



MENTAL IMAGERY/ VISUALIZATION SKILLS FOR CONFIDENCE

Mental Imagery/Visualizations are a skill that successful and confident riders use to imagine and mentally practice their rides so that they have a plan for their rides. By practicing mental imagery you can build your confidence-even when you are not on your horse!

Mental Imagery/Visualization

To have your mental imagery be structured and productive, instead of just aimless daydreaming, first start by brainstorming so that you can plan what to include in your mental imagery/visualizations.

1: Identify the thoughts, feelings, images and power words that help you perform at your best. Write a list of these words below.

2: Visualize Confidence. Write down what confidence feels like to you. Is it knowing that you are prepared? Believing in yourself and your horse?

3: Write Three Positive Performance Affirmations
For example: "I am a relaxed rider."

Mental Imagery/Visualization

Creating your Mental Imagery/Visualizations

4: In this step, you will write out your mental imagery/visualizations. This should be a descriptive visualization of what you want to experience in the saddle. Include the positive emotions and feelings you identified in on the previous page, and the power words and positive affirmations that build your confidence.

To make your mental imagery/visualizations most effective, include the following:

- Describe the environment-the sounds of the crowd, sights of banners on the arena fence, judges sitting/standing in the ring, etc. Add in descriptions of all of your senses to make your mental imagery more than just pictures.
- Describe how you feel in the saddle-the emotions that you want to feel, and the sensations of your horse moving underneath you.
- Are there riders that you admire that you want to add into your visualizations?
- Make it as realistic as possible.

Write down your mental imagery/visualization. If you can, it also helps to record yourself talking through your script. Then you can save the audio to your smartphone, and listen to it before your ride.

Mental Imagery/Visualization

Write out your Mental Imagery/Visualization below:

