



Identifying Your Story

This exercise is going to be tough, but it's important. This gets to the core of finding change, in any area of life. We all have beliefs or "stories" about ourselves that affect our behavior and how we perceive the world.

When you can identify these beliefs, recognize the ones that do not serve you, and change them, your goals will come much easier!

How do you see yourself as a rider? How would you describe yourself? What are the stories you tell yourself about your riding or your horse?

"I'm a nervous rider." "I'm older, so I'll only be able to progress so far."

"I have so many bad habits, they'll probably never go away."

"I don't have enough time to ride!" "I'll never be the rider I was when I was young."

The way you view yourself will have a big impact on your results. It is important to acknowledge your own self-talk and consider the beliefs you have or restrictions you may be placing on yourself.

- 1** Start writing down your thoughts. If you get stuck, close your eyes and think about times people ask you about your riding... how do you respond? What thoughts or phrases come to mind?

- 2** Consider your goal. Are any of your stories or self-talk inconsistent with what you want to achieve or how you want to feel? **What can you change?**

"I'm a confident rider." "I can stay calm in almost any situation." "I connect with horses."

"I may be just starting out, but I'm a fast learner!"

How can you describe yourself in a way that is in alignment with what you want to be, do, or feel?

Write these new phrases below.