Peak Performance

For Arena, Ranch & Life

Written and Compiled by
Horseman & Clinician
Scott DePaolo

Forward

If you have decided to do your best and accomplish your biggest dream whether it is in the arena, the trail, the round pen, your business or in life; I commend you. The decision to go for what ever that goal is, is the first step to success, the blue ribbon, the gold metal or the overwehelming sense of accomplishment of a job well done.

Most will not strive to do the hard thing, they are content to watch from the stands , to follow someone else's journey, and make excuses for why they can't, shouldn't, or why they do not have enough time, money, energy or any number of things.

I am not an Olympic athlete, I am not a world champion, I do not participate in extreme sports, but I do have the desire to live every day to the fullest. To compete with myself and others to achieve my goals, to build the best performance horses possible and to be better tomorrow than I am today! I have found that the tools, techniques and mental and physical exercise

used by the best of the best; whether they are athletes, CEO's or anyone striving for their peak; can help me be my best me. This work book will help you to be able to review many of the ideas, subjects and quotes discussed and taught in the peak performance clinic for arena, ranch and life. For this work book to be of any use to you, you need to be proactive, commited and study further. You will need to make personal growth an everyday part of your life. You are on a challenging, difficult, rewarding and extremely worth while adventure.

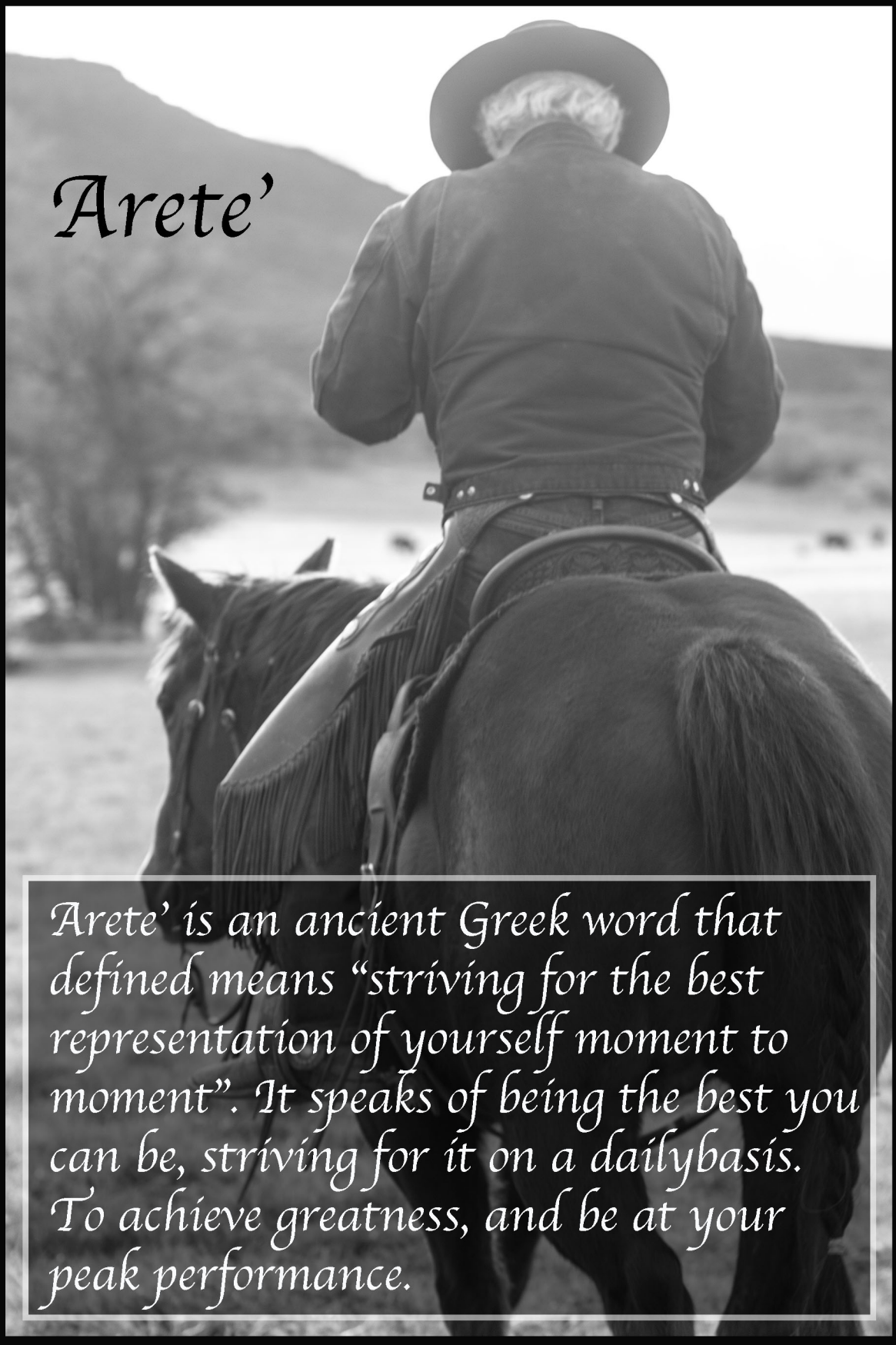
Good Luck!

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


Arete'
Arete' is an ancient Greek word that defined means "striving for the best representation of yourself moment to moment". It speaks of being the best you can be, striving for it on a dailybasis. To achieve greatness, and be at your peak performance.

The Power of Why

When we are discussing peak performance, your "why" takes on a whole new level of importance. To be the best, whether it is your personal best or at a world champion level. You must have a rock solid, over the top, strong as can be WHY. Anything else will give you an excuse to quit on the hard days, when the weather is not good, when you have had a bad day, when you just don't feel like it or when your friends want to hang out or any number of excuses that pop up etc...

Your why needs to be your true north, your guiding light, your one thing, your focus and your must DO! You need to be 100% in, only being in 99% gives you a way out and that 1% is all it takes to derail you from your goal.

What is your why?

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

Goal Setting

Goal setting is probably something that you are familiar with, we all set some sort of goals. Goals to do the things we want to do;performance goals at work, New Years resolution goals, even personal goals. We all have differing amounts of successes with achieving them. We start with enthusiasm and dedication, but it's hard to go on day after day. Many of us may actually be intentionally against setting any kind of goal suspecting or knowing that we may fail. You need to know that failure is part of success and you need to move through that as part of your journey. There has never been an Olympic Gold Medalist that did not set a goal to win the Gold. Goal setting is a must for peak performance.

My performance goal is:

10 Steps to Accomplish Your Performance Goals

1. Set a goal, choose a dream or an idea that you want to accomplish.

2. Write it down in the first person, "I will..."

3. Make sure your goal is attainable, I don't mean easy.

4. Decide on a time frame (short, medium, long and pick a due date)

6. Hire a coach, find a mentor or build a team.

6. Build a plan, how will you achieve your