



# Confident Rider Series



## DAY ONE FOCUS AND VISION

JANE PIKE  
EQUESTRIAN MENTAL SKILLS COACH

[WWW.CONFIDENTRIDER.ONLINE](http://WWW.CONFIDENTRIDER.ONLINE) · [JANE@CONFIDENTRIDER.ONLINE](mailto:JANE@CONFIDENTRIDER.ONLINE)

# Focus and Vision

A few words about focus...

If there were one thing that I could gift to all the riders that I work with, it would be the gift of positive focus. Training your focus muscle to zero in on what it is that you want as opposed to what it is you want to avoid is not something to be underestimated; it's a total game changer. Not only does it allow you to decide what positive action you need to take to move you closer to what you want, but also on a psychological and neurological level, it reorganizes you for success.

Think of it this way - whatever you choose to focus on you give meaning to, and as soon as you assign meaning, you assign power. Our ability to label an experience as positive or negative arises as a direct consequence of where we choose to concentrate our attention, and that meaning either lifts us up and drives us forward, or leaves us feeling disempowered and deflated.

As a consequence, your "focus muscle" is one that we want to make sure is working for us and not against us. We need to make sure that we are controlling our focus in such a way that we are able to view each and every situation within an empowering context. As a rule of thumb, think of constantly directing your attention towards that which you are looking to create or move towards, rather than concentrating your energy on what it is you are wanting to avoid.

The aim of any successful mental skills process is to align thought and feeling together; in other words, what we are wanting is to create a positive vision of what it is that we want and allow ourselves to emotionally connect to that also.

What I would like you to do today is to take a few moments out to create a vision for you and your horse that allows you to marinate in future possibility. Get excited by the possibilities that exist for both of you as a partnership.

In order to do this there are two key rules we need to play by.

The first - there is no right or wrong. You get to create this.

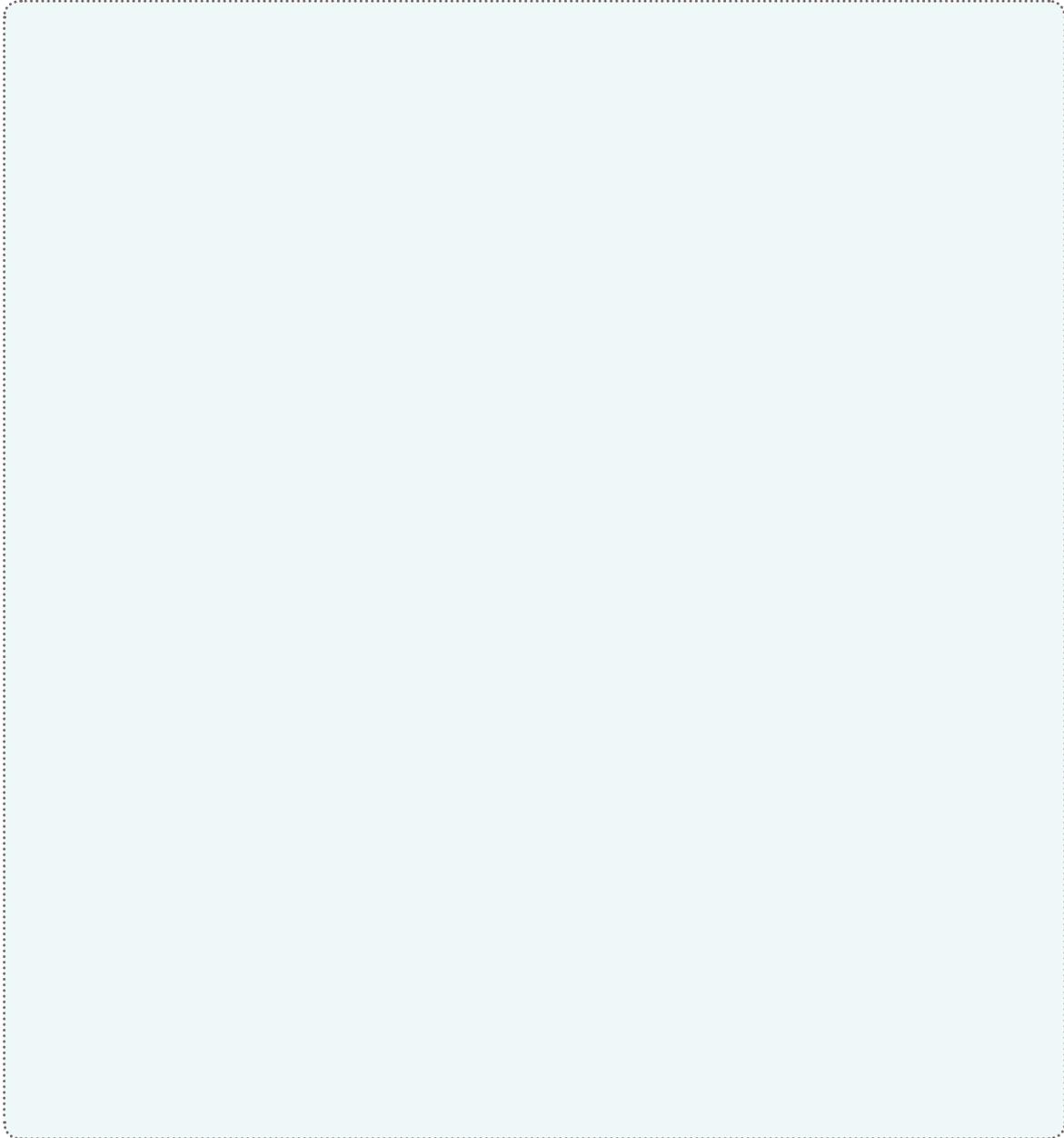
Secondly, you need to suspend judgment and give yourself the gift of allowing yourself to dream. Your job at the moment is not to concern yourself with the "hows" (how am I going to do this?), it's to hook into the "whats". What do I want?

