

The Cognitive Load Audit

A 5-minute check to identify where your mental load is exceeding your capacity

Step 1: Identify Your Mental Load Zones

Check all that apply:

- Feeding / Nutrition decisions
- Turnout coordination
- Medication / special care tracking
- Riding / training plans
- Staff or client communication
- Scheduling / last-minute changes
- Monitoring horse behavior / soundness

Step 2: Where Are You Holding Everything?

For each area above, check:

Area	Only Me	One Other Person	Shared / Systemized
Feeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turnout	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any area marked "Only Me" = High Cognitive Load

Step 3: Quick Reality Check

Check any statements that feel true today:

- I feel mentally tired before I even start riding
- I'm tracking too many small details at once
- I feel like if I step away, things will fall apart
- I've felt more reactive or impatient than usual

Step 4: One Small Shift

Pick ONE area marked "Only Me"

Ask:

- What am I holding in my head that could be written down?
- What would someone else need to know to help me here?
- Write ONE simple instruction or note.

Step 5: Your Reset Check

Today, take:

5–10 minutes away from decision-making

No planning. No problem-solving. Just step out.