



Confident Rider Series



DAY TWO BELIEFS AND IDENTITY

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Beliefs and Identity

Review your notes from yesterday's exercise where you created your vision for you and your horse. It's ok if you take a sneaky five minutes to soak it all in again - who would blame you with the pair of you looking that fabulous!

We do have more work to do however ...

Now that you have a clear understanding of where it is you are heading, it's time to match your overall vision not only with your beliefs, but also with your current identity as a rider.

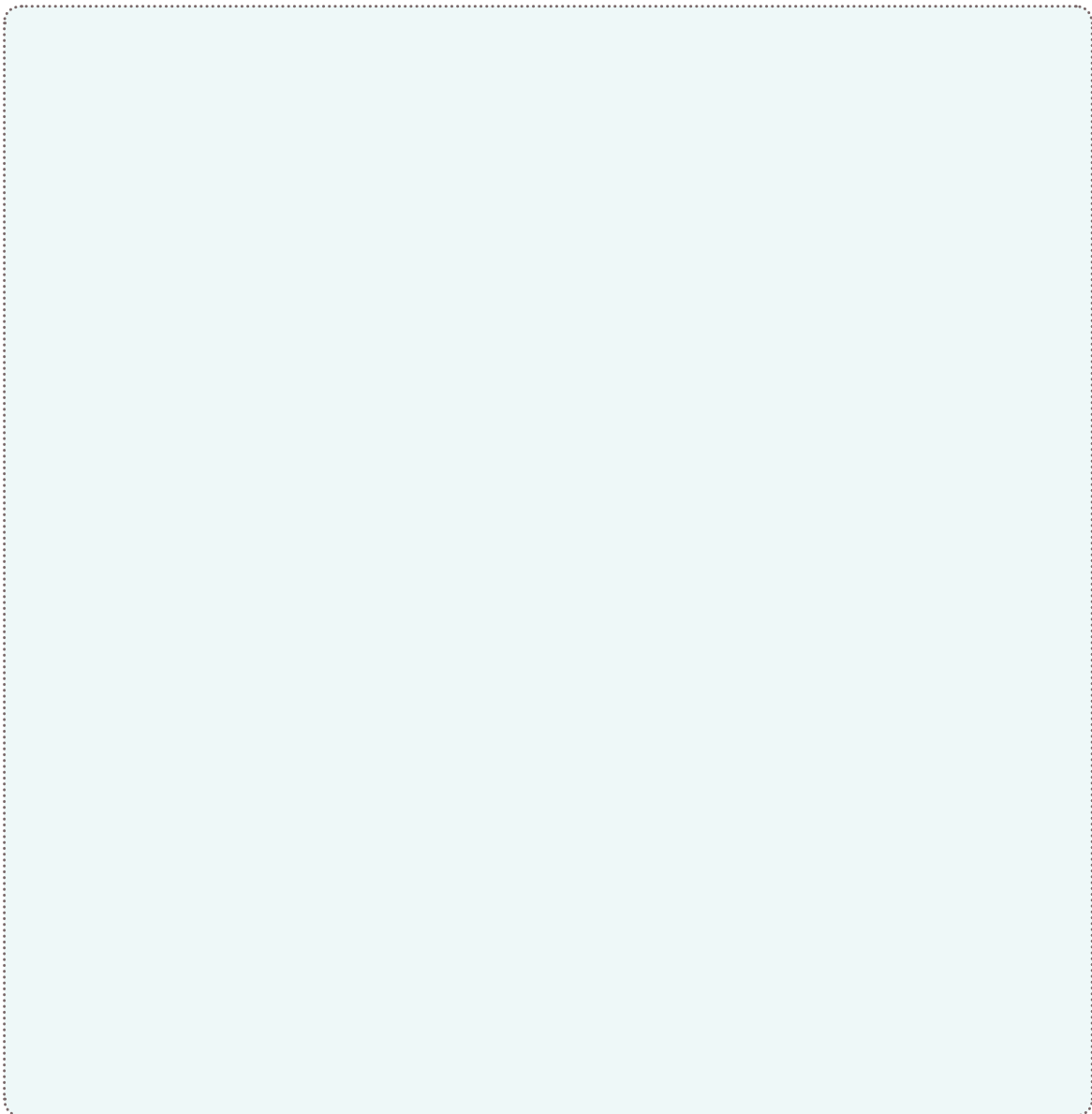
Ready?



run your own race

1. THINKING ABOUT YOUR VISION FOR THE FUTURE,
WHAT CURRENT BELIEFS, THOUGHTS OR FEELINGS FLOAT
TO THE SURFACE THAT COULD POTENTIALLY LIMIT OR IMPEDE YOU
IN SOME WAY FROM ACHIEVING YOUR ULTIMATE GOAL?

