



Willpower and Habits

Moving Towards the Horseman You Long to Be

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FORWARD

What if you were the type of person that did what you needed to do whether you felt like it or not? You Can Be That Person!

What if your life was set up just a little different so you had time , energy and structure to accomplish your biggest goals with ease? It can be!

What if at the end of a day you could look back with a feeling of pride at all of the tasks, obligations, chores and personal accomplishments? You will!

What if you had the time you desired to enjoy your horse to the fullest? Today is the day!

You can! Through using willpower to build habits that put parts of your life on auto pilot, your greatest days, weeks, months and years will be reachable. Anything in your life that you would like to improve is possible with way more ease than you had previously imagined.

We are excited that you are here! You are a part of a very small percentage of the population that is willing to do what it takes to become the person and horseman you want to be!

Scott DePaolo



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



Willpower & Habits

Willpower: (noun) will-pow-er

Control exerted to do something, or restrain an impulse

***The ability to control your own thoughts and behavior,
especially in difficult situations.***

Habit: hab-it

**A settled or regular tendency or practice, especially one
that is hard to give up.**

A particular act or way of acting that you try to do regularly.

**WILLPOWER GETS YOU GOING; HABITS KEEP
YOU GOING.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

YOUR FACE HOLDING YOU BACK.”



THE MARSHMALLOW EFFECT

In the late 1960's, early 1970's at Stanford University, Walter Mischel first started doing his studies on willpower and delayed gratification. During the study hundreds of mostly 4-5 yearolds were tested and what was revealed is now believed to be one of the most important characteristics for health, work, life, and as well as horsemanship. The test begin by the experimenter bringing the child, 4-5 years old into a private room, sitting them down and putting a plate with one marshmallow in front of them. The researcher then told the kids he was going to leave the room for a short time and if the child did not eat the marshmallow while he was away then when he got back he would give them a second marshmallow. However, if they decided to eat the first one before he got back they would not get a second marshmallow. One treat now, or two treats later.

They filmed the children and saw that many jumped at the idea of eating the first marshmallow immediately; others, tried to hold out and soon succumbed. But there were a few that did manage to wait the entire time for the second marshmallow. The study then tracked all of the children through their lives. The children who were able/willing to delay gratification and wait for the second marshmallow had higher SAT scores, lower levels of substance abuse, less obesity, responded better to stress, had stronger social skills and being generally more successful.

THE MARSHMALLOW EFFECT

The children were followed for over forty years and over and over again, the two marshmallow groups proved themselves to be higher achievers. In other words, the ability to do the hard thing and delay gratification for all of us is a critical tool for our life and horsemanship success.



"It's not what we do once in awhile that shapes our lives. It is what we do consistently."

~Tony Robbins

Ways to Build Your Willpower

What if you were the type of person who could do what you needed to do whether you felt like it or not?

"Improving your willpower is the surest way to a better life." ~Roy Baumeister

1. How you think about will power matters
2. Play offense instead of defense. 100% is easy, 98% is hard. The extra 2% makes the difference (burn your ships).
3. Number one boost in the moment....
 - a. Pause & Plan mindset versus Fight or Flight
 - b. 4-6 breaths per minute
 - c. Breathe in to a count of four and out to a count of six.



Ways to Build Your Willpower

(continued)

4. Number one way to build willpower is meditation (learn to control your brain).

a. Just a couple of minutes of mind control per day.

5. Fundamentals:

a. Eat well

b. Move intentionally

c. Sleep 8+ hours

6. Do the tiny thing:

a. The two minute rule

b. 5,4,3,2,1

c. Develop good posture

d. Daily study

f. Finish what you start



Use your willpower wisely to instill habits that run on autopilot. Newtons first law; an object at rest tends to stay at rest. An object in motion tends to stay in motion.

Habits of a Great Horse

- 1. Give to Pressure**
- 2. Anticipate Everything**
- 3. Stand like a Rock**
- 4. Go when go, stop when stop**
- 5. Be Willingly Guided**
- 6. Respond versus React**
- 7. Be a Team Player and
a good partner**
- 8. Say Yes!**
- 9. Develop: work ethic, try & grit**
- 10. Respector of Space**
- 11. Trust**



The Habit Poem

I am your constant companion.

I am your greatest helper or heaviest burden.

I will push you onward or drag you down to failure.

**Half of the things you do, you might as well turn
over to me and I will do them,
quickly and correctly.**

I am easily managed but you must be firm with me.

