

# Confident Competing Workshop Series: Part 1



On a scale of 1- 10 from 'ready to quit' (1) to 'motivated and excited about competing' (10), what would you currently say your rating would be?

---

The goal of this workshop is to help you easily feel  
\_\_\_\_\_ and amazingly partnered with your dog.

Do you view your mindset as something you can CHANGE or that is JUST THE WAY I AM?

---

The purpose of *Confident Competing* is to help you quickly  
\_\_\_\_\_ so  
you can feel more \_\_\_\_\_ about your competition  
efforts.

**TWEET:** “ \_\_\_\_\_ makes the difference!”

- Dr. Kathrine McAleese @Mind\_to\_Win

In a competition between:

\_\_\_\_\_ skills and \_\_\_\_\_ mindset,

OR

\_\_\_\_\_ skills and \_\_\_\_\_ mindset,

when the pressure is on, the likely winner will be the one with greater  
\_\_\_\_\_ skills.

Your mental game affects you and your dog's \_\_\_\_\_

Your mindset also affects (positively or negatively):

- how many \_\_\_\_\_ you see in a round,
- how \_\_\_\_\_ you are of what your dog needs from you at any given time,
- how \_\_\_\_\_ you are,
- how much \_\_\_\_\_ you have,
- how \_\_\_\_\_ you are to train and compete, and
- how confident you are to \_\_\_\_\_ for your dog when they need it.
- and more, but let's stick with this lot for now!

What would life look like if you were able to create beautifully connected performances?

---

---

How will life be different when you feel more positive about your runs?

---

---