

get Gritty



Mental Planning and
Action Goal Setting
for Competition
Work Sheets

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About these Work Sheets:

I created these work sheets to help me prepare for showing Breezy at the Foundation Quarter Horse Registry's World Round Up. I knew that I needed a specific plan to be able to apply my mental skills so that I could stay focused, remain calm, be effective during my practice rides, and not forget anything important so that I could feel confident and prepared at the show. These work sheets are designed to help you create a personalized plan and action goals for the week leading up to a show and specific plans and action goals for the competition.

I recommend that you complete the "Pre-Competition Week Planning" page the Sunday evening before a show. Then print out a copy of the Pre-Competition Practice Ride Plan Parts 1 & 2 and the Practice Ride Outcome Tracking for each practice ride you will have before the show. For example, if you are planning to ride on Monday, Wednesday and Thursday before a show, then print out three copies of these work sheets.

The competition day work sheets you can either print one copy for the entire show, or a copy for each class that you will compete in. Do what feels like will work best for you!

I hope that these work sheets are as helpful for you and your horse to prepare for a show as they are for me.

Get Gritty,

Chevy

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!

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!

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.

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!

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?

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

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

What might prevent you from achieving these things?

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."

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RIDER NAME

HORSE NAME

SHOW & CLASS

DATE

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?

Did you achieve your Action Goals?

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

What will you do differently the next time you ride?

Notes/Comments:

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.

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?

Create a Positive Affirmation for the Show Pen:

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?*

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

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.

COMPETITION OUTCOME TRACKING

Pre-Show Mental Focus Plan:

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

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?

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?

Scores/Judges Comments/Placings: