



THE ALTERNATIVE TO
CERTAINTY ISN'T FEAR.
It's self-trust.

Self-trust isn't knowing that everything
will go to plan.

It's knowing that you can trust yourself
to respond to whatever happens.





Where is your attention?

YOUR MIND CAN TAKE YOU IN LOTS OF DIFFERENT DIRECTIONS...

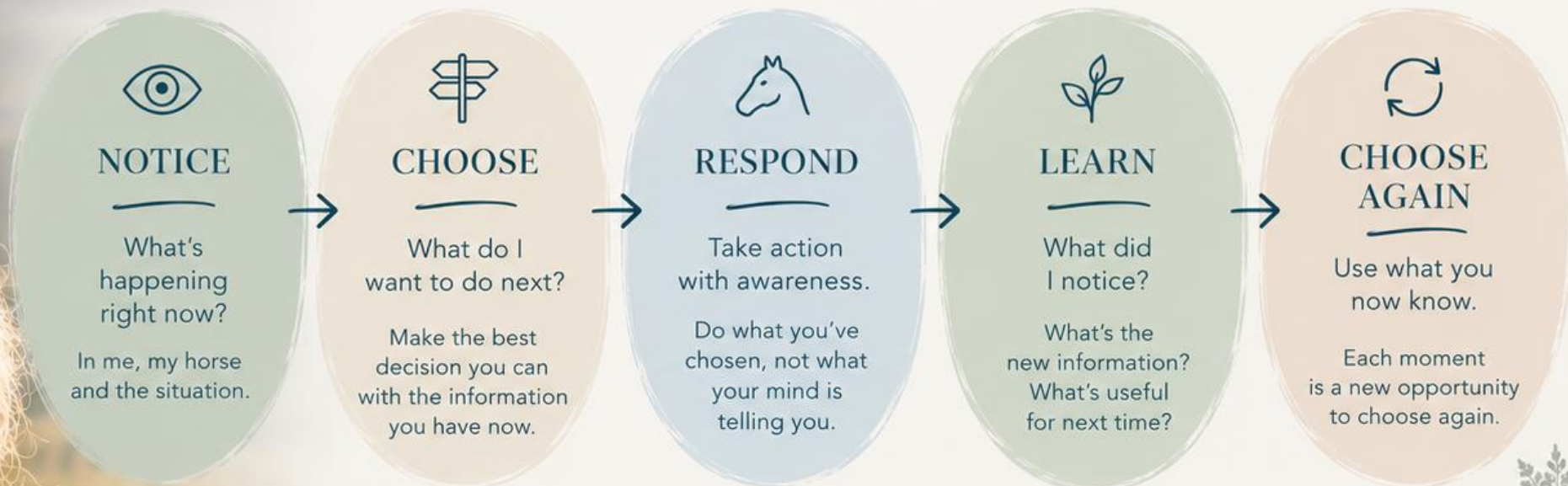


What does my horse need from me right now?



Self-trust is a practice

IT GROWS WHEN YOU'RE PRESENT ENOUGH TO NOTICE,
MAKE A CHOICE AND RESPOND DIFFERENTLY.



Progress,
not perfection. ♥

A calmer mind. A brighter ride.

THE
EMPOWERED
RIDER



When Uncertainty Shows Up...

FOUR WAYS TO RIDE IT DIFFERENTLY



PAUSE

Take a breath
and bring your
attention back
to the present
moment.



CHECK

Notice the story
your mind is
telling you.
Is it a fact or
an assumption?



CHOOSE

Respond with
what you need
right now, rather
than reacting
from fear or
habit.



MOVE FORWARD

Trust yourself
to handle whatever
happens, one step
at a time.

*You don't need to know what's ahead
to trust yourself to ride it. ♥*

THE
EMPOWERED
RIDER