

Rider Success Roadmap



For the athlete, the artist and the adventurer



Welcome!

Your *Roadmap* is intended to help you gauge where you are right now, where you want to be in your riding, identify your strong points and blind spots, and provide the steps and stages you need for steady progress.

Here's what to do now: There are 4 groups & 7 categories. Check mark all descriptions in each category that ring true to you. You may have check marks in many different groups.

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	<i>Dreamer</i>	<i>Explorer</i>	<i>Thriving</i>	<i>Elegant</i>
<i>First Thought</i>	"How hard can it be?"	"Someday I'll get it."	"I am proud of every ride."	"It's the little differences that make big differences."
<i>State</i>	<input type="checkbox"/> Lots of passion <input type="checkbox"/> Nervous but excited <input type="checkbox"/> Don't see any reason to develop riding skills <input type="checkbox"/> Girth so tight the horse groans <p>TOP PRIORITY: Enjoy the ride</p>	<input type="checkbox"/> Value riding skill, and love developing them <input type="checkbox"/> Trying different things to see if they work <input type="checkbox"/> You know in your head what you want your body to do but you can't get your body to do it <input type="checkbox"/> Every lesson is about your seat <input type="checkbox"/> Look to 'Fix' a problem <input type="checkbox"/> Overthinking <input type="checkbox"/> The harder you try the worse things get <input type="checkbox"/> Every time you try to relax you feel like you're going to fall off so tighten up again <input type="checkbox"/> Successful rides not repeatable <input type="checkbox"/> Stuck on the same ol' riding plateau <input type="checkbox"/> Often frustrated and wonder, <i>'What's wrong with me? Why can't I do this?'</i> <input type="checkbox"/> Believe that all solutions and answers come from the outside	<input type="checkbox"/> Value professionals, but know it's your ride and up to you alone <input type="checkbox"/> Working smarter <input type="checkbox"/> Get 3x more out of every ride <input type="checkbox"/> Every ride brings accomplishment <input type="checkbox"/> Starting to repeat successful rides <input type="checkbox"/> Experience moments of relaxed, effective riding and flow with the horse <input type="checkbox"/> Girth loosely fitted <p>TOP PRIORITY: Consistency</p>	<input type="checkbox"/> There's no such thing as horse training, it all comes down to me, the human factor <input type="checkbox"/> Relaxed attention <input type="checkbox"/> Balance, Calm and Fluidity are 2nd nature <input type="checkbox"/> Girth not needed <p>TOP PRIORITY: Do less sooner</p>

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	<i>Dreamer</i>	<i>Explorer</i>	<i>Thriving</i>	<i>Elegant</i>
		<input type="checkbox"/> Riding just isn't fun anymore <input type="checkbox"/> Fearful <input type="checkbox"/> Girth really tight <p>TOP PRIORITY: Safety & be a better rider</p>		
<i>Horse</i>	<input type="checkbox"/> Horse completely disconnected from rider, and when stressed, may behave dangerously	<input type="checkbox"/> Horse happy when someone else rides him but not when you do	<input type="checkbox"/> Horse sometimes responsive sometimes not	<input type="checkbox"/> Horse happy and relaxed in his work and looks to rider with complete confidence
<i>Tack</i>	<input type="checkbox"/> Use tack that's on the horse, that someone told you to use or you guess at it	<input type="checkbox"/> Use tack professionally recommended until you hit a wall, then go to the store to find something 'that will help'	<input type="checkbox"/> Have enough tack to open your own store, and have learned that tack doesn't replace rider skill	<input type="checkbox"/> Expert selection and use of tack
<i>Team</i>	<input type="checkbox"/> None	<input type="checkbox"/> No discernment: 1 main instructor that is available or that you heard 'Is so good.' Go from instructor to instructor only to be told the same thing over and over again.	<input type="checkbox"/> Discernment: Assess instructor's riding and teaching abilities, and choose meticulously	<input type="checkbox"/> Highly discerning: Know an expert when you see one and open to learning from this person
<i>Unmounted Activities</i>	<input type="checkbox"/> None. Why would anyone do that?	<input type="checkbox"/> Try different modalities to see what might help <input type="checkbox"/> Go right back to square 1 the moment you stop participation in the activity	<input type="checkbox"/> Distinguish between learning and non-learning modalities, and decide according to your needs	<input type="checkbox"/> You focus on how you move daily to be better when you get in the saddle

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	<i>Dreamer</i>	<i>Explorer</i>	<i>Thriving</i>	<i>Elegant</i>
<i>Personal Development</i>	<input type="checkbox"/> None. What's that got to do with anything	<input type="checkbox"/> None <input type="checkbox"/> Blame the horse <input type="checkbox"/> Need a different horse <input type="checkbox"/> It's a horse training issue	<input type="checkbox"/> Get that horses mirror the rider, but don't know where to get started	<input type="checkbox"/> Work on yourself as much as you work on your riding and horsemanship

All finished? Here's what to do now.

- Look at your Roadmap overall. Which group(s) are you in? What patterns have emerged? Write a few words about your observations.

- Keep your Roadmap handy because as you go through your course you can refer to it to measure your success.
- Now head over to your course, and dive in!

To your riding success,

Heather Beachum

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