



WOOP YOUR NEXT RIDE

Develop focus. Build confidence. Ride with grit.

WOOP is a very versatile mental strategy. You can test it out on your next ride with your horse. Here is some guidelines to get you started:

Choose a WISH for your next ride.

Visualize the OUTCOME, how you feel at the end of your ride when you have achieved your wish.

Visualize the inner OBSTACLE to achieving your wish.

Then creating a PLAN using the Implementation Intention format:
"If OBSTACLE occurs, then I will ACTION or THOUGHT."

Print out the next page, complete the WOOP process, and take it to the barn with you and review it before you ride!



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WISH:

OUTCOME:

OBSTACLE:

PLAN: