New Year New You

Moving Towards the Horseman You Long to Be

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Forward

I am so excited that you have decided to be here. Your decision puts you in a small percentage of not only people, but also horsemen. Many of us desire our own personal greatness. We dream about it, talk about it and we may even take some steps to work towards it. However with the draws of the world, our busy lives and the acceptance of mediocrity, few people do the hard thing to accomplish their dreams. Way too many of us live our lives with dreams and desires left in someday. Someday I'll do this, someday I'll do that, someday I'll have a better job, someday I'll ride my horse, someday I'll live my life. But "someday I'll", is very crowded, we all put way too many things there just waiting for the day. You can't change your destination all at once but you can change your direction and a directional change can lead you over time and hard work to a whole different destination. A two degree change can lead you hundreds of miles off course or on course. A one hundred and eighty degree change can re-route your life. This journey will not be easy, but it will be worth while. All great things come through hard work, dedication and perseverence. Jim Rohn says things will change when you change. It's a true fact.

So lets get started!

ATTITUDE

The longer I live, the more I realize
the impact of attitude on life.
Attitude to me is more important than the past,
than education, than money, than circumstances,
than failures, than successes,
than what other people think, say or do.
It is more important than appearance,
giftedness or skill.
It will make or break a company...
a church... a home.
The remarkable thing is that we
have a choice every day regarding the attitude
we will embrace for that day.
We cannot change the past.
We cannot change the fact that people
will act a certain way.
We cannot change the inevitable.
The only thing we can do is play on the
one thing we have, and that is our attitude.
I am convinced that life is 10% what happens
to me and 90% how I react to it.
And so it is with you...
We are in charge of our attitudes.

-Charles Swindall

1. Be the Best that you Can Be
2. Master Your Fundamentals
3. Take Command of Your Days
4. Know Your Why
5. Set Worthy Goals
6. Win or Learn, You Can't Fail
7. Build a Team
8. Make Progress
9. Bad Habits Versus Good Habits
10. Act Now! (Massive Expectations)
11. Stay Balanced
12. Find Your Mantra!!!

Bonus LFTG

Rock Your Life

Notes:

Goal Setting

When I say goal setting, many of us think, "oh no, not that again". You might have even given up goal setting for good all together. The average new years resolutions are blown by January 16th. Many of us have had little if any success at setting formal goals and succeeding. The feeling of failure is a big deterrent. The average person tries new things less than once!

Find a goal worthy of your purpose,
a goal worthy of your greatness.

NOTES

"Horse and people need to feel a little pressure to learn."

1. Set a goal, choose a dream or an idea that you want to accomplish.
2. Write it down.
3. Make sure your goal is attainable, I don't mean easy.
4. Decide on a time frame (short, medium, long)
5. Build a plan, how will you get there (break it down so small you can't help but be successful.
6. Tell someone that will encourage you and hold you accountable.
7. Take Massive Execution, Get started, & pull the trigger
8. Work on your goal consistently, daily is best, weekly if not (keep moving forward).
9. Don't get discouraged, if you hit a hard spot keep going. If you run into a wall go around, over or through. If you find yourself stopped, start again. Be present, don't quit. Rome was not built in a day. Poco a Poco.

Bringing It Home

My short range goal is:

My horse goals this year?

My long range life goal?

Horse Goal

My Horse Goal:

Is It Attainable: Yes No

I will Get There By:

1.
2.
3.
4.
5.
6.

I will tell 3 people who support me

1.
2.
3.

I will start working on my goals:

I will accomplish my goal by:

My Biggest Personal Goal

My Personal Goal:

Is It Attainable: Yes No

I will Get There By:

1. ---
2. ---
3. ---
4. ---
5. ---
6. ---

I will Tell:

1. ---
2. ---
3. ---

I will start working on my goal:

I will accomplish my goal by:

Notes

When you know what you want and want it bad enough, you will find a way to get it!

Ground work exercises that will improve every horse

1. Head up, head down
2. Be friendly
3. Pressure means move (porcupine)
4. Sending
5. Circling
6. Yo-yo
7. Squeeze
8. Side ways/ Sidepass (both directions)
9. Soft from the tip of their nose to the tip of their tail
10. Floppy leg
11. Pick me up from the fence
12. Smell your tail
13. Disengaging hind quarters
14. Front end across
15. Lead up- walk, trot

22 Things Every Horse Ought To Do Well

1. Stand
2. Stop
3. Walk
4. Trot
5. Canter
6. Back

7. Side Pass
8. Half Pass
9. Turn on the forehand (disengage hind quarters)
10. Turn on Haunches (A Turn Around)
11. Canter Depart
12. Lead Change
13. Roll Back

