## HAVING CONFIDENCE IN YOUR HORSE'S PERFORMANCE

Thank you for agreeing to help your mentee improve the performance of his/her horse. In the video related to this goal, the youth learned that the keys to achieving any goal are:

- Setting aside time for practice
- Putting in the time for practice
- Pushing through the inevitable frustrations and failures along the way
- Guided assistance from a mentor or expert (that's you!)

It's on the youth to reach out to you for help. Once they do, use the questions below to guide your conversations.

| 1. | Make sure your mentee can articulate a clear, specific goal for their horse. What is this goal?   |
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| 2. | How realistic is the mentee's goal? Is this something they should be able to achieve in 20 hours of focused, guided practice? If not, ask them to choose a narrower goal. Or, if they aren't being ambitious enough, push them to choose something a bit more advanced. |
| 3. | What kind of help did the mentee ask you for? What can you provide that would be most helpful to them (verbal advice, borrowing their horse to show them how to do it, connecting them to someone else, etc.)?  |
| 4. | When will you meet again? What did your mentee commit to do in the meantime?  |
| 5. | How will you check on your mentee's progress next time you meet?  |