

Stride Getting Started Guide

The core foundational material for Stride is the *Ride The Stride Process*. The Process has 4 pillars. Reset, Revise, Ride, and Rise.



Start with watching the videos under the first pillar - Reset. Click the image to see the lessons and tools (you'll click the images to go to the lessons for each pillar).

Each pillar has several video lessons and key tools. Take your time with each pillar and make a point of implementing what you have learned into your daily life and your time with horses.

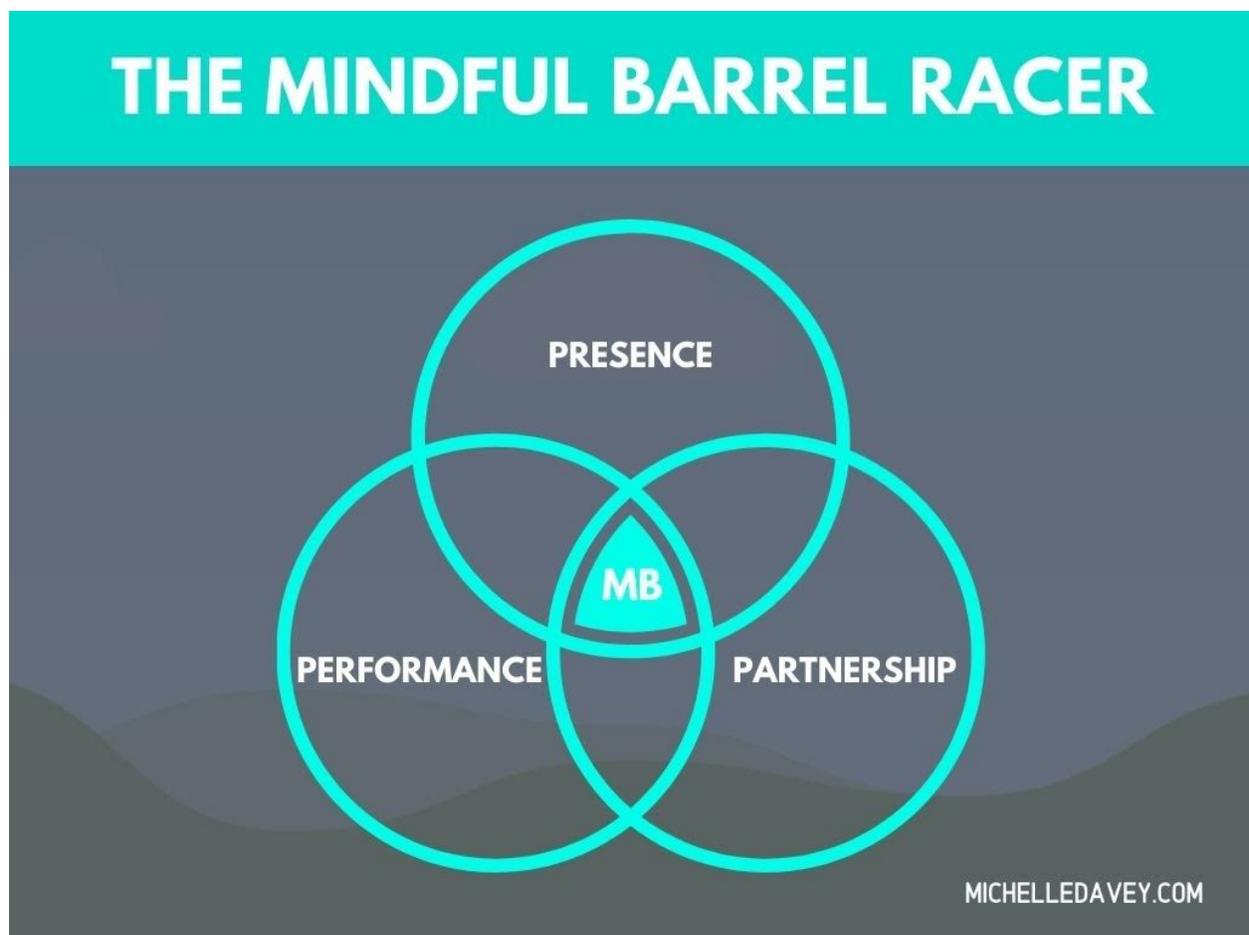
Each week I add new content to our monthly module topic (unless it's a month we've had a guest or interview). You will see the current topic under "New This Month" and past modules under the "Monthly Lessons" image. Some are part of the RTS process lessons now as well. All the interviews and special guess are under.... You guessed it - "Special Guests".



Monthly Topics

Our monthly topics will rotate through the pillars of the Mindful Barrel Racer Framework and every 4 months we will have a special guest interview.

Sometimes the monthly topics may be taught by guest experts, but they will fall under one of the Mindful Barrel Racer Pillars. Presence, Partnership or Performance.



Key To Concerns

If you want to overcome **Nervousness**, start with:

If you're not sure why you're nervous, start with [Episode 65 of The Rider's Mind Podcast](#) for some ideas.

Watch the videos under Reset, put the Tools into practice.
Continue through each Pillar of The Ride The Stride Process and implementing the tools.

Visit the module named 5 First Aid Steps to Nervousness
Watch the Dropping Limits Module and Do the Worksheets

If **Overthinking** is your nemesis, start with:

Watch the videos under Reset, put the Tools into practice.
Continue through each Pillar of The Ride The Stride Process and implementing the tools.

Under Monthly Lessons, watch Be Do Have and watch Mindfulness and Mental Toughness as a practice (and start your mindfulness practice)

If you're dealing with **Frustration**:

Watch the videos under Reset, put the Tools into practice.
Continue through each Pillar of The Ride The Stride Process and implementing the tools. Spend extra time in Revise.

Under Monthly Lesson, watch Getting Out Of The Suck and Dropping Limits

If you're wanting to **solidify your partnership with your horse**, remember that what you have going on, on the inside impacts your ride. Please don't overlook the foundational material found under the Ride The Stride Process. Your horse will receive all your efforts much more readily when you are present and true to yourself.

Under monthly lessons watch Energy Healing 101, Exercises for Connection, and Trust Yourself 101, The Horse's Nervous System and Brain is also an important one.

If you want to **find the "zone" and work on your competitive edge:**

Start with the foundation in the Ride The Stride Process and move through the videos as you're achieving each of the milestones. You'll particularly enjoy Ride and Rise, but don't overlook Reset and Revise.

Under monthly lessons you'll enjoy: Dropping Limits, Mental Toughness, and Mindfulness as a Practice (habits), Mental Imagery, Exercises for Connection, and Be Do Have. Performance Tools will also be an asset in your toolbox.

Not sure what you need?

Start with watching the videos and using the tools in the Ride The Stride Process. Pick a topic you're drawn to under Monthly Lessons and trust there's a reason you were guided to it and dig in.

There's no wrong place to start, just get going and start practicing what you're learning.

If you have purchased access for a year, you will also have the course Mental Toughness Essentials and 3 Pillars To Self Love as long as you are an active member. As you have time, dig into Mental Toughness Essentials for an even more solid foundation of the fundamentals and extra lessons.

Any questions or need further suggestions, email me: michelle@michelledavey.com or post in the Facebook group, and myself and our members will point you in the right direction.