FREE WEBINAR

5 SECRETS

OF TOP

EQUESTRIANS

Morkbook

EQUESTRIAN ATHLETES MAGAZINE



Alleloone

I am so excited you are here for Equestrian Athletes Magazine's webinar on the top 5 secrets of top equestrians. I am looking forward to connecting with each of you.

Our hope is that our webinar will give you insight, motivation, and tools you need to keep your career in the saddle in a forward moving path.

Developing each of these skills will keep you fit mentally and physically as you progress.

Before we begin, write down what you think top equestrians have that you need and save these in your notes for the webinar.

ebinar

-Deirdre R. Sabo Magazine Publisher and Creator

Participate in the chat below the webinar during the webinar

How to get the most out of this webinar:

Show up live
Print This Workbook
Write up some questions you might have
Complete first page of workbook before w

EQUESTRIAN ATHLETE JOURNAL

WHAT QUALITIES MAKE A TOP EQUESTRIAN?

Write what qualities you think a top equestrian must have, work on, and/or learn in order to progress in their sport? No cheating, do not look ahead! Brainstorm your own idea of these qualities. Notice we say the "top 5", many qualities exist and must be present. You can keep these to yourself or share them in the chat at the live webinar.

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QUESTIONS

WRITE DOWN YOUR BURNING QUESTIONS

Have some questions ready for me at the live Q&A after the webinar. These can be thought up before hand, or jotted down during the webinar. The more questions the merrier!

EXERCISE AND BODY KNOWLEDGE

IS

- REPETITIVE MOVEMENTS = IMBALANCE
- BALANCE EQUALS FULL RANGE OF MOTION AND COUNTER BALANCE
- STRENGTH IN FULL RANGE OF MOTION
- TIGHT DOES NOT EQUAL STRONG

NOTES:				

MINDSET AND GRATITUDE

 Danger in perfectionism Growth Mindset Being Coachable Find peace and wellbeing in gratitude 	ATTRACTS
	NOTES:

SECRET #3 MENTAL TRAINING

THE		Must Be	
	 MEDITATION AND VISUALIZATION 		
	 Focus must be practiced 		
	 Professional services are available 		
	 Zoning 		
	N	OTES:	

MOTIVATION

Know \	VOLID			

- EXPLORE WHY YOU DO WHAT YOU DO
- KNOW YOU MIND AND BODY. WHEN YOU NEED TO PUSH AND WHEN YOU NEED A BREAK. OVERTRAINING IS VERY REAL.
- KEEP A JOURNAL OF YOUR TRAINING AND HOW IT MAKES YOU FEEL EACH DAY
- WRITE ABOUT GOOD AND BAD DAYS.

NOTES:	

REST AND RECOVERY

REQUIRES	

- HOW MUSCLES FIBERS WORK AND HOW THEY BECOME STRONGER
- ENJOY THE JOURNEY AND LIFE AROUND YOU
- Make memories
- Being ok with resting/ Fighting rest guilt

NOTES:				

NOTES

PROVIDED AREA FOR NOTES AND THOUGHTS

"The weakest ink is stronger than the strongest memory"