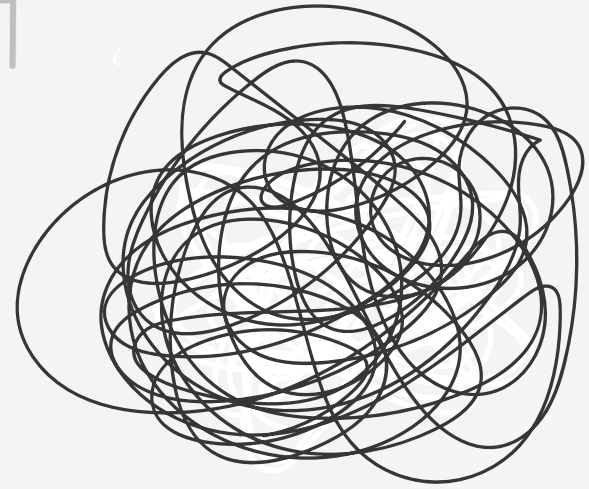


WEEK 1 WORKSHEET



DESCRIBE WHAT YOU THINK YOUR CHAOS MIGHT BE RIGHT NOW?
E.G. RIDING TOO MUCH, TRAINING TOO LITTLE, UNBALANCED FOCUS, INDECISION, SUBJUGATED AUTONOMY...

WHAT ACTION DID YOU TAKE THIS WEEK, TO EXIT CHAOS, AND BE AHEAD OF THE CURVE, WITH YOUR HORSE?
E.G. CONTROLLED YOUR TEMPER, HAD AN EXTRA SESSION, FINISHED EARLY, WORKED A BIT LONGER...

