

INSIDE THE MIND OF A WINNER

***SELF ASSESSMENT
QUESTIONNAIRE***

“HOW TO FOCUS”

**Jigsaw
Equine**

HOW TO FOCUS

SELF ASSESSMENT

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

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!

HOW TO FOCUS

SELF ASSESSMENT

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	1	2	3	4	TOTAL
I am confident about my ability to focus and concentrate when riding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know precisely what it feels like to ride with focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know how I have prepared for some of my best rides	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I am able to re focus quickly after a distraction occurs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I replay in my mind's eye my best rides/competitions/ results and can recall how it felt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I can easily think back to a terrific round/test/ ride/ lesson/hack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know what I need to think about to ride successfully	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know what to do to prepare myself physically and mentally to ride or compete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I always compete with a detailed course/test plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I understand my learning style and can apply that to how I go about learning a test or jumping course	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I have a way of thinking and talking to myself to remind me to focus before going into the ring which works well for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use a clear pre-ride/ competition routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know how to mentally sharpen my focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know how to physically sharpen my focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know how to alter my energy levels up or down, accordingly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I warm up and loosen my own body before riding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I follow my plan for eating, hydrating, resting, relaxing and stretching when preparing to compete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Sub Total

68

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	1	2	3	4	TOTAL
I use 'cue' words to help expand or narrow my focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use an effective routine to focus my mind when mounted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use music before riding to help me focus my mind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know how long my horse and I need in our competitive warm up stage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I perform and ride consistently when at home or at a show/event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I am often pleased with how I ride in a lesson or when away competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I feel under extra pressure during a lesson, when schooling or competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I re-create 'show conditions' and a show environment for practice when riding at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I do a formal opening and closing circle when schooling at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I warm up in a different ménage/arena/ field from the one I school in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I am clear about why I love riding horses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I am clear about why I compete regardless of the outcome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I consider myself an athlete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Total

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

120

HOW TO FOCUS

MY ACTION PLAN

Mental Habit

HOW TO FOCUS

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'?

HOW TO FOCUS 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!