



## COMPETITION SKILLS, MINDSETS, and BEHAVIORS

### SELF-ASSESSMENT

Showing a horse at its best is an *exquisite* experience of flow, focus, and connection with a horse that showcases the best of you both as a team.

While many riders measure their show pen success by the judge's card or the timer results, *your* show pen success is how you measure it.

Some people want to be world champions, while others yearn for fantastic weekend getaways with their horses and friends and are less concerned about results.

Both are equally valid (and everything in between). How you measure success and the courage to pursue your dreams matters most.

The *ShowingUP* workshop strives to give you more ways to enjoy showing horses characterized by forever learning, confidence-building, technical skill-building experiences (for both the horse and the rider), and the freedom to choose a journey that resonates with you.

It is a model of six areas focusing on the health, skill, and vitality of an entire system (people, horses, home, and show experiences). All six ideally work together to achieve true excellence in the arena and happy horses and riders!

Below is a list of each of the six areas with a brief description of them.

Beneath the description is a *sampling* of three skills or behaviors for that element. You can then assess your strengths and areas for growth for each.

It doesn't matter if you're just beginning to show or hauling for the world.

What follows is meant to be fun and get you brainstorming. It will give you a visual representation of your strengths and where you can grow.

Enjoy! Barb



## Scoring is from 1-10:

**Ten** is "I've got this!"

**Zero** is "Not too bueno YET in this department!"

**One-Nine** is wherever you are in between

*Have fun!*

## SIX CONSIDERATIONS for SHOWING

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### #1: COMING HOME

Coming Home refers to the authentic *you* in your heart - your vision of the rider and show person you yearn to be, what you love and value, and why you do what you do - just to name a few.

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I have a clear vision of the rider and show person I desire to become, and I am excited as I move toward that vision.

0    1    2    3    4    5    6    7    8    9    10

I know what matters most about showing - my must-haves, negotiables, and non-negotiables.

0    1    2    3    4    5    6    7    8    9    10

I believe in myself.

0    1    2    3    4    5    6    7    8    9    10



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## #2: Connection with My Horse

This is the exquisite experience of an incredible relationship with a horse—authentic, safe, and seamless communication moment by moment. It's an experience of oneness that every rider craves, and it can be fragile.

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When I'm with my horse, I observe and listen to him. I look for signs of stress and ways to help him feel safe.

0    1    2    3    4    5    6    7    8    9    10

If I'm at the show and my horse gets overly excited, I know how to bring him back to a 'good place.'

0    1    2    3    4    5    6    7    8    9    10

I am confident in the technical skills of my discipline.

0    1    2    3    4    5    6    7    8    9    10

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## #3: Relationships with Others

Humans are hardwired to connect with others. Friends, barn mates, mentors, acquaintances, and others surround us in the show world. The goal is to navigate these relationships confidently, appropriately, and healthily.

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I can maintain my focus no matter who is watching me or in my class.

0    1    2    3    4    5    6    7    8    9    10



I am aware if I begin to 'make up stories' about what the judge thinks about me or my horse. I immediately let that go and stay focused on my job.

0 1 2 3 4 5 6 7 8 9 10

I can communicate clearly and kindly in the warm-up pen if someone is rude or dangerous.

0 1 2 3 4 5 6 7 8 9 10

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## #4: Preparation

It's no secret that the more prepared we are before entering the show arena, the more it feels like a hand slipping into a glove when we walk in.

Preparation here refers to the preparation of my horse and me at home and on the day of the show.

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I have a consistent plan and routine for my mental, physical, and technical preparation at home and the show.

0 1 2 3 4 5 6 7 8 9 10

I have a consistent plan and routine for my horse's mental and physical preparation at home and the show.

0 1 2 3 4 5 6 7 8 9 10

I am very clear about how to bring my horse to a place with so he has just the right energy, focus, and responsiveness.

0 1 2 3 4 5 6 7 8 9 10



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## #5: Flow in the Show Arena

Flow is performance excellence at its best for you and your horse. You're a beautifully performing team at your combined highest level. Flow is also when, ideally, you remain in the moment through all maneuvers, including mistakes. Excellence and flexibility are the goals—not perfection.

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I can stay 'cool' and focused even when my horse gets distracted or I make a mistake.

0      1      2      3      4      5      6      7      8      9      10

In the show pen, I am not concerned about the score. I stay present with my horse and focused on my job.

0      1      2      3      4      5      6      7      8      9      10

I have fun when I show.

0      1      2      3      4      5      6      7      8      9      10



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## #6: Clarity and Grit

This post-ride assessment lets you know where you and your horse are solid and where to focus next. This step sets the stage for the purest, most customized growth possible for you and your horse.

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I always acknowledge where my horse and I excelled, no matter the score. I use this information to build our confidence.

0    1    2    3    4    5    6    7    8    9    10

When things seem to fall apart, I am resilient.

0    1    2    3    4    5    6    7    8    9    10

I watch my videos.

0    1    2    3    4    5    6    7    8    9    10



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## Now, interpret your results:

Note where you have super-star strengths (scores 8-10). Give yourself a high five!

Note where your skills and mindsets are emerging but still need to be developed (scores 4-7).

Note what you can look forward to learning (scores 3-0).

## Next...

**Note what you feel fantastic about!**

**Note where you will focus upcoming efforts. Then, rank them according to what you will focus on first, second, etc..**