

RIDER RESET

Before You Get On

A two-minute check-in to help you arrive with intention, notice what your horse needs, and choose one useful thing to take into your ride.

Rider	_____	Horse / Pony	_____
Date	_____	Today's session	_____

BEFORE YOU RIDE

1 HOW AM I ARRIVING?

There is no “right” answer here. This is simply a moment to notice where you are before you ask your horse to work with you.

☐ Calm	☐ Tired	☐ Rushed	☐ Focused	☐ Frustrated	☐ Positive
-------------------------------	--------------------------------	---------------------------------	----------------------------------	-------------------------------------	-----------------------------------

Right now I feel...

What is most present for me today?

2 WHAT DOES MY HORSE NEED FROM ME TODAY?

Think partnership rather than performance. What might help your horse feel safe, understood and able to learn?

I want to notice...

Energy, tension, attention, movement, confidence, relaxation, something different?

3 MY ONE FOCUS FOR THIS RIDE

Choose one useful intention. It can be tiny. A good ride does not need a long list of jobs.

Today I want to work on:	_____
My simple cue / reminder:	_____

4 ONE THING I AM NOT GOING TO WORRY ABOUT

Give yourself permission to leave something for another day. Progress is not measured by how much you squeeze into one session.

I can let go of...

5 ONE THING I WILL CELEBRATE

It might be a good transition, a softer contact, a moment of relaxation, a brave try, a better position — or simply showing up.

I will notice / celebrate...

AFTER THE RIDE

Take a moment while the session is still fresh.

The reflection matters just as much as the riding. This is where you notice what changed, what you learned and what you want to carry forward.

HOW DO I FEEL NOW?

Tick the words that best describe you at the end of the session — then compare them with the feelings you recorded at the beginning.

☐ Calm	☐ Energised	☐ Relaxed	☐ Proud	☐ Tired	☐ Positive
☐ Frustrated	☐ Confident	☐ Thoughtful	☐ Happy	☐ Other: _____	☐

At the start	At the end

WHAT AM I PROUD OF TODAY?

It doesn't have to be a big achievement. What did you try, notice, improve or handle well?

WHAT DID I LEARN?

About myself, my horse, my riding or our partnership.

WHAT WOULD I LIKE TO WORK ON NEXT TIME?

Choose the next small step — not everything at once.

NOTES / REFLECTIONS

Anything else you want to remember from today's lesson or session.

BEFORE YOUR NEXT RIDE...

Want to help your body prepare for riding? Download the SureStride Rider Warm-Up & Stretch Guide and take a few minutes to work through it before you get on. Keep it with your tack and make it part of your riding routine.

**“The aim is not a perfect ride. The aim is to notice, learn and build the partnership
— one small step at a time.”**