

My Name Is: *Flying Change Queen*

And I Believe:

- I know exactly how to bring out the best in every horse I ride
- My thoughts become my horses actions
- My horse and I are in perfect rapport, harmony, moving as one body, one thought, one mission
- I can easily win a gold medal at the Olympics
- My horse is the best in the world
- My horse is so good
- All judges love my horses
- All judges love me
- The selectors love me and my horses
- I have the best trainer in the world
- I have all the money I need to win Gold at the 2020 Olympics
- I have all the right facilities
- I have so much support
- I know all I need to know
- I am the flying change Queen
- I am so still people think me and the horse are one
- I relax and know my horse will react perfectly underneath me
- My horse reacts perfectly underneath me
- I am the worlds best dressage rider
- My horse is perfect

- I am perfect
- My horse always comes through for me
- I am always there to save my horse
- I always train my horse harmoniously and patiently
- My horse and I are always in harmony
- Riding is pure joy and easy, using the slightest of aids
- The less I do the better the horse goes
- I love dressage
- Dressage is easy
- I find it easy to train horses to Grand Prix and have them dance willingly and easily underneath me
- Opportunities and success will come my way to show me the way
- The right people will help me at the right time to get my goal
- I will train with the best coach in the world
- I am a dedicated, passionate, curious rider and trainer constantly seeking perfection, harmony and expression and a better way to ride and train