CHECKLIST

Checklist for changing your riding goals

- [ ] Write down what you want your riding to look like over the coming months
- [ ] List what you've enjoyed most in recent lessons and what you've been avoiding
- [ ] Research whether your club supports your new direction
- [ ] Ask for a few minutes with your instructor outside of lesson time
- [ ] Open by acknowledging what you've gained from their teaching so far
- [ ] Explain what sparked the change without apologising for it
- [ ] Ask whether your current horse suits your new goal
- [ ] Propose a trial period before fully committing to the change
- [ ] Set a date to review progress and adjust the plan if needed