

purpose

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.

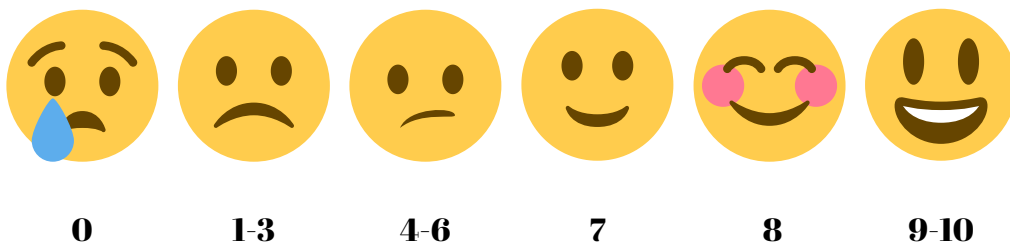
How to Score

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!



goals & plans

DATE _____

Goals 7 - 10	Score Write your score between 1 - 10	Reality 0 - 6
I have a long-term, 'big' goal for me and my horse – who we become, or what I want to help him or her become. <i>And when I reach this one, I will create a new one!</i>		I don't have a goal, or I don't have a clear goal.
I have a timeline, and a date by when I would like to achieve this goal.		I don't have a timeline.
I have short term goals that are steppingstones to my big goal.		I have trouble connecting my sessions to my big goal.
My horse is happy – connected, relaxed, light, confident, self-controlled, supple, in harmony with me. <i>(The curriculum Modules show you how).</i>		My horse is not happy: tense, argumentative, nervous, resistant, dull, bored, difficult, or dangerous!
My horse is suited for my goal, purpose, or sport – breed, temperament, aptitude, tractability, level of training.		My horse is not well suited for my goal – wrong breed, difficult temperament, lacks talent or ability, intractable, no previous training (may or may not be relevant),
I have a clear PICTURE of what I want my horse to do when training for the goal. I'm excited about doing this – the learning, the progress, the results.		I don't really know what I'm shooting for, don't know what the goal or sport expectations, have not studied it, not excited by it. I'm easily discouraged and often want to give up.

I have a PLAN for how to achieve my goals in the short and long term. I am following a program and making steady progress.

I have a coach, study, do clinics/lessons, keep track.

I have no real plan. I work on stuff but don't seem to make progress. I experience the same problems over and over and often get stuck.

I don't have a coach.

I want this to FEEL like...
HARMONY!

I haven't really thought about the feeling with my horse, more about the results.

I know how to solve problems when they come up in our process and journey as we advance:

Technical – the movements, the expectations, the requirements, the judging criteria (if competing)

Emotional - tension, nervousness, distraction, frustration, anxiety, rebellious behavior, over-excited, aggressive to other horses, spooky, etc.

I don't know how to solve technical problems. I don't know how to solve my horse's mental-emotional problems.

Note: Mental-emotional problems are fixed on the ground, not in the saddle.

I work on myself to develop the required mental-emotional, and physical fitness that is necessary to meet my goals (low – medium – high).

I have not done much in the emotional fitness and/or physical fitness areas.

I balance training so I don't over-train my horse. I have days that are not focused on the sport or are more relaxing and non-demanding for my horse (trails, hacking out, ground only, etc.)

I train my horse every day for the sport, keep improving the tests and energy-performance.

(Note: this makes horses tense, too much pressure, and leads to performance anxiety... or makes them robotic).

My horse lives in the company of other horses with no issues of being herd-bound.

My horse gets terribly herd-bound.

My horse is stabled with minimum turnout, but I know how to fulfill his or her mental and emotional needs given the isolated living conditions.

My horse is stabled with minimum turnout, he has stable vices, gets unruly and explosive when brought out, has trouble around other horses.

performance

DATE _____

Goals

7 - 10

Score

*Write your score
between 1 - 10*

Reality

0 - 6

I love performing (competition or demonstrations).

Competition makes me anxious.

My horse loves competing – new environments, energy, he or she lights up!

My horse gets very nervous, scared, spooky, reactive or shuts down.

I know what needs to be done for the competition / tests. I can do them easily at home, even with simulated pressure.

Not really clear on the tests, rules, what needs to be done.

When I practice, I haven't thought of trying to simulation pressure or me being nervous!

I know how to warm up my horse before a competition – how long, what to check, what to work on, etc. This includes on the ground (mental and emotional warm up) and riding (physical warm up).

Warm up is a mystery to me! I don't really know what to do or how to prepare my horse to perform.

I can solve prevent, minimize, or solve problems - at their root – and as they come up.

I don't know how to solve problems, I don't really know the origin of the problems. I tend to wrestle through them!