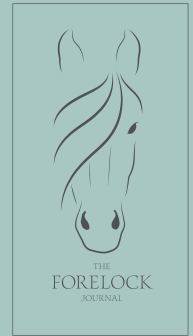


POSITIVELY ANALYSE YOUR RIDE

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Rider Name.

Horse Name.

Date:

Q1. Remember your why.

Q2. What did you do during your ride today?

Q3. What had you planned to do today?

Q4. If these are different, if so, why did you have to change your plan?

Q5. Consider other external factors that may have affected your ride?

Q6. What could you do next time to improve this?

Q7. What did you achieve / accomplish?

Q8. What did you learn?

Success isn't defined by lack of failure; it's your ability to stay motivated and enthusiastic through failing, that leads to success.