



BUILD YOUR PRERIDE ROUTINE

with Chelsea Canedy

Routines are an excellent way to help you find mental consistency in the turbulence of day-to-day life. This helps you re-center yourself and approach your horse and your ride with the same calm, focused, fully-present mind, regardless of what your day might be throwing your way. Not only does this help you and your horse learn more effectively, but it also helps you get the most enjoyment out of your time together, which is what we all want!

<i>A good routine is...</i>	<i>A good routine ISNT...</i>
<ul style="list-style-type: none"> ✓ Relatively quick ✓ Sustainable ✓ Simple and easy to remember ✓ A mental checkpoint to take some deep breaths, re-center yourself, and prime you for a productive ride 	<ul style="list-style-type: none"> ✗ Lengthy or complicated ✗ The ideal routine for your barn-mate. Everyone’s ideal pre-ride routine may be different! ✗ Something that adds stress to your life if you forget to do it

<i>Routine #1</i>	When you arrive at the barn, sit quietly in your car for a few minutes and do a short meditation. Remember something that you love about horses, and plant that memory like a seed in your heart, and let the gratitude spread throughout your body and out into the space around you. You’ll find that you’re able to approach your horse with more understanding and curiosity if you’re in a grateful frame of mind.
<i>Routine #2</i>	After tightening the girth, sit quietly for 3 minutes and set your intention for the ride. Note, I didn’t say “expectation” or “plan” - because this is a team sport, and your horse may not always be mentally or physically prepared to meet those expectations or follow your plan! Intentions are more how you will approach the ride, which is something that is in your control. Intention adds power to thought, and helps you lead your horse more skillfully and confidently.
<i>Routine #3</i>	As you put on the bridle, repeat a confidence building mantra to yourself. “We’ve got this” and “I’ve got you” are two of my favorites.

Learn more about Chelsea at www.chelseacanedy.com

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