

Rider Name: _____ Horse Name: _____

Competition Name: _____ Date: _____

DAY BEFORE

What tasks relating to tomorrow's competition need to get done today for myself?

What tasks relating to tomorrow's competition need to get done for my horse?

What time do I want to have all the above tasks complete? _____

What food and drinks do I have packed for tomorrow? _____

What am I eating tonight? _____

What time am I going to go to bed? _____

Why am I competing tomorrow? _____

What is my targeted outcome for tomorrow's competition? _____

What are some ways I can stay positively focused on my goals tomorrow? _____

What are some ways I can stay positively focused on my goals tomorrow? _____

Who in my support team can I draw on to help remind me of my strengths? _____

COMPETITION DAY

What time is my alarm set for? _____

What's for breakfast? _____

My routine 3 – 2 hours before I compete:

My routine 2 – 1 hours before I compete:

My routine 1 hour – start of competition:

Some tools in my toolbox that I am going to use to get to my best performance:

- ☐ Visualize today's competition going well!
- ☐ Remind myself why I chose to compete and be grateful for it.
- ☐ Progressive Relaxation
- ☐ Deep Breathing
- ☐ Positive Self-Talk
- ☐ Communication with my team

Breathe...trust your training and remember, you can't control everything, but you can control how you think, act, and feel!