With that in mind, let's get started.

  
*run your own race*

WHAT IS YOUR BIG VISION OR GOAL FOR YOU AND YOUR HORSE?

WHAT ULTIMATELY WOULD YOU LIKE TO ACHIEVE TOGETHER?



  
*run your own race*

At the moment, my guess is that the vision or goal that you have outlined for yourself feels quite far away; it's somewhere "out there" in the future.

I would like to close the gap now and seal in the goal you have created so it becomes something that you can viscerally feel.

Visualisation is our greatest super power when it comes to creating a reality that is divorced from past experience or expectations, and in a moment, I'm going to ask you to take some time out to visualize your goal coming to life in your mind's eye. So that you can really relax and get the most out of it, I want you to spend a few minutes filling in the details of your dream.

Our unconscious mind (the part of our mind we are really looking to work with here) receives all of its information via the senses. To make sure that we are speaking the language of the unconscious mind, we want to provide it with as much sensory detail as possible.

With that in mind think about:

#### THE VISUAL

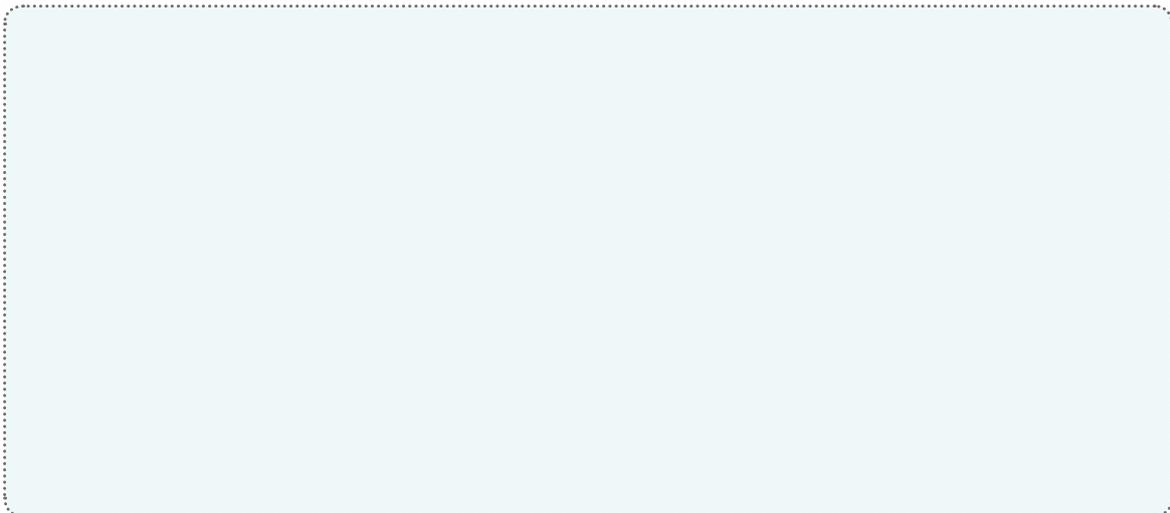
What is it you see around you? Make sure you are fully associated to the vision. Fill in the picture as if you were seeing it through your own eyes.

#### WHAT YOU HEAR

What sounds do you hear? Include external sounds that you would hear in your environment, as well as more intrinsic sounds, such as internal conversations you might have with yourself about what to focus on or take care of.

#### HOW YOU FEEL

How do you feel as your goal and vision is coming to life in your mind?



  
*run your own race*

Now for the fun part! Find a quiet place and go over the details of your riding vision.  
Once you are clear on how you want things to look, take a few deep breaths  
and close your eyes.

Drop yourself into the vision that you have created, seeing everything unfold  
as if you were seeing it happen through your own eyes.

Spend a few moments basking in the glory of your vision, taking time to really  
feel the feelings of living that moment as if it were happening right here, right now.

  
*run your own race*