

## BONUS 4 - MENTAL PREPARATION FOR EQUESTRIANS

### My Preshow Equestrian Routine

Phase	Strategy	Your Mental Game Tasks	Sports-Specific Tasks
<b>Prior to Pre-performance Routine</b>	<b>Expel pressure-packed expectations</b>	<ul style="list-style-type: none"> <li>☑ Identify your expectations about the program two to three hours prior to the performance</li> <li>☑ Replace your expectations with process goals for upcoming performance</li> </ul>	<ul style="list-style-type: none"> <li>☑ Plan water and snack</li> <li>☑ Get dressed in show clothes</li> </ul>
<b>Clean Your Horse</b>	<b>Calm your inner chatter</b>	<ul style="list-style-type: none"> <li>☑ Recognize when you are engaging in inner chatter quickly</li> <li>☑ Refocus your mind on the pre-performance warm up</li> </ul>	<ul style="list-style-type: none"> <li>☑ Go through routine</li> </ul>
<b>Saddle Your Horse</b>	<b>Take control of your confidence</b>	<ul style="list-style-type: none"> <li>☑ Review your confidence resume one hour prior to the performance</li> <li>☑ Shoot down any last minute doubts you may have about the performance</li> </ul>	
<b>Warm-Up Your Horse</b>	<b>Rehearse your performance</b>	<ul style="list-style-type: none"> <li>☑ Use mental imagery to rehearse your performance.</li> <li>☑ Use coping imagery to rehearse potential challenges you may see in your performance.</li> </ul>	<ul style="list-style-type: none"> <li>☑ Go through your warm-up routine</li> </ul>
<b>Watch classes</b>	<b>Focus on the process</b>	<ul style="list-style-type: none"> <li>☑ Keep your mind on preparation during your warm up</li> <li>☑ Know what cues to stay focused on during the performance</li> <li>☑ Set one or two process goals for today's performance</li> </ul>	<ul style="list-style-type: none"> <li>☑ Plan your ring strategy</li> </ul>
<b>Keep horse warm</b>	<b>Prepare your mind to win ugly</b>	<ul style="list-style-type: none"> <li>☑ Forget about having "perfect" technique during the warm up</li> <li>☑ Do not assess the quality of your warm up</li> <li>☑ Remind yourself to perform with a functional mindset – get it done (just do it).</li> </ul>	<ul style="list-style-type: none"> <li>☑ Focus on your riding</li> </ul>
<b>Start of performance</b>	<b>Embrace the prering butterflies</b>	<ul style="list-style-type: none"> <li>☑ Interpret excitement as a sign you are ready to compete</li> <li>☑ Embrace the pregame butterflies as helpful to your performance</li> <li>☑ Use the added intensity to help you focus better</li> </ul>	<ul style="list-style-type: none"> <li>☑ Take deep breaths to relax</li> </ul>