

## **IDEAL PERFORMANCE STATE –for Rider**

This can be for horse shows, schooling at home, or clinics, etc. Some of these will seem easy and some will seem hard. Identify what is hard for us to work on 😊 Yes we are always working on this with the horse too!!

- \* **Physically relaxed**
  
- \* **Mentally Calm**
  
- \* **Low anxiety**
  
- \* **Positively Energized**
  
- \* **Optimistic**
  
- \* **Enjoying the horse show, clinic, school**
  
- \* **Effortless**
  
- \* **Automatic**
  
- \* **Alert**
  
- \* **Focused in the present**
  
- \* **Self-confidence**
  
- \* **In-control**