

connection: riding

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.

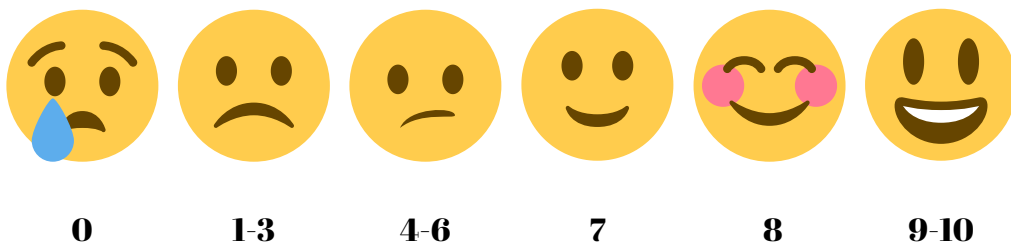
How to Score

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!



connection when riding

DATE _____

Goals 7 - 10	Score <i>Write your score between 1 - 10</i>	Reality 0 - 6
Horse is 'with you'.		Horse is not with you - distracted, looking around... curious, not really spooky (which is a confidence issue)
Horse enjoys your leadership.		Control issues - horse fights the rope, the rein, your seat your leg... rushes, runs off, bucks, rears, etc.
Horse is 'with you' no matter where you are		Herd bound, gate bound, wants to get to the barn/home
Horse walks, trots or canters in the direction you want		Horse cannot go straight forward, keeps straying off the line and changing direction
Horse stays in the speed you ask for, mentally and emotionally relaxed and content and 'level-headed'		Horse is constantly changing speed, going faster or slower, high headed
Keeps a steady rhythm in each gait		Frequent changes in rhythm

how would your horse score you as a leader?

DATE _____

Goals 7 - 10	Score <i>Write your score between 1 - 10</i>	Reality 0 - 6
I am the leader.		No, I am! Mostly ;) Your horse has bigger plans. "You are my problem, not my leader!"
You want to follow me, be with me, dance with me...		Not really. Sometimes. Never!
You are happy to see me!		Not really. Well, unless you have food or I can play tricks on you (push, nip, have my own fun, etc.) <i>Turns away, won't come to you, hides behind other horses, runs away, hard to catch!</i>
When I pick up the reins you want to "hold my hand" and go with me.		Not really or not at all! <i>Hides from and avoids the contact, is afraid of it; Jerks the reins from your hands; Hardens the jaw and neck.</i>
You love to do what I ask.		Not really. <i>Sometimes, almost never. Argues, resists, tries to talk you out of it.</i>

Goals

7 - 10

Score

Write your score
between 1 - 10

Reality

0 - 6

You want to go where I go.

Nope. I want to go where I
want to go!

When things are a different -
there's other horses we don't
know, it's a new place, maybe
the weather is a bit scary - you
check in with me: *If I'm not
scared or distracted or
bothered... neither are you.*

Nope. I'm not sure you'll keep
me safe. I'm going to save
myself!