



CHECKLIST

Rebuilding Confidence After a Fall: Your Weekly Checklist

- ☐ Spend time at the yard without riding to rebuild familiarity with the environment

- ☐ Book a lesson with an instructor who knows what happened and will adjust to your pace

- ☐ Choose a calm, experienced horse for your first sessions back

- ☐ Set one small goal for each ride, such as walking a full circuit or trotting for a few strides

- ☐ Notice physical signs of anxiety early and use breathing to settle your nervous system

- ☐ Write down what you managed each session to track your progress honestly

- ☐ End the session if you feel overwhelmed rather than pushing through panic

- ☐ Celebrate boring rides as a sign you are ready to move to the next step
