

BE YOUR BEST YET

NICKY PENNIE COACHING

THE EMPOWERED RIDER

Riding Forward

You don't need to leave The Empowered Rider with everything figured out. Use these pages to capture what you understand now, what you want to remember and what you want to keep practising.

1 The Rider You Want to Become

Who do I want to be - not just what do I want to achieve?

What I want to remember...

2 Understanding Your Riding Mind

Curiosity is where change begins; judgement keeps you stuck.

What I understand now...

3 Your Mind is a Meaning-Making Machine

Awareness creates choice, and choice is where lasting change begins.

What I notice differently now...

4 Understanding Your Capacity

The goal isn't to feel your best every day. The goal is to understand what helps you feel your best more often.

What I've learned about myself...

5 Building Self-Trust

You don't need to know what happens next. You get to trust yourself to meet it.

What I'm learning to trust myself with...

6 Riding Forward Differently

Progress isn't never experiencing an old pattern again. It's having a different relationship with it when it appears.

What I want to practise from here...

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RIDING FORWARD

The programme ends. The practice continues.

BEFORE THE EMPOWERED RIDER...

What was happening in my riding? What patterns kept showing up?

NOW I KNOW...

What do I understand or see about myself now that I didn't before?

NOW I'M PRACTISING...

When an old pattern appears, what do I want to practise instead?

WHAT AM I PRACTISING?

Change doesn't come from never experiencing an old thought, feeling or pattern again. It comes from becoming aware of what's happening - and practising something different.

Pause and notice:

What am I giving my attention to? Am I here, in the present moment - or has my mind taken me into the past, the future, an outcome or somebody else's opinion?



WHAT AM I PRACTISING?

What am I repeatedly rehearsing in my thoughts, attention or actions?

WHAT DO I WANT TO PRACTISE INSTEAD?

What would feel more empowering, present or supportive?

WHAT MATTERS RIGHT NOW?

Come back to what is actually happening, rather than what my mind is predicting.

WHAT IS MY NEXT STEP?

Choose from what is true now. I don't need to know the whole path.

AT THE BEGINNING I ASKED: Who is the rider I want to become?

NOW I ASK: Who am I choosing to be?

NOTICE • ALLOW • RETURN • PRACTISE