



## VICARIOUS LEARNING

Who inspires you? Who can you learn from? What riders can you emulate to ride more confidently?

By recognizing that other people have achieved what you want to achieve, you remind yourself that your dreams are possible. If they can do it, so can you!

# Vicarious Learning

Who has achieved the goals that you want to achieve?

Why do they inspire you?

How can you learn from them?

(Many professionals have videos, books, or even online learning opportunities. Some are even free-check out youtube!)



# Vicarious Learning

How are you like these inspirational riders?

What about your idols can you emulate?

Take the thoughts from the previous questions, and fill in the blanks to create a positive affirmation:

"If they can do \_\_\_\_\_, I can too, because I also am \_\_\_\_\_ and can do \_\_\_\_\_."

