



Does Your Ego Get In The Way?

Tonia Anderson

[Back to Articles...](#)

Does Your Ego Get in the Way?

Ego can be an asset in the ring when it gives us the confidence to believe we are capable of winning. Having the internal belief that you are the best can help you attain a peak performance because it allows you to stay calm and focused under pressure.

Sometimes your ego can get in the way, overpower your rational mind, and cause you to make a rash decision that sabotages your training goals, your performance, and the development of your partnership with your horse.

Here are 5 small changes you can start today to keep your ego in check:

- 1. Take Responsibility for Your Results**
Our ego can cause us to want to blame our horse, other riders, jump crew, or weather for our performance. Acknowledge that show jumping is a sport on a live animal in an environment that is always changing—that is part of the sport—it is your job to be prepared and make decisions in the moment.
- 2. Be Self-Aware of Your Actions**
Thinking you are capable of winning is not the problem—acting like you are the best and telling others how wonderful you are is a problem and may not help you achieve your longer term goals. You may come across as difficult to coach.
- 3. Redefine Success**
Winning is for more than the results you get. Being a real winner is more related to how you conduct yourself with your horse, trainer, fellow riders, the public, and show staff.
- 4. Remind Yourself of Your Goals Before You Mount**
Every time you ride it is important to think about what are your goals with your horse, for this show, for this season, and longer term goals in the sport. Often it is consistent clear rounds, versus red ribbons, that allow riders to reach their goals.
- 5. Assess the Risks**
Before you enter the ring, think about your experience, your horse's experience, and your partnership. Know when it is appropriate to take risks and how much risk is appropriate for you and your horse. Every partnership is different. Younger and less experienced horses, or new partnerships, tend to have less tolerance for mistakes.



Does Your Ego Get In The Way?

Tonia Anderson

[Back to Articles...](#)

It is important to keep a balance when it comes to ego. Use your ego to be confident in your ride, and be clear about your goals in order to keep your ego from getting in the way when making the decisions that are right for you and your horse. A few small changes will yield big results.