

INSIDE THE MIND OF A WINNER

***SELF ASSESSMENT
QUESTIONNAIRE***

**“HANDLING
ANXIETY”**

**Jigsaw
Equine**

HANDLING ANXIETY

SELF ASSESSMENT

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

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!

HANDLING ANXIETY

SELF ASSESSMENT

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1 **2** **3** **4** **TOTAL**

| | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| I know how to relax my mind and my body | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have learnt how to breath when riding to stay relaxed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I never hold my breath when riding | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel alert and energised when riding | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't suffer from negative thoughts and feelings when riding | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know how to direct my focus positively when riding | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have just the right amount of energy when riding and competing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know how to relax the muscles in my body when riding | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I catch myself holding my breath while riding and correct it | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I don't suffer from pre-show nerves or pre-lesson jitters | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know how to divert any nervous energy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know how to release negative emotions and calm my nerves as I ride | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I ride in my show clothes at home and simulate show feelings | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know how to work through my show or lesson nerves | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I make physical lists of the things I can control that create a good ride for me and my horse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I believe I can learn how to deal with nerves when riding | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I follow an effective training plan with my horse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Sub Total

68

HANDLING ANXIETY

SELF ASSESSMENT

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| 1 | 2 | 3 | 4 | TOTAL |
|---|---|---|---|-------|
|---|---|---|---|-------|

| | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| I pay attention to my cardio fitness, strength training, nutrition, hydration and rest time | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I wake up 'pumped' and positive on show days | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I avoid riding if my mind is not on the job! | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I pay attention to my gut instinct before riding and once mounted | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I experiment with foods that work for me to enable me to eat at shows | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I build routines into my show days to enable me to eat, drink, rest and relax | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I use music to help me relax and stay calm | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I can change nervous energy into productive thoughts and feelings | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I use 're-framing' techniques to see things in a different way to help me feel calm | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know how to feel centred, strong and confident | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am clear about what triggers my anxiety levels to rise | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know if I'm feeling angry while riding, and know what to do to manage it | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know how to 'pull the plug' on negative thoughts and feelings | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Total

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

| |
|------------|
| 120 |
|------------|

HANDLING ANXIETY

MY ACTION PLAN

Mental Habit

HANDLING ANXIETY

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'?

HANDLING ANXIETY

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!