

FREE WEBINAR

Top 5 Secrets of Top Equestrians

Workbook

Equestrian Athletes Magazine

Welcome

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.

-Deirdre R. Sabo

Magazine Publisher and Creator

How to get the most out of this webinar:

- ❖ Show Up Live
- ❖ Print this workbook
- ❖ Write down some questions you might have
- ❖ Complete next page of workbook before the webinar
- ❖ Participate in the chat below the webinar during the live event

Equestrian Athlete Journal

What top qualities make a top equestrian?

Write what qualities you think a top equestrian must have, work on, and/or learn 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.

Lined area for writing the answer to the question above.

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!

Secret #1

Exercise and Body Knowledge

_____ is _____

- ❖ Repetitive Movements = imbalance
- ❖ Balance equals full range of motion and counterbalance
- ❖ Strength in full range of motion
- ❖ Tight does not equal strong

Notes:

Secret #2

Mindset and Gratitude

_____ attracts _____

_____ attracts _____

- ❖ Danger in perfectionism
- ❖ Growth Mindset
- ❖ Being Coachable
- ❖ Find peace and wellbeing in gratitude

Notes:

Secret #3

Mental Training

The _____ must be _____

- ❖ Meditation and Visualization
- ❖ Focus must be practiced
- ❖ Professional services are available
- ❖ Zoning

Notes:

Secret #4

Motivation

Know your _____

- ❖ 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:

Secret #5

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

“The weakest ink is stronger than the strongest memory”
