



The Dressage Coach

Digital Coaching for Equestrian Performance

WEEKLY MINDSET JOURNAL

NAME

DATE

This is your book, designed to motivate you to think about yourself, your plans for the week and how to best achieve them. Think of this book as a secret vault for your thoughts and plans, there is no requirement to share the contents with anyone unless you want to. It has been designed to be printed or completed on a computer/tablet etc as you wish.

REFLECTION

Reflections from Last Week

What did you learn from last week?

WEEKLY PLANNER

PLANNING

Goals for the week

By the end of this week I will.....





MONDAY REFLECTION

How well did you sleep last night? What made it a good or bad nights sleep?

How was your mood today? How did that affect your day?

Name one thing you are looking forward to tomorrow



TUESDAY REFLECTION

How well did you sleep last night? What made it a good or bad nights sleep?

What are you grateful for today?

How much water have you drunk today? Was it enough? How easy was it?



WEDNESDAY REFLECTION

Plan a thoughtful action for someone tomorrow. (ie send someone a message etc.)

How was your mood today? How did this affect your time with your horse?

How well are you progressing towards this week's goals? What else could you do to achieve them?



WEEKLY PLANNER

THURSDAY REFLECTION

How well did you sleep last night? How has this affected you today

What did you do for yourself today to make you happy?

What has your horse done to make you smile this week?



FRIDAY REFLECTION

What are your plans for the weekend and how will you make time for you?

Name 3 things that you're grateful for this week

How has your nutrition been this week?



WEEKLY PLANNER

WEEKEND REFLECTION

Did you achieve your goals you set out to achieve this week? If not, why not?

What have you got to brag about today?

What have you got to look forward to next week?

To send this form, first save to your device and then click the button to open the upload link.