NOTE THEM DOWN HERE AND REVIEW THEM
WITHOUT JUDGEMENT OR CRITICISM.

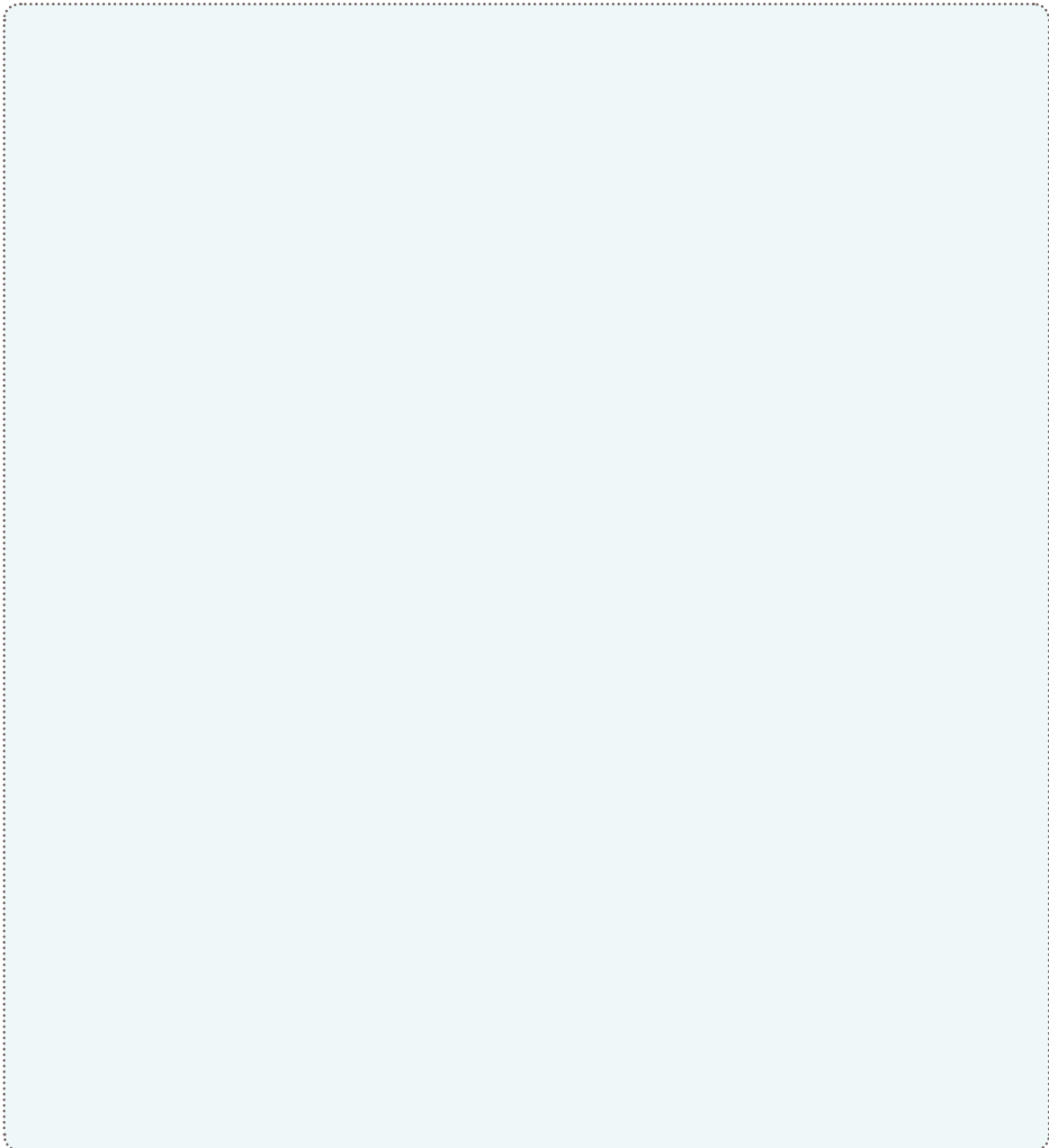



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2. WITH YOUR OVERALL VISION IN MIND,
WHO DO YOU NEED TO BE AS A RIDER IN ORDER TO BRING
THIS VISION TO LIFE?

