



**Rate your yourself on a scale of 1-10
On how you feel right now in each of the following areas**

I have confidence (belief & trust) in myself

1 2 3 4 5 6 7 8 9 10

I am able to FOCUS on what's important to me without being distracted

1 2 3 4 5 6 7 8 9 10

I have a positive mindset

1 2 3 4 5 6 7 8 9 10

I have strong habits that help me be at my best

1 2 3 4 5 6 7 8 9 10

I have the ability to stay calm & in control of my emotions

1 2 3 4 5 6 7 8 9 10

I am clear on what I want from life

1 2 3 4 5 6 7 8 9 10

I believe what I want to achieve is possible

1 2 3 4 5 6 7 8 9 10

I have plenty of positive & supportive relationships

1 2 3 4 5 6 7 8 9 10

I am where I want to be spiritually

1 2 3 4 5 6 7 8 9 10

I know what skills I need & want to develop to reach my goals

1 2 3 4 5 6 7 8 9 10

I am on track with my financial goals

1 2 3 4 5 6 7 8 9 10

I make time to help others

1 2 3 4 5 6 7 8 9 10

I live a life I love

1 2 3 4 5 6 7 8 9 10

I have confidence in working with my horse (your skills in handling)

1 2 3 4 5 6 7 8 9 10

Rate yourself & your horse together on how you feel you communicate as a team right now in your relationship

1 2 3 4 5 6 7 8 9 10

Note here any areas that are really bothering you or keeping you up at night _____