



5-DAY TRT MENTAL TRAINING

workbook to go with the free TRT Method videos

1 DAY ONE | What's your horse's story?

Every horse has a story, for example, that he's spooky, lazy or horse shy. However, the only way to create a positive new story, is to work in the moment. And not think of what happened yesterday or what might happen tomorrow.

1.1 It's important to be aware of your horse's story before we can write a new story. Write down the answers to the questions below for more awareness:

1. What do you think is the story about your horse?

2. Do you believe this story can be changed?

3. Look at your answer to the first question. Did you describe the symptoms or the cause?



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2 DAY 2 | Projecting your energy

We're all looking for answers on how we can get our horses better and how we can get a better ride. But it's important to know how you're influencing your horse. What's your level of energy and does it match your horse's level of energy?

2.1 Write down the answers to the questions below for more awareness:

1. What kind of person are you? How do you interact with other people?

2. How do you think you're perceived as by people?

3. What is your level of energy normally? And when you're interacting with your horse?

See the next page for more questions.



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4. When you're leading your horse, is your horse the type of horse that wants to take the lead? Do you feel you have to drag your horse? Or is he sometimes listening and sometimes overreacting?

5. What is your horse's level of energy?

6. What type of horse do you have?



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3 DAY 3 | Starting point of the training

This is my starting point whenever I start training a horse. It's the leading exercise, which has several benefits. In this video I talk about the benefits and show you how to do the leading exercise with your horse.

3.1 Write down the answers to the questions below for more awareness:

1. How do you think your horse will react with the leading exercise?

2. What level of energy will you need to have in this exercise?

3. How much energy will you need to use to explain to your horse when he's in the wrong place?



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4 DAY 4 | Where are the tension points?

If your horse is in a resting position, you can start feeling where the tension points in his body are.

4.1 Write down the answers to the questions below for more awareness:

1. Where did you find the tension points in your horse's body?

5 DAY 5 | What is the cause?

Instead of focusing on the outcome or the symptoms, we want to focus on what's causing certain behaviour. There are four elements of pressure you need to be aware of to find the cause: 1. touch; 2. sound; 3. movement and 4. approach.

5.1 Write down the answers to the questions below for more awareness:

1. Look back at your answer to the first question of lesson 1. Which of the four pressures are causing the symptoms?
