

# Progress Checklist: MODULE #4 - CONFIDENCE

## "Are you spooky?"



Is that the horse's NATURE? Is it about something NEW? Is it as a LEARNER? Is it about YOU?

### GROUND & RIDING SKILLS

#### Obstacles – Challenges – Goals – Relationship - Leadership - BehaviorFIX

**Self Evaluation**

**How to Build Confidence (L1)**

- Time to think
- Lots of breaks
- Repetition

**How to Destroy It (L1)**

- Force
- Continuous pressure
- Punishment

**Your Confidence (L2)**

- Approach and retreat, don't push through thresholds
- Rehearse mentally
- Don't let others force you

**Touch This, Touch That (L3)**

With the nose, the feet:

- On the ground
- In the saddle

**Expose and Expand (L4)**

New things & places, tolerance, difficulty, pressure, sensations...

- Longer Lines (24' Confidence Line)

**Jobs & Goals (L5)**

- My job / Your job: Teach the goal, assign the 'job'
- Keep going
- Mounting block, pedestal, trailer, etc.
- Back through a space; Sideways over a pole; Jumps, etc.

**Dimensions of Confidence (L6)**

**Nature-New-Learner-You**

- BehaviorFIX profiles

**Jumps (L7)**

- Build confidence & understanding

**Water & Puddles (L8)**

- Simulations & water

**Trailer Loading (L9)**

- Confidence, Loading, Unloading, Stay in

**The Best Place To Be Is With Me (L10)**

- Tap the rump: short & long range

**New Environments (L11)**

- Expose & Expand

**Spooking (L12)**

- Confidence
- Responsiveness/Control
- Thresholds
- Face the Danger

**Riding in Company (L13)**

- Protect the fearful horse
- Control the dominant horse

**Push the Reins, Don't Pull (Wheelbarrow) (L14)**

- Two hands (knuckle headlights)
- One hand (one headlight)
- Horse stays between the reins

**Learning-Practicing-Performing (L15)**

- Learning is hard
- Practicing is boring
- Performance is pressure

**Trust & Respect (L16)**

- Can your horse trust you?
- Does your horse respect your leadership qualities?

**Confidence + Curiosity = Super Learner! (L17)**

- The nature of learning
- Dealing with fear and failure

**BehaviorFIX**

Know your horse's character and best psychology strategies for improving confidence.

Refer to the charts in this module. Is your horse...?

- Mover
- Stopper
- Pushy
- Tense

Do you know his or her tendencies and how to prepare for success?