



Power Persona

Module Four, Session Two Worksheet

1. What rider do you most admire? Who do you love to watch ride? (This can be someone you know or someone you've only seen on video.)

2. What do you admire about them? Be specific. (Is it their presence, suppleness, confidence, attitude, position, or the way they treat their horses?)

Next time you're in the saddle, conjure your favorite rider and embody these qualities you most admire!