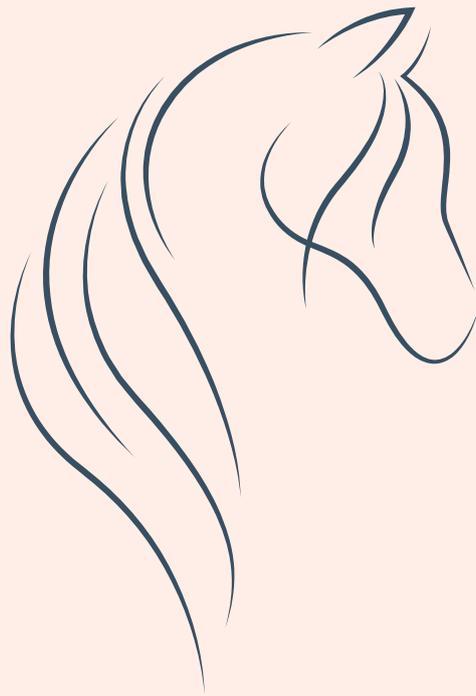


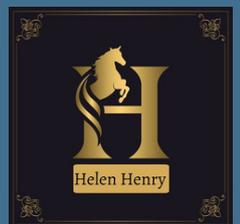
# CONFIDENCE JOURNAL

*For Horse  
Riders*



**For a calmer, more confident  
mind.**

Helen Henry Confidence Coach



# INTRODUCTION

## About Me



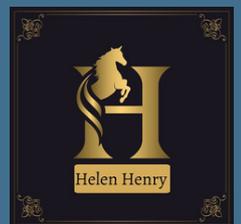
Hi, I'm Helen, a confidence coach, NLP Master, Core Renewal therapist, teacher, mum, and fellow horse rider.

My mission is to help every rider feel happy and at ease when riding their horse, free from fear and worry.

To support you on that journey, I offer 1:1 sessions, a membership group, riding club talks and this free journal.

I can't wait to hear how you get on.

Helen Henry Confidence Coach





# RE-FRAMING

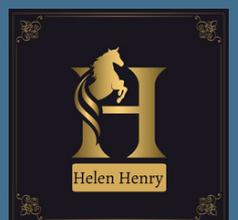


## **Understanding your brain:**

**Our brains can only process so much information, so what we focus on really matters.**

**If you keep telling yourself *'my mare is crazy'*, your brain will look for proof and show you more of that behaviour. The same happens when you think *'I can't do that jump'*, your mind highlights everything you don't do well.**

**If you tell yourself instead *'I'm excited to ride'*, or *'wow, that was a good canter transition'*, your brain starts to support you in a much more helpful way. This is called re-framing.**





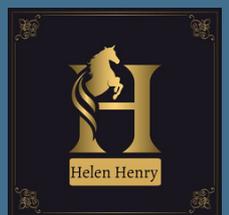
# RE-FRAMING

## **Break the cycle:**

The way you think shapes how you feel, and how you feel shapes how you act. Change your thoughts, and you can change your feelings and actions.

For example, if you tell yourself '*I'm a rubbish rider*', it makes you feel low, and you ride less confidently, which then seems to prove your thought. It becomes a self-fulfilling cycle.

The good news? This cycle can be broken. Follow the steps below and start shifting your mindset today.



# JOURNAL YOUR THOUGHTS

## *Increase Your Confidence by Changing Your Thinking*

Our thoughts reveal what's behind negative / unhelpful moods and actions. Work through these questions to practice re-framing (changing) your thoughts.

### Step 1: Identify the Situation

Describe the situation that triggered your unhelpful thoughts.

E.G I have my riding lesson today and we are going to jump.

### Step 2: What were you feeling?

Describe how you felt in the situation.

E.G: Nervous, worried, scared, apprehensive and a little excited

### Step 3: Identify Your Unhelpful Thoughts

Make a list of your unhelpful thoughts in response to the situation.

E.G: I can't jump, I'm not good enough to jump, I am going to embarrass myself, what if I fall off, what if he stops, what if I get hurt, what if I can't do it...

### Step 4: Find Evidence

Write down any evidence you can find that supports the unhelpful thoughts above

E.G: Last time I jumped I fell off, I'm not as good as I was, other people at the yard are so much better, it does feel embarrassing.

## Step 5: Contradicting Evidence



Write down any evidence you can find that contradicts the unhelpful thoughts

E.G: Last time I fell off I didn't get hurt, I rode him really well, a pigeon just flew out of the trees. We continued jumping and I can jump. I am older now and I don't want to do what I used to do and that is ok. There is always someone better and someone worse. I am sure they aren't watching. Everyone on the yard is kind and supportive anyway. He has never refused a jump.

## Step 6: Reframe your thoughts

Write down a more helpful thought for this situation and recognise how that thought now makes you feel

E.G: I am excited about jumping my horse and getting back into it. He is such an honest horse he will look after me and we work well together. I am a good rider and I can manage unexpected situations. I feel calmer and more confident.

# QUICK CHECK-IN

A quick check in, to re-frame your unhelpful / negative thoughts. If you can't re-frame it, don't worry, just go back to the longer process above.

1: Initial unhelpful thought

2: Re-framed thought

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# WHAT TO DO NEXT

## Keep the Momentum Going

You've taken the first step by completing this journal, well done! Now, keep your confidence growing:

- Reflect on your notes and pick one helpful thought to focus on this week.
- Put it into practice when you ride and notice the difference.
- Keep coming back to these questions whenever an unhelpful thought shows up.

Your journey doesn't stop here:

- Just imagine how much progress you could make having me by your side. ✨
- This is possible, I look forward to you booking your free call 🐾

# BOOK NOW

Scan the QR code to  
Book your *FREE* session:



Contact me:

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Keep shining, and let every ride feel  
a little lighter, freer, and more joyful.

Helen Henry Confidence Coach