

POSITIVE AFFIRMATIONS FOR HORSE SHOWS:

As gritty riders know, much of riding and competing is mental. Saying positive affirmations before you compete helps to motivate you and encourage positive thinking so you can get your mind in the right place and ride at your best.

- 1. I have put in the effort with my horse to prepare.
We are a team and we are ready!**
- 2. I am worthy of a good ride and success in the show pen!**
- 3. I am calm and focused in the saddle.**
- 4. I am a balanced, effective, and fair rider for my horse.**
- 5. I am grateful to be able to compete with my horse.**
- 6. I choose to see obstacles as opportunities to learn and grow.**
- 7. I ride in the grit zone so I can improve as a rider.**
- 8. I am inspired by the success of other riders. If they can achieve it with their horse, it is proof that it is possible, and that I can do it too!**
- 9. I am excited to compete today!**
- 10. I am a confident and gritty rider!**