

INSIDE THE MIND OF A WINNER

***SELF ASSESSMENT
QUESTIONNAIRE***

**“PREPARING TO
COMPETE”**

**Jigsaw
Equine**

PREPARING TO COMPETE

SELF ASSESSMENT

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

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!

PREPARING TO COMPETE

SELF ASSESSMENT

1 = Not like me at all
 2 = Sometimes like me, sometimes not
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	1	2	3	4	TOTAL
I often imagine riding my favourite cross country or show jumping course	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I make a point to watch riders that I respect and admire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I can easily remember how it feels to ride successfully	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I often re-create that successful riding experience in my mind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I have 'what if' strategies mentally prepared for competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I build a list of 'controllable' items (that may occur) and build them into my riding practise and mental training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I make sure I am not disturbed when mentally rehearsing my test and course plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I do a full 'dress rehearsal' several days before a show	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use performance goals to track my training progress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I begin my competition preparation several weeks before the event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use checklists to help me improve my planning for an Event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know what my physical and emotional needs are on 'show day' and build those needs into my show day routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I know how I react under pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I use a series of 'arrival' and 'after event' routines when competing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I have a series of routines which help me settle on competition day	<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

PREPARING TO COMPETE

SELF ASSESSMENT

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1	2	3	4	TOTAL
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I know what 'events' distract me and knock my confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what prior events lead me to have a good training session	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what I need to do to ride at my best	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am realistic and confident in my horse's ability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep to my warm up routine and avoid shortening it at all cost on competition day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid asking for 'too much' from my horse, too soon in the warm up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I train at home with consistent and high quality practice sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am analytical about how to ride my horse to get the feel and result I need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use course walking time to build a plan of how to ride the course on the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what makes my horse's concentration change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I work on the strengths of my horse and myself, when training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep performance logs and evaluate important rides to refine my future training plans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe my mental training is an important aspect of my overall training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total

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

/	120
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PREPARING TO COMPETE

MY ACTION PLAN

Mental Habit

PREPARING TO COMPETE

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'?

PREPARING TO COMPETE 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!