



Mantra Magic

Module Four, Session One Worksheet

1. Identify the ANTs you're having in a particular situation that are creating pressure, nerves or anxiety. (Examples: in warm up, while on the mounting block, driving to a show, in the start box, at a clinic etc.)
2. Identify the emotion these thoughts cause. (Examples: fear, anxiety, self-doubt, nervousness, shame, discouragement etc.)
3. What emotional state would you like to be in? (Examples: energetic calm, inspired, confident, motivated, on fire, in charge, exhilarated, joyful etc.)

4. Use as many descriptive words as you can to describe what you'd like to experience in this particular situation. (Examples: connected, harmonious, competent, rhythmic, supple, focused, matter-of-fact, intentional etc.)

5. Look around in your world for your mantra: What would you like to say to your horse in this particular situation? What songs do you sing along with in the car? Is there a phrase or line from a movie or a poem that resonates with you? Is there something a friend or instructor said to you once that has stuck with you? Do you connect with any of the examples I've shared? Use the space below to write down your ideas. Experiment!