

SELF REFLECTION

HONESTY - OBJECTIVITY - POSITIVITY

WHAT TRAINING DID I DO THIS MONTH? WHY?

PLUS

What were my strengths?
e.g. Consistency, focus,
particular areas or school
movements

MINUS

What were my
weaknesses?
e.g. Motivation, self belief,
rider symmetry, fitness,
transitions

CHANGE

What aspects do I want
to change?
You can be general at this
point but the above
questions should help
you identify areas

SELF REFLECTION

HONESTY - OBJECTIVITY - POSITIVITY

WHAT COMPETING DID I DO THIS MONTH? WHY?

PLUS

What were my strengths?
e.g. Confidence, collective
marks, trot tempo

MINUS

What were my
weaknesses?
e.g. Inaccuracy, tension,
serpentine

CHANGE

What aspects do I want
to change?
You can be general at this
point but the above
questions should help
you identify areas