

# FOCUS: PROGRESS CHART

**INSTRUCTIONS:** Focus improves with awareness and practise. After your next lesson, schooling session, hack or competitive event – run through the questions below to see where your focus has improved, and to identify further mind coaching needs.

STATEMENT	MY PROGRESS IS UP... %.
I used my tacking up time to focus on what was needed today	0.....50%.....100%
I had a clear goal in my mind before riding today	0.....50%.....100%
I had a strong desire, and could imagine how my ride would look/feel /be today	0.....50%.....100%
I quickly identified distractions and labelled them to prevent them impacting my ride	0.....50%.....100%
I refocused successfully when distracted	0.....50%.....100%
I put outside matters (home, family) into the “parking lot”	0.....50%.....100%
Using key words and cues helped me today minimise focus	0.....50%.....100%
I was able to immerse myself in the moment during my ride	0.....50%.....100%
I felt calm and positive during my ride	0.....50%.....100%
I was able to relax during while riding	0.....50%.....100%
Other	0.....50%.....100%

**Learning:-** In view of my progress above, I realise/I have learnt:-

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**What can I do more of/ better?**

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# Jigsaw Equine