

What I am Aiming For

Ideally you always

Ask for Softness

Remember time to process /
reset is important

Encourage them to be comfortable
with pressure not just hunt a release

Encourage +
Reward each Try

Increase awareness
before asking again

Make necessary
changes

Seek a change of Thought

Ideally your horse

Has a soft mindset +
movement

Is not grumpy / scared
/ paranoid

Has calm, functioning ears, eyes,
mouth and nose

Has adjustable
thoughts

Is thinking, searching
+ processing
With caution + curiosity

Can regulate their anxiety

MLH