



## CREATE A CONFIDENCE COMMERCIAL

In this activity, you will list out your previous accomplishments, strengths, skills, and talents to create a confidence commercial.

On show day, read your confidence commercial to "sell" yourself confidence by reminding yourself of your skills and abilities to create a confident, "can-do" attitude before you enter the show pen.

# Confidence Commercial

A Confidence Commercial sells confidence to yourself by highlighting what you have already accomplished. To help you brainstorm what to include in your confidence commercial, ask yourself the following questions (there is space on the next page to jot down your answers):

What are your strengths as a rider?

What have others complimented you on in your horsemanship? (Dedication, Quiet hands, Feel, Timing, etc.)

What horsemanship accomplishment are you most proud of? (This can be a competition award/win, or it can be as simple as getting a score for the first time in reining, making a clean lead change, etc.)

How would you describe your horsemanship to another person if you took the most positive stance and used only positive words to describe yourself?

What can you say about your training that gives you confidence?

What can you say about your dedication to your horsemanship?

How are others supportive of you and your horsemanship that helps you feel confident?

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Write your confidence commercial on this page. Then read it on show day!

My Confidence Commercial:

