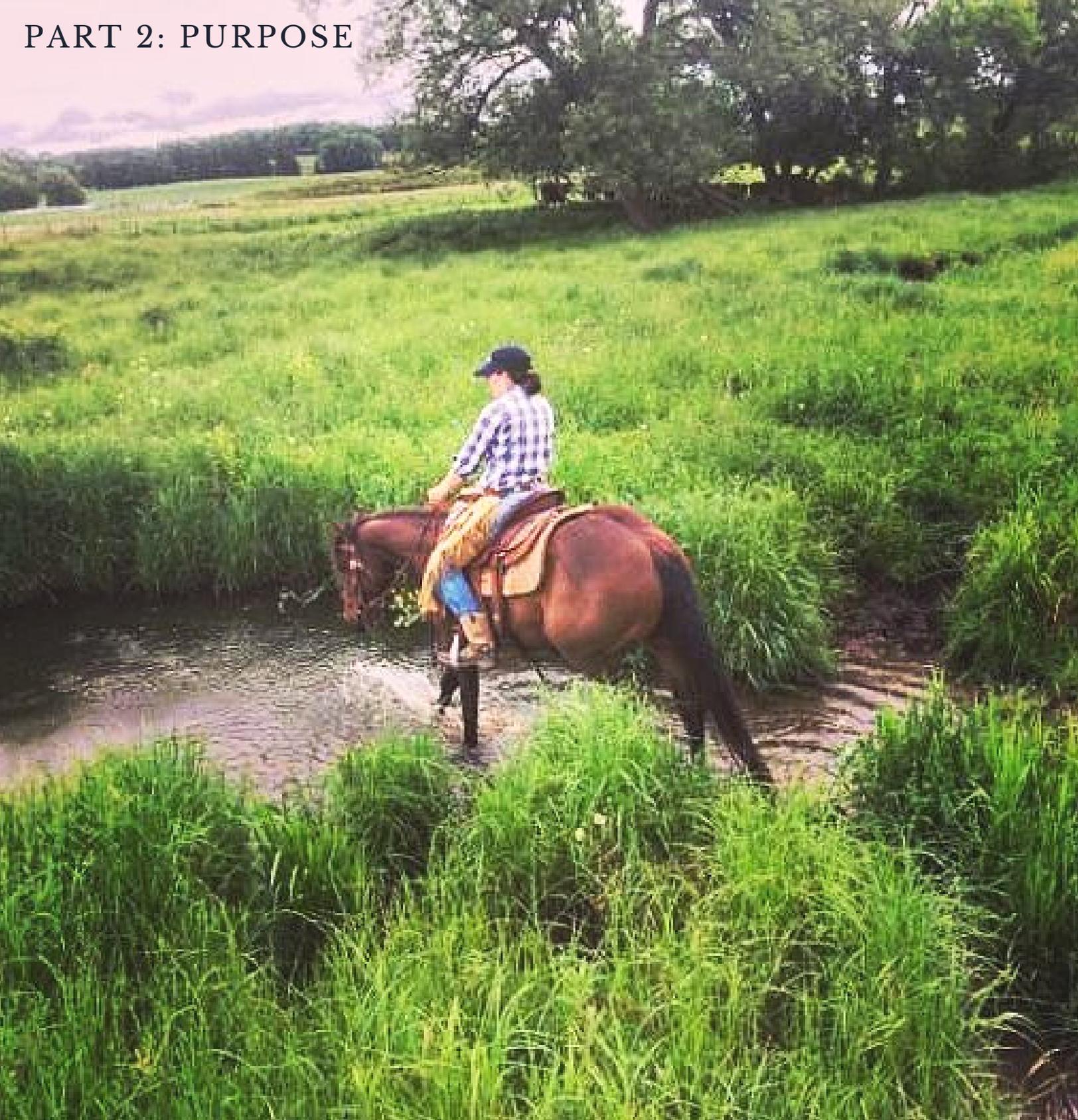
PART 2: PURPOSE

In this section, you will work on activities that will help you believe in yourself and create confidence. These activities will give you purpose on your journey.

A negative mindset affects your body, and your body influences your horse. By keeping a positive, confident and relaxed mindset, your body will be relaxed, which will keep your horse relaxed and confident.

Let's get started building your self-confidence and identifying your purpose for your horsemanship journey!

**A
NEGATIVE
MIND
CANNOT
CREATE
POSITIVE
RESULTS**



RECOGNIZING
TALENTS

In this activity you will recognize your talents and your horse's talents to build your confidence.

Recognizing Talents

Recognizing Talents Activity 1: Your Talents

You have unique talents, skills, and abilities that make you, you! Sometimes, however, we have a hard time recognizing our own talents. Ask you trainer, riding friends, or other people close to you what they see as your talents and abilities.

My key talents/abilities that come naturally to me are:

I shine when:

Others tell me I'm good at:

Recognizing Talents

Recognizing Talents Activity 2: Your Horse's Talents

Just like people, horses have unique talents and abilities. In this activity, list the things that your horse does well and that you appreciate your horse for.

My horse's athletic talents/abilities are:

I appreciate _____ about my horse the most.

PART 2: PURPOSE



REFRAMING

DOUBTS

In this activity, you will identify negative self-doubts that you tell yourself, and reframe them into positive affirmation statements.

Reframing Doubts

Reframing Doubts Activity 1: Identify Self-Doubts

We all have "I'm not good enough" thoughts and self-doubts that prevent us from believing that we can achieve our goals. What self-doubts do you have that are limiting you? By identifying your self-doubts, we can re-frame them into positive affirmation statements instead. List your self-doubts below, then circle the three that are the biggest barriers to achieving your dreams.

Self-Doubts

Reframing Doubts

Reframing Doubts Activity 2: Rewrite Positive Affirmation Statements

For the 3 most impactful SELF-DOUBTS, rewrite a POSITIVE affirmation statement to replace it

Self-Doubt #1:

Positive Affirmation #1:

Self-Doubt #2:

Positive Affirmation #2:

Self-Doubt #3:

Positive Affirmation #3:

PART 2: PURPOSE



SAY NO TO

Replace your excuses with commitments!

BUT

Say No to But

Say No to But Activity 1: Identify Your Excuses

By becoming aware of common "But" excuses, questioning them, and changing the way you view the underlying fears behind them, you can change the way you think and empower yourself!

When you catch yourself saying "but..." it's a signal that you're about to make an excuse for why you're not working towards your goals! Catch yourself and rephrase your excuse into a positive affirmation that will help you stay committed.

Which of the following common "buts" has held you back in the past?

- ___ But, it's too hard.
- ___ But, it's too risky.
- ___ But, it'll take too long.
- ___ But, it's overwhelming.
- ___ But, I don't have time.
- ___ Other, But (write it out below)

Say No to But

Say No to But Activity 2: Replace your excuses with commitments!

For each excuse you identified in the previous activity, write a positive affirmation statement to replace it.

For example, change “But, I don’t have time”
to
“I make time for what is important to me.”

Write your new, positive affirmation statements to replace your excuses below: