



Comfort Zone Checklist

Put a check for each activity below, feel free to skip activities that you have not yet learned

Totally fine with this	Makes me nervous	Really scares me	
			Catching your horse in his field
			Catching your horse in his stall
			Leading your horse around the barn
			Grooming your horse
			Tacking up your horse
			Lungeing or doing other groundwork
			Mounting
			Riding in a small area at the walk (such as in one half the arena)
			Doing patterns like circles and figure 8s at a walk
			Riding in a larger area at the walk (such as the whole arena)
			Trotting
			Changing speeds at the trot
			Cantering
			Trotting Over Poles
			Trotting a Jump
			Cantering a Jump
			Trail Riding
			Riding New or Different Horses

***Use this information on what you are comfortable with to begin planning out what you work on to expand your comfort zone.**