

## 30 Gratitude Journaling Prompts for Equestrians

*Are you an equestrian who is prone to focus on what went wrong in your ride, rather than what went well? You are not alone!*

*Your mind has a tendency to have, what we call, a negativity bias. This means you tend to remember the things that went wrong well, but you find it harder to remember the things that went well.*

*Remember your last riding lesson? Do you mainly remember the things that went well or do you mainly remember the things that went wrong?*

*These gratitude journaling prompts can help you to take a moment to pause and reflect on your equestrian experiences, and can help you cultivate a deeper appreciation for your equestrian journey. These journaling prompts can help you make a powerful shift by directing your mind to what is positive and what is possible.*

*There is no set way to do this. You can do it as a 30 day challenge, do one a week or just do it when you feel like it. You can do all the prompts in order or you can just do the ones that resonate with you. You can read a prompt before you ride and use that to recognise what went well, not even writing anything down.*

*I hope these prompts help you to find a deeper connection with yourself and your horse and help you grow as an equestrian.*

*Remember that any journaling practice is yours and you can do this in any way that works for you!*

Love,  
Susan

1. Three things that I am grateful for in today's riding sessions.

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2. Reflecting on a moment where I felt deeply connected to my horse.

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3. Three moments where I was proud of myself in today's ride.

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4. Parts of my horse's personality am I grateful for in today's interaction with them.

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5. Three things I love about the surroundings of today's ride.

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6. This person in the equestrian community inspires me and this is why.

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7. Three positive feelings that came up during today's ride.

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8. How did today's interactions with my horse contribute to my mental wellbeing?

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9. Three new things I learned today.

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10. What lessons have I learned from the challenges I faced in today's ride?

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11. Three things I accomplished in today's ride.

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12. Who supports me in this equestrian journey and what makes me grateful for these people?

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13. Three things I could smell during today's ride.

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14. What was a small victory I achieved during today's ride?

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15. Three moments where I was proud of my horse today.

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16. If my horse was a cartoon character, who would they be and why?

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17. Three reasons why today's ride was a success.

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18. How did today's ride contribute to my physical wellbeing?

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19. Three quirky things about my horse that I love.

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20. What made me want to ride horses when I first started?

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21. Three times I did something out of my comfort zone in today's ride and survived.

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22. Reflecting on my first memory of riding horses and how far I've come since then.

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23. Three things that made me fall in love with my horse.

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24. What brought me joy in today's interaction with my horse?

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25. Three ways horses make me a better person.

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26. What is my favourite thing to do with my horse?

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27. Three lessons I've learned from my horse that I apply in daily life.

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28. What positive impact did today's ride have on my body?

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29. Three things I looked forward to in today's ride that happened.

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30. A goal I look forward to achieving next month.

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