22 Things Every Horse ought to do Well

14. Flex at the poll
15. Lateral Flex
16. Counter Bend
17. Back Outside Circle
18. Back Inside Circle
19. Rate
20. Go Straight
21. Slow Down & Speed Up
22. Be Balanced

1. Recognize the smallest change and reward the slightest try
2. Make the right thing easy and the wrong thing hard
3. Hair, Skin, Muscle, Bone
4. Think, Ask, Tell, Make
5. You have to have a picture in your mind of what you want your horse to look like
6. The slower you go the faster you get there
7. Do a little a lot rather than a lot a little
8. Don't make a big deal out of anything you don't want to be a big deal
9. Rythm, Regulate, Pressure
10. Let your idea become the horse's idea
11. Be black and white, let your "yes" mean yes and your "no"mean no
12. Release, Relief, Relax, Reward
13. A horse needs to feel a little pressure to learn and so do you!
14. Pressure only works with release and release only works with pressure
15. There is only one thing that makes a great horse- Time

NOTES

6 Life Hacks That Will Improve Your Life

1. Two Minute Rule
2. 54321 (Count Down to Greatness)
3. Power Posture
4. 100% is Easy, 99% is Hard
5. Make a List
6. Smile

Self Talk

Encouraging words I say to myself throughout the day or when I need encouragement (They should all start with "I am, I can, I will"!):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Three for the Road

1. Act as If:

2. Visualization:

3. Alter Ego:

Life Quotes that will change Everything

-You are what you do!

-Do or do not, there is no try

-You can not hit a target you do not see and you can not see a target you do not have.

-For things to chage you have to change

- The next five years will be like the last five years unless you change

-It is not what you think you are that holds you back, it is what you think you are not

-What one thing do you need to start doing today change your life tomorrow

-You live every day, you ought to ride every day

-Knowing something does not change your life, Doing something does

- We over estimate what we can get done in a day and under estimate what we can get done in a year.

-First we make our habits, then our habits make us

-It is the set of the sail, not the direction of the wind that determines the way which we will go

5 Principles of Great Communication

for both Horse and Man

1. Be present
2. Listen to hear
3. Look to understand
4. Question to clarify
5. Think before you respond

Notes

It is not the critic who counts, Not the man who
points out how the strong man stumbled
Or where the doer of the deeds could have done
them better.
The credit belongs to the man who is actually
In the arena, who's face is marred by the
Dust and sweat and the blood,
Who strives valiantly,
Who errs and comes short again and again,
Because there is not effort without error and
shortcomings,
Who does actually strive to do the deed,
Who knows the great enthusiasm,
the great Devotions,
Who spends himself in worthy cause,
Who at best knows in the end the triumph of
High achievement and who at the worst,
If he fails, at least fails while daring greatly
So that his place shall never be with those
Cold and timid souls who know neither victory
Nor defeat.

- Theodore Roosevelt

Thoughts from Scott

I hope you find great benefit in this work book, the clinic and the year to come. Jim Rohn says the next five years will be like the last five years unless you change what you do.
A very true statement. Don't let your dreams fall by the way side, to one day be regrets. Use this book and these tools, the network around you and your horse to help achieve your goals and greatest desires.

True change arrives in a moment. Use this moment to arrive at a different destination, a destination of your creation!

Take Away

My greatest desire for you, is that you would take these principles, practice them, and form positive habits that become second nature. That through these Principles your horsemanship, humanmanship and lifemanship would come up to a new level of greatness !

Horsemanship=Humanmanship
=Lifemanship=All the Same!

Make it a great day! Happy trails!

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Check out Scott DePaolo Facebook!

Home Work

1. Commit yourself to a consistant riding schedule:

2. Read at least 15 minutes of a horsemanship and a personal growth book each day.

Some of my favorite Horsemanship books are:

1. True Unity By Tom Dorrance
2. Think Harmony with Horses By Ray Hunt
3. True Horsemanship Through Feel By Bill Dorrance
4. Horses Are Made To Be Horses By Franz Mairinger
5. Any Western Horsemanship book. They are all good.

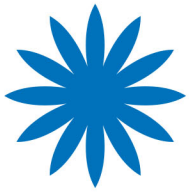
Some of my favorite personal growth books are:

1. The Bible
2. How To Win Friends and Influence People By Dale Carnegie
3. As A Man Thinketh By James Allen
4. The How of Happiness By Sonja Lyubomirsky

3. Build Your Personal Success Plan for Each Day

AM: The first thing I will do in the Morning is:

PM: The last thing I will do in the Evening is:



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"To thine own self be true."
Act I, Scene III Hamlet