

confidence

self-evaluation

Knowing where you are gives you a good baseline and starting place. It is also motivating as you have a clear goal and can keep track of progress. This is especially helpful if you're struggling at some point, as we all do when it comes to training horses and reaching our goals!

Even more importantly, this is a way to take control of your own improvement. You can progressively advance and enhance the quality of your training from a zero to a three, from a three to a five, from a five to a seven, and even have some eight to tens along the way!

Get in the habit of scoring yourself and your horse. It's what great horsemen, trainers and riders do naturally.

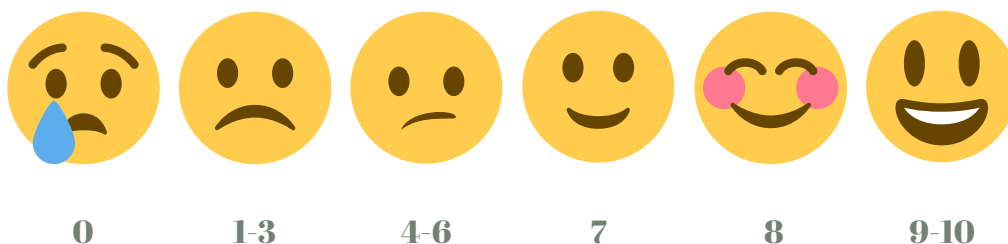
How to Score

In many competitions the scores are well defined, but it often does not apply to every day riding, training and the harmony you experience between you and your horse. Here are the important factors to keep track of as you train your way into a happy relationship with a happy horse... mentally, emotionally and physically.

In the chart to follow you'll be invited to score yourself and your horse on some important elements. On the left side you'll see the higher scores and ideal goals. On the right side you will see the lower scores and problems you might be experiencing.

Take a few minutes to focus on this and write down your scores, together with a date. Depending on how rapidly you progress, you might want to retake the evaluation again in 3 – 6 months.

How to know your score? Your facial expression and feeling will help you know!



confidence

(handling & riding)

DATE _____

Goals 7 - 10	Score Write your score between 1 - 10	Reality 0-6
People friendly. Greets you eagerly, comes to you with positive expression.		Turns away from you, doesn't like people (or men!), hard to catch, etc.
Curious about YOU. Connected, asks questions, looks to you for direction.		Evades you, ignores you or pushes, nips, bites and takes over. Disconnected from you, herd bound – connected to other horses more than you.
Curious about THINGS Eager to sniff, touch and nibble things, maybe even pick them up.		Afraid to touch things, especially with his nose. Destroys things, stomps on them (Dominates).
Curious about NEW THINGS. Attracted to investigate.		Scared, skeptical of new things Would rather not go there... hesitates, stops, spins around and bolts!
Not spooky Checks in with you, follows your lead – even in new situations.		Spooky Suspicious, hyper-vigilant, over-reactive... even in familiar situations.
Respects and trusts you Looks to you when confused or worried.		Apprehensive, reactive or fights you. Respects and trusts other horses more than you (herd bound).

Learns quickly, is smart.

Doesn't learn or retain well, feels like you're always starting over. Is often labeled as stupid.

Responsive to your requests.
Willing. Beyond obedient.

Resistant and stiff. Scared or fights you. Has no confidence in you as his leader and teacher.

Positive expression. *Ears forward or focused on the task or you. Eyes bright and looking at you, or the destination you are headed for.*

Negative expression. Ears pinned, floppy (switched off) or pointing to where they would rather go. Eyes vacant, staring, or focused on where they would rather go.

Relaxed body language. *Supple muscles, "good banana" (convex topline), rhythmic, flowing stride.*

Tense, braced, or pushy body language. Tight muscles, "bad banana" (concave topline), choppy, tense & irregular stride.