



Reflect & Reboot





Hey fellow empowered equestrian!

I want to congratulate you for taking this powerful step to creating your dream 2022 with your horse.

My hope for Reflect & Reboot, is that you let go of some of this pressure, and OWN your transition into 2022. Feeling empowered to create your own goals with your horse, and release what isn't serving your relationship.

The purpose of the workbook is for you to work through and process your 2021 with your horse, and explore more deeply what you want to create in 2022!

I know beginning a new year can feel overwhelming. You can feel caught between processing the year just gone, and looking forward to what you want to accomplish.

YOU have the POWER to choose your own path with your horse.

And 2022 is the perfect place to start,

Cat x

Scribble Space





Reflect

2021

Reflect

Spend a moment thinking about these questions and then turn over for a quick exercise helping you to powerfully process 2021



In 2021...

**What did you learn about you
about yourself?**

**What did you learn about your
horse?**



**What was the biggest
challenge you faced?**

**How did this help your
relationship grow?**



Gratitude

It is easy to move into a new year without celebrating your wins and having gratitude for yourself and what was in your life.

This is a space to help you do that.

What can you acknowledge yourself for in 2021?



What can you be grateful for in 2021?



Reflect

*It is great to look at the different components of your bond with your horse.
Use each section to reflect on...*

- 1) Something you want more of*
- 2) A challenge you faced and what you want to change*
- 3) One thing you want to change*

These answers will become the foundations of your intentions to Reboot 2022!

Me



My horse



Our Relationship



Groundwork/ Riding





Reboot

2022

Reboot

Now you have processed your 2021 with your horse more deeply, let's look to the year ahead.

Going into a new year can feel as though you are stepping into the unknown and all kinds of negative feelings can come up.

So by taking this time to connect with what's important to you and the relationship with your horse, you can feel more focused and clear about what you want to create in 2022.

And this sets you up for success!



Reboot

Align

In the year ahead...



What do you want to bring your energy & attention to?

How do you want to feel in yourself?



How do you want to feel with your horse?

What do you want to achieve?



Get it down

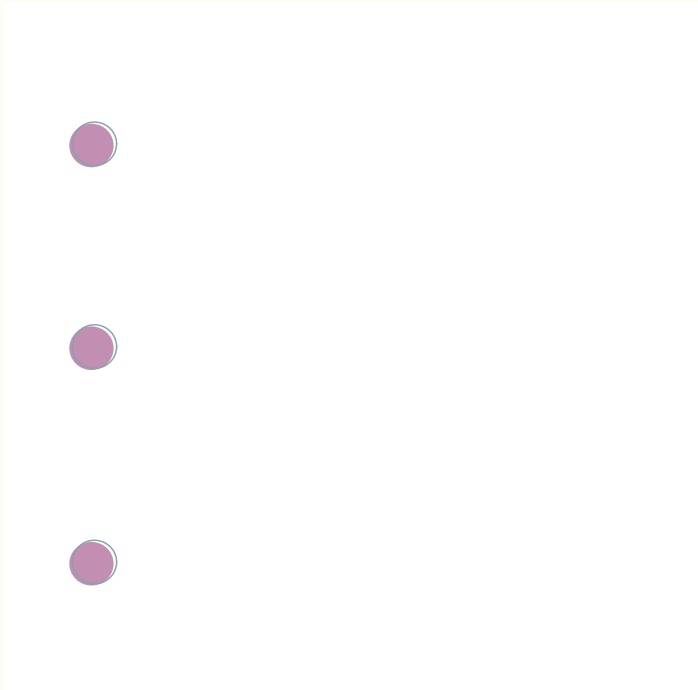
Here is space is for scribbles, doodles and thoughts that are coming up for these questions.



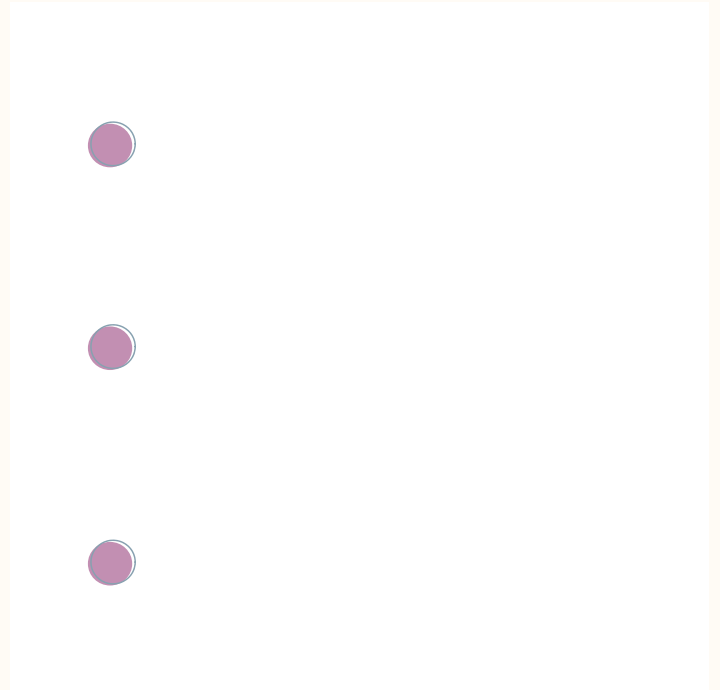
Reboot

Using your answers on the Reflect section, set intentions that feel exciting and achievable. This helps you feel inspired to work towards them.

