

# 7 DAY CHALLENGE

## 01 INCORPORATE AN UNMOUNTED ASSESSMENT

Keep a log for each student and assess all of them.

## 02 DISCOVERY

Are you able to uncover daily habits that have created what you now see in the saddle?

## 03 GIVE STUDENTS A CHALLENGE

Will your students commit to working on these habits outside of riding time?  
BONUS Checklist for your students!

## 04 HELP STUDENTS COME UP WITH A SYSTEM

Is there something they can say to themselves to remember to look up while they walk around at work? Stick post it notes on computer? Anything goes if it works. Be excited to help them through this. Celebrate wins no matter how small!

## 05 NEXT TIME YOU SEE THEM...

Have a discussion prior to mounting, and or have them walk straight or in a circle, whatever is appropriate for the particular habit. How do they feel? Is it different! Did they practice?

## 06 LET'S GET ON!

Ask your student to describe differences they feel. Adjectives are their friend! An example would be "my legs feel more draped over the horse as opposed to sitting on him."

## 07 DURING THE RIDE

Did it make a difference? Help them be positive. It very well may take longer than a week for them to feel and see improvement. I promise, if they practice better habits at home, work, while driving and in every day activities, it will show up in the saddle!