



# Confident Riding Journal

Date	Event <i>(ie: trail riding, beach riding, arena flatwork, ground work, riding alone / group etc)</i>	Reflection <i>(ie: what worked well, what could be improved)</i>	Goals <i>(what goals have you put in place for your next ride? How are you challenging yourself?)</i>	Confidence Level <i>(on a scale of 0-10, where zero is the least confident you can be and 10 is the most confident. Where do you rate yourself?)</i>
				
				
				