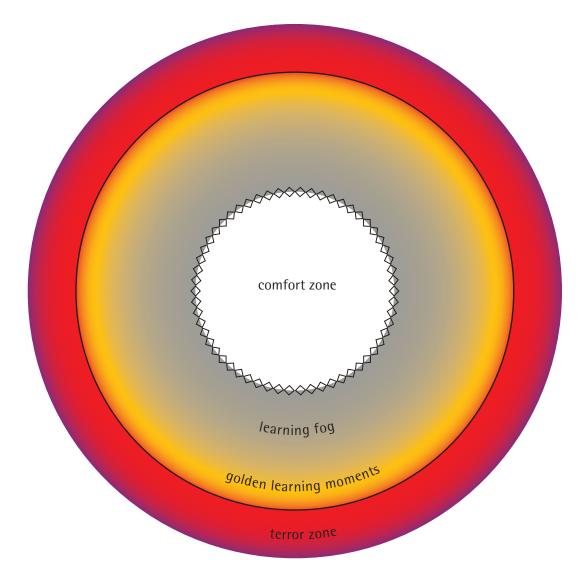


Put blobs to indicate the amount of time spent during the course in your comfort zone; in the fog of learning; in the golden learning moment when it all makes sense and works; and in the terror zone.



## Put a line for you and one for the horse to show where on the slider you each were when something went badly...