WHAT DO YOU NEED TO BELIEVE?

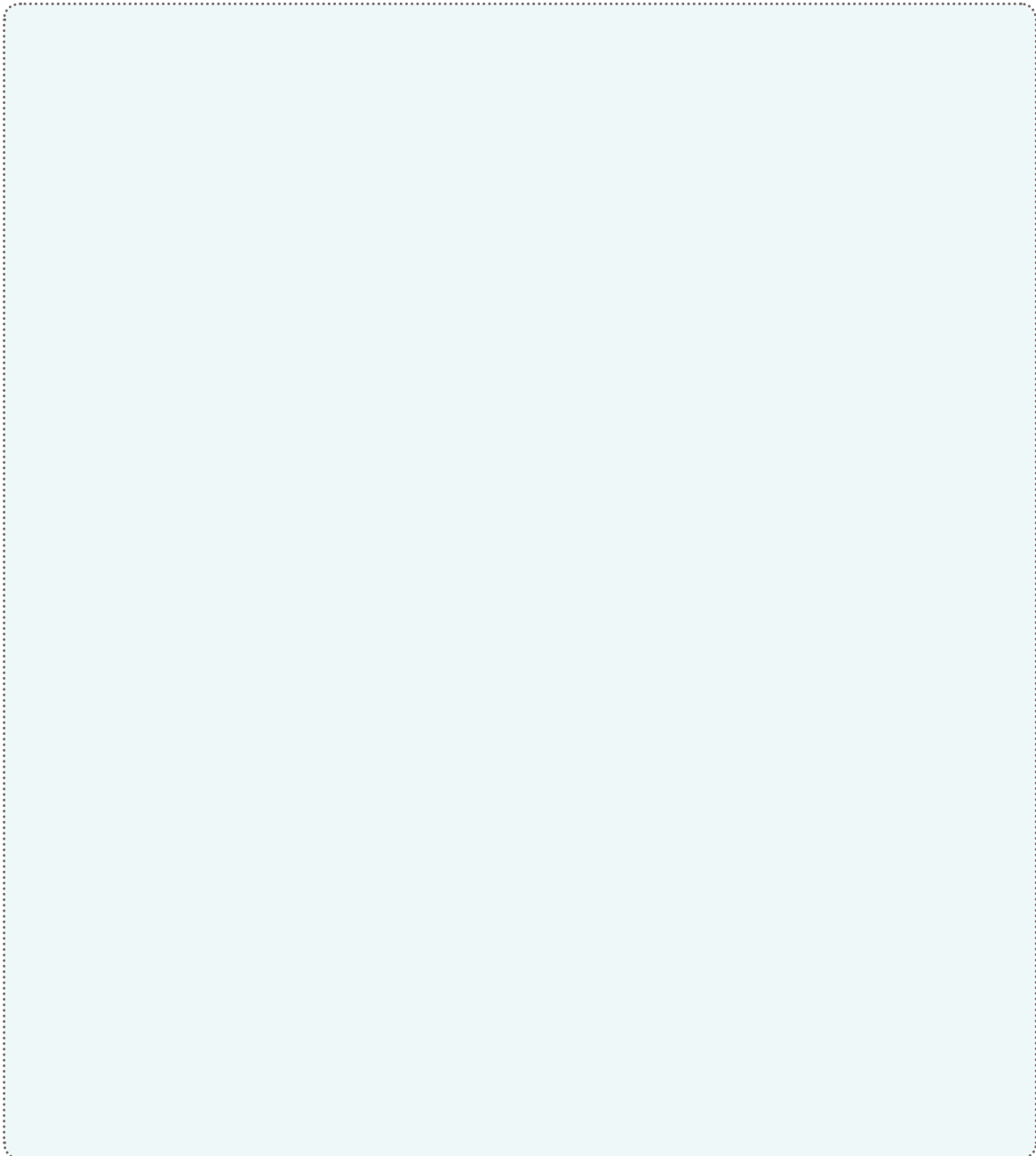
HOW DO YOU NEED TO BEHAVE? HOW DO YOU NEED TO ACT?




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3. REVIEW BOTH OF YOUR LISTS.

BECOME AWARE OF THE ELEMENTS OF YOUR CURRENT BELIEF SYSTEMS THAT YOU NEED TO DISCARD AND THAT WHICH YOU NEED TO ADOPT IN ORDER TO DESIGN THE RIDING FUTURE OF YOUR DREAMS.




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