

INSIDE THE MIND OF A WINNER

***SELF ASSESSMENT
QUESTIONNAIRE***

**“BUILDING
CONFIDENCE”**

**Jigsaw
Equine**

BUILDING CONFIDENCE

SELF ASSESSMENT

Welcome to your Self Assessment on Building Confidence. Completing this tool will help you make targeted action and learning steps towards improvement in the area of Building Confidence.

Once you have completed this self assessment, you can work with Jigsaw Equine on your improvement plan, in a number of different ways;-

- ❖ by attending a seminar – there are four to select from
- ❖ participating in an on-line webinar
- ❖ book a one on one coaching session – in person or by telephone
- ❖ download a podcast from the website – available for each topic area
- ❖ download any of the on-line exercises available for each topic area

The assessment asks you a series of 30 questions. Most statements begin with “I am...I know... I have...”. Your task is to rate each statement on a scale of 1 to 4 using the scale below:

THE SCALE

1 = Not like me at all

2 = Sometimes like me, sometimes not

3 = Mostly like me

4 = Always like me

	1	2	3	4	TOTAL
I work towards defined, clear goals when training	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
I regularly learn new mental training techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
I know what is required to move up and ride at a higher level	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Riding my horse is often ‘fun’	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	13

Answer each statement quickly using your first gut reaction. Do not ‘over think’ it!

When you have finished rating yourself, add up your total score and insert it at the end of the questionnaire. Low scores suggest this is definitely an important area to work on and improve.

You may wish to complete other in the series of self assessment questionnaires from “Inside the Mind of a Winner” - before finalising which area is your priority to work on.

We hope you enjoy working through this tool and learn something about yourself in the process.

Good Luck!

BUILDING CONFIDENCE

SELF ASSESSMENT

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	1	2	3	4	TOTAL
I mentally take note of my riding accomplishments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
It is easy for me to give myself credit for the progress my horse and I have made	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I write down my riding goals and build them into our training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I include my mental and physical training needs into my plans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I can clearly recall special moments of success when riding, training or competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I write down my achievements and 'favourite riding memories'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know what to do to build my confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know how to motivate myself and my horse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I work towards defined, clear goals when training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I regularly set, monitor and refine my training goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I include mental and physical aspects of riding in my training and goal setting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I regularly learn new mental training techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use breathing techniques when I feel anxious or doubtful of my ability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I tend not to suffer from tummy butterflies, tight chest, dry throat, jitters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use positive self talk when preparing to ride	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use positive self talk when riding and competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I describe my riding using positive statements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Sub Total

68

BUILDING CONFIDENCE

SELF ASSESSMENT

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	1	2	3	4	TOTAL
I keep a log of goals achieved, and a journal of lessons and competition results	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Riding my horse is often 'fun'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know what I have recently learnt that has increased my effectiveness in the saddle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I frequently adapt new habits that help my riding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I frequently note what competencies my horse has learnt or how his confidence has built	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know what to say to myself to keep on track with my training and to boost my confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know what coping skills I draw upon under pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I often dissect horse or rider errors to uncover the root cause	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I have a plan to avoid repeating past errors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know what is required to move up and ride at a higher level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I ask others for their opinion and feedback about my riding and my horse's ability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I handle mistakes when riding at home, the same way as I handle them when competing or during a lesson	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I agree with my trainer what to practice between lessons and what the goal for a particular lesson is	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Total

(Don't forget to include your sub total from earlier)

120

BUILDING CONFIDENCE

MY ACTION PLAN

Mental Habit

BUILDING CONFIDENCE

I want to go from...

To being able/ more like...

What get's in the way of me achieving this?

What am I going to do about it?

How will I know when I've 'got it'?

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MY ACTION PLAN

Next steps:-

To get further help or insight into what you can do to improve in this mental area of skill

Contact Debbie @ JigsawEquine.com

by E Mail: info@jigsawequine.com

or call on: +44 (0) 771 325 2104

I'm looking forward to your call!