

Powerful Review Thinking

*for you, and your partners, parents and coaches
to use with you and each other*

Here are different ways to review your practice, training and performance (i.e. as soon as the final jump/exercise is finished); and at any other time you think about riding (e.g. in the car or truck, bus or plane).

At first you will have to force yourself and those around you to think like this... unfortunately this is not how most people are wired to think... this is what I call 'World Class Thinking'... over time though it will become more automatic... the more people around you who you can get to talk with you like this (e.g. coaches, parents, friends) the faster it becomes a habit.

List 1: To Build Confidence and Self Belief

- What am I most proud about from the way I rode, trained or practiced today?
- What was one thing I learnt that will: (a) really help me develop my mental or technical skills/fine tune my training practice for this week? (b) and help me WIN next time?!
- What was one thing I learnt today that I am now really looking forward to applying next time I practice, train or compete?
- What is one piece of evidence from today that proves I can achieve my dream?
- What did I most enjoy today?
- What am I now really looking forward to next time I practice, train or ride?
- What was the most exciting thing from today's practice, training or ride?
- What was one way that I did not give up and/or believed in myself today?
- Where was one place that I showed strong **Killer Instinct**?
- What will be my best memory from today?
- What was one thing from today that proves my mental/riding skill is improving?
- What is one thing from today that I can work on mastering that in the future will really give me the edge over all other competitors?

List 2: To Savour Victory and Moments of Excellence and Perfection

to help teach my mind to accept I am as good as I am; and to accept that I have no idea just how much potential I have or how good I can become!

- What was one part from today's ride, practice or training that proves I can achieve my riding dream?
- What was the best thing about my ride today?
- What was one part of the ride I nailed perfectly today?
- What was one part of the ride today that shows I am a very skilled or excellent rider?

- What great/excellent part of today's ride am I most proud about from today's performance?
- What was my favourite part of the ride today?
- What was one part from today's ride I really enjoyed?
- What is one part of today's ride I am really looking forward to trying to replicate in the next event?
- What was the most exciting part from this ride, practice or training?
- Where was one place I nailed **KILLER INSTINCT** and finished the job off?
- Where was one play where my mental game was perfect, strong or sound?

1. Write your top questions here and come up with example answers for each one to help start to teach your mind how you will think from now on

Q1: _____

A1: _____

Q2: _____

A2: _____

Q3: _____

A3: _____

2. Make sure you have selected the best questions for you.

Do this by rating out of 10 how your questions and answers make you feel on the following;

(a) Confidence and self belief that you can achieve your dream /10

(b) Enthusiasm to practice, train or ride again /10

Ratings should be high (8-10/10).

Note for partners, parents & coaches: If your rider starts talking negatively or throws a tantrum etc... simply say; "I will not talk to you like this"... "When you are ready to talk how we have planned then come back and we will talk over the ride".