**Show me exactly how you want something done
and after a few lessons, I will do it automatically.**

**I am the servant of great people,
and alas, of all failures as well.**

Those who are great, I have made great.

Those who are failures, I have made failures.

I am not a machine, though

**I work with the precision of a machine
plus the intelligence of a person.**

**You may run me for profit or run me for ruin,
it makes no difference to me.**

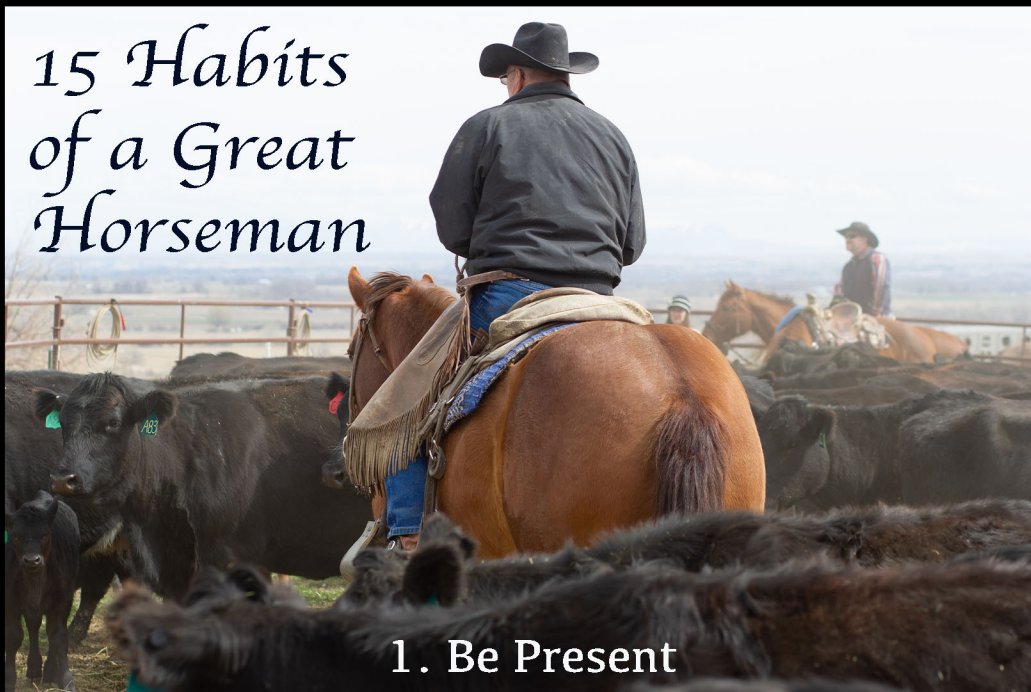
Take me, train me, be firm with me, and

I will place the world at your feet.

Be easy with me and I will destroy you.

Who am I? I am Habit.

15 Habits of a Great Horseman



1. Be Present
2. Stretch Before You Ride
3. Do Groundwork
4. Focus on the Fundamentals
5. Study and Learn Daily
6. Challenge Yourself
7. Be a Leader
8. Learn from the Best
9. Ride with a Better Horseman
than You
10. Be Intentional
11. Ride with a Plan
12. Fire Drill Your Horse
13. Be Particular
14. Get Better Each Day
15. Smile

Notes:

[illegible]

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, 98% IS HARD
5. MAKE A LIST
6. SMILE



Creating and Exercising Good Habits

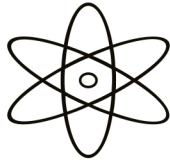
Habit Chart					
	Good Habit I would like to Instill	How Excited are you? (1- 10)	How much impact would it have in your life? (1-10)	How much commitment do you have towards it? (1-10)	Total
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Pick the biggest number habit and instill: _____