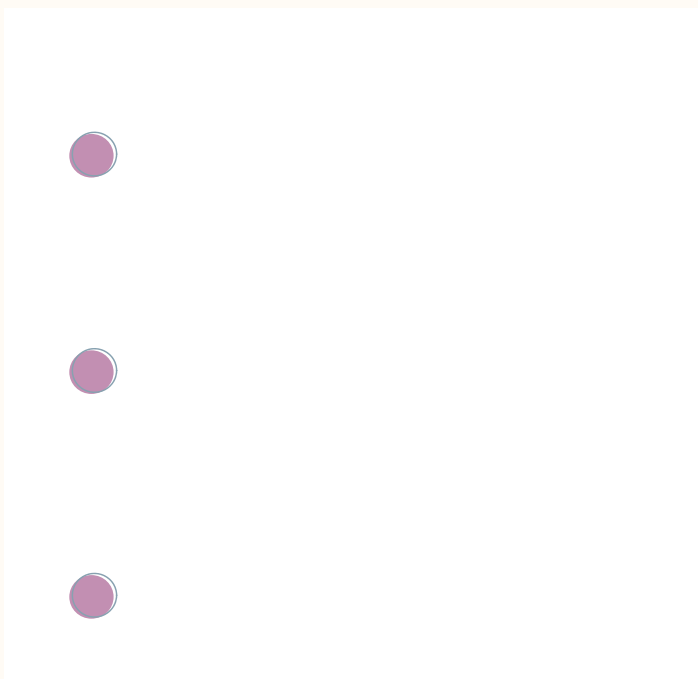
Me



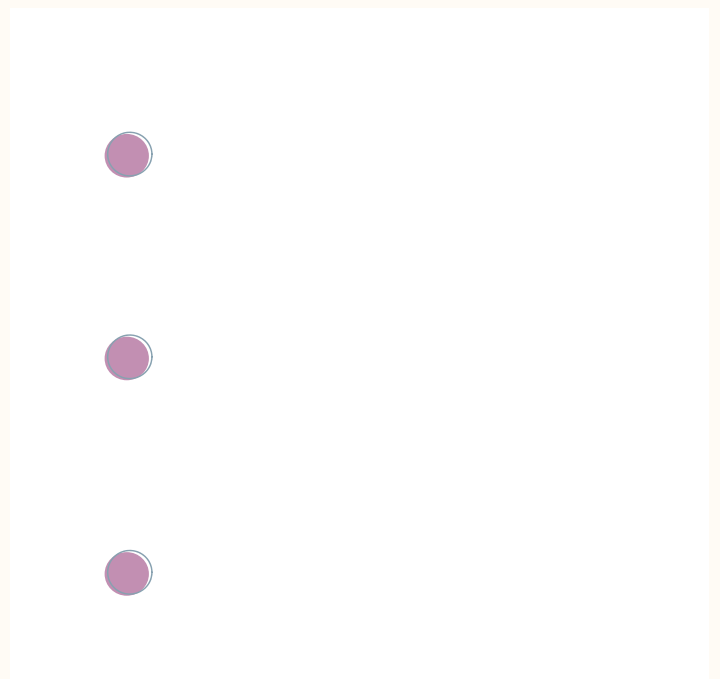
My horse



Our Relationship



Groundwork/ Riding



Reboot

What is your biggest challenge or obstacle that will stop you from achieving these?



What actions can you take to overcome these obstacles?



Reboot

Now it is time to create your 2022 word or mantra.

This is something you will keep referring back to, and keep in your mind throughout the year.

Top tip - You don't need to overthink, go with what feels right.

Mine is...



Because...



Congrats!

You have completed Reflect & Reboot!

It has been a pleasure helping you boss your transition
into 2022.

Do keep me posted on your progress, or if you have any
AHA moments!

Cat x

[@balanceandalignequine](https://www.instagram.com/balanceandalignequine)

catherine@balanceandalign.com



Join the Community

Cat knows how it feels to follow a slightly different path than your friends on your yard, and the importance of surrounding yourself with people you connect with.

So she set up a free Facebook community to help likeminded empowered equestrians meet and be supported on their journeys by incredible free content, Q&A's, and plenty of open conversations.

We would love to have you there! Follow the link below to join.

www.facebook.com/groups/balancedandalignedcommunity



Work with Cat

If you found this worksheet particularly powerful, and want more support to...

*Work through these mindset blocks
Overcome these challenges
Deepen the relationship with your horse
Achieve your 2022 goals*

Cat has a range of offerings that can help you do this.

catherine@balanceandalign.com

And as a gift for completing this 2021-2022 Reflect & Reboot...

£200 off

a unique 2 month 1:1 programme

2 for 1

On a 1:1 phone coaching session

GET TO KNOW *Cat*



Cat is the founder of Balance & Align, and helps equestrians all over the world create their dream relationship with their horse; through trust, understanding and connection.

She has years of experience in a multitude of fields, which she brings together to form a unique holistic methodology and style of coaching. Her approach combines the body and mind, as a published researcher with a BSc (Hons) in Psychology, sports psychologist, equine behaviourist and Equine Sports Massage and Rehabilitation Therapist (IAAMT).

After years of feeling frustrated struggling to understand and connect with her horse, Cat made it her mission to find the answers and create the relationship with her horse she always wanted. On this journey, Cat always came back to the power of relationships, and the transformation that happens when she was willing to work on and understand her inner world. She even climbed Kilimanjaro looking for answers - and came right back to looking at the connection with herself and her horse.

She now is passionate about helping other equestrians shift in their own life to create an even stronger bond with their horse, and themselves.