



Riding Visualization Plan

I focus on (e.g. a steady rhythm and a softer contact):

What I tell myself (e.g. breath out, heels heavy, hands quiet):

WHAT I AIM FOR

WHAT I FEEL

WHAT I DO WELL

My practice plan (e.g. 10 minutes of transitions and breathing):

My rider statements (e.g. I ride with patience, clarity, and kindness):