I have a habit of: _____

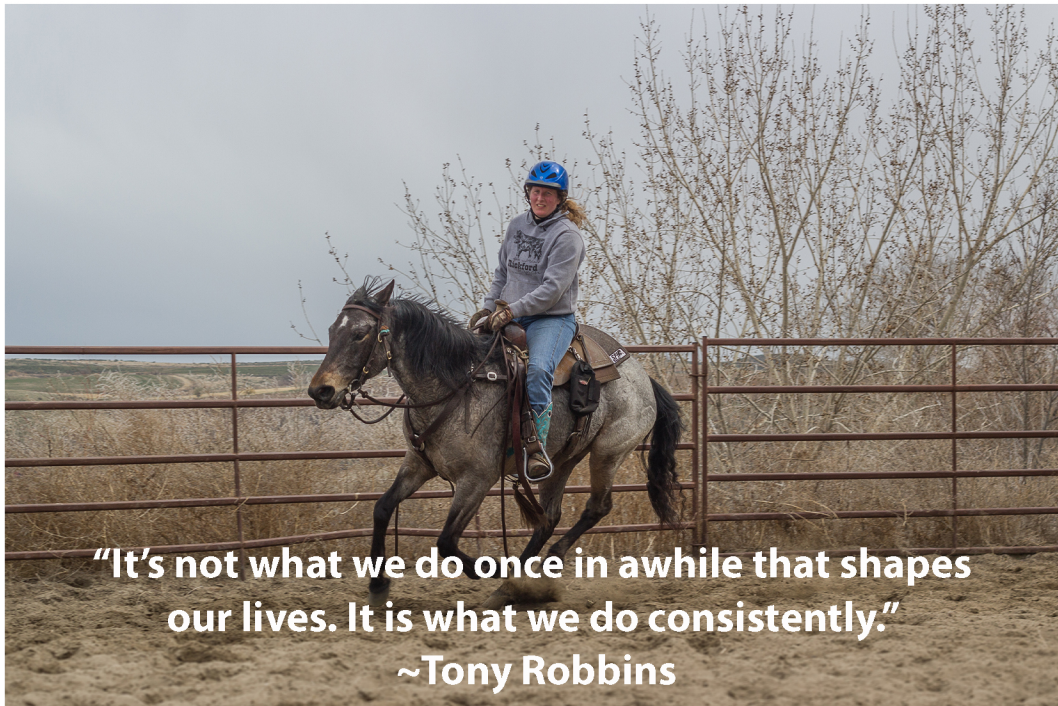
I have continually done it for (30, 60, 90, 120 days):

It has improved this in my life:



Home Work

1. Name three beneficial habits that you have started to do.
2. Name one bad habit that if you stopped doing today, would change your life.
3. Pick a good habit and start it today. Document your progress over the next 30,60, 90 days. If you miss a day, start the next day. No big deal. NEVER miss two days.
4. Stop your one bad habit now. How? With a good habit.
5. Make Horsemanship a habit.



WHY

Why: If you have a strong enough why you can endure almost any how.

Why: Your whys is one of the most important things. More important than goals, wishes and have-to's.

Your why is especially more important than things other people would like you to do or accomplish.



*Your why will propel you through
hardship, confusion, anxiety
and even fear.*

If you know your why, you can endure almost any how.

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
the Haunches
(A turn around)**

- 11. Canter Depart**
- 12. Lead Change**
- 13. Roll Back**

22 THINGS EVERY HORSE OUGHT TO DO WELL

(Continued)

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



Notes



**PRACTICE ISN'T THE THING YOU DO ONCE AND YOU ARE
GOOD AT IT. IT IS THE THING YOU DO THAT MAKES
YOU GOOD.**

SEE IT THROUGH

By Edgar Guest

**When you're up against a trouble,
Meet it squarely, face to face;
Lift your chin and set your shoulders,
Plant your feet and take a brace.
When it's vain to try to dodge it,
Do the best that you can do;
You may fail, but you may conquer,
See it through!**

**Black may be the clouds about you
And your future may seem grim,
But don't let your nerve desert you;
Keep yourself in fighting trim.
If the worst is bound to happen,
Spite of all that you can do,
Running from it will not save you,
See it through!**

**Even hope may seem but futile,
When with troubles you're beset,
But remember you are facing
Just what other men have met.
You may fail, but fall still fighting;
Don't give up, whate'er you do;
Eyes front, head high to the finish.
See it through!**

Cow Work

Working with cows can open up a whole new avenues both for you and your horse. Cow work puts meaning to many of the advanced maneuvers that we work on. It will also point out and illuminate the weaknesses in your foundation and fundamentals. No matter what type of horse you ride its natural ability or level of training; cow work will improve both you and your horse!



Cow Work

Here is a list of some basic exercises that will promote cow work success:

1. One rein rock back
2. Role back on the fence
3. Back up and come through
4. Back outside circle
5. The Screw
6. Cigar Exercise
7. Circle, Stop, Swap
8. No cow, cow work



“We are what we repeatedly do! Excellence then is not an act, but a habit.” ~Aristotle

Cattle Handling

By Teddy Franke

THE BASICS OF HANDLING CATTLE

BY TEDDY FRANKE

THE BUBBLE

ALSO KNOWN AS THE "FLIGHT ZONE,"
THIS IS THE AREA WHERE CATTLE WILL START TO SENSE A
THREAT AND MOVE OFF. THE SIZE OF THE BUBBLE WILL VARY
COW TO COW. THE ENERGY OR SPEED WITH WHICH YOU
APPROACH THE BUBBLE WILL DETERMINE HOW QUICKLY, AND
IN WHAT MENTAL STATE THEY MOVE OFF.

EAR/EYE

EARS AND EYES CAN HELP
INDICATE WHERE THE ANIMALS
ATTENTION IS. OFTEN THEY MOVE
IN THE DIRECTION THEY ARE
FOCUSED

LF

QUARTER OF INFLUENCE

ONCE YOU ENTER THE BUBBLE IN THIS QUARTER THE
ANIMAL WILL TRY TO RETREAT TO THE RH QUARTER,
UNLESS THERE ARE ADDITIONAL OUTSIDE INFLUNCES.

RF

QUARTER OF INFLUENCE

ONCE YOU ENTER THE BUBBLE IN THIS QUARTER THE
ANIMAL WILL TRY TO RETREAT TO THE LH QUARTER,
UNLESS THERE ARE ADDITIONAL OUTSIDE INFLUNCES.

LH

QUARTER OF INFLUENCE

ONCE YOU ENTER THE BUBBLE IN THIS QUARTER THE
ANIMAL WILL TRY TO RETREAT TO THE RF QUARTER,
UNLESS THERE ARE ADDITIONAL OUTSIDE INFLUNCES.

RH

QUARTER OF INFLUENCE

ONCE YOU ENTER THE BUBBLE IN THIS QUARTER THE
ANIMAL WILL TRY TO RETREAT TO THE LF
QUARTER, UNLESS THERE ARE ADDITIONAL OUTSIDE
INFLUNCES.

AGE & TRAINING

WITH GOOD HANDLING, CATTLE CAN BE TRAINED TO
BE INFLUENCED EASILY BY A HORSE, DOG, OR HUMAN.
POOR HANDLING CAN CAUSE THEM TO IGNORE
PRESSURE. THE AGE OF THE ANIMAL IS ALSO A
FACTOR. CALVES ARE NOTORIOUSLY UNPREDICTABLE.

OUTSIDE INFLUENCES

ANYTHING THAT COULD PUSH, DRAW OR LINE OUT A COW.
EXAMPLES COULD BE A FENCE, THE HERD, WATER, A CALF,
OR ANOTHER PERCEIVED THREAT.

Cow Work Notes

Notes:

3 Pressures:

1. Drive

2. Draw

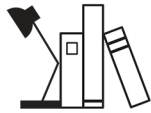
3. Block



Habit Quotes



1. Willpower get you going, habits keep you going.
2. You don't quit a bad habit, you replace it with a good habit.
3. "We are what we repeatedly do! Excellence then is not an act but a habit."
by Anastasil
4. You got to pull the weeds before you plant the seeds
5. Use your willpower wisely to instill habits that run on auto pilot.
6. You don't start as a hero in the beginning
7. Newton's first law, an object at rest tends to stay at rest; an object in motion tends to stay in motion.
8. It takes time, time is when the magic begins.
9. Whether you think you can or think you can't, you are right.
10. The key to a habit is to start now.
11. Dozens of studies show that willpower is the single most important keystone habit for individual success.
12. Willpower is the Queen of all ventures and grit is the King.
13. Practice is the thing you do once you are good. It is the thing you do that makes you good.



Reading List



1. *Willpower*

By Roy Baumeister

2. *Marshmallow Test*

By Walter Mischel

3. *The Willpower Instinct*

By Kelly McGonigal

4. *The Seven Habits of Highly Effective People*

By Stephen Covey

5. *Grit*

By Angela Duckworth

6. *The Compound Effect*

By Darren Hardy

7. *Superhuman By Habit*

By Tyman

8. *Atomic Habits*

By James Clear

9. *The Checklist Manifesto*

By Dr. Atul Gawande

10. *Stick With It*

By Susan Young

11. *The Power of Habits*

By Charles Duhigg

12. *How to Win Friends and Influence People*

By Dale Carnegie

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, and happy trails!

Scott DePaolo



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Check out Scott DePaolo Facebook!



PICTURES BY
EMILY DOUKAS
FINE PHOTOGRAPHY

“TO THINE OWN SELF BE TRUE.”
ACT I, SCENE III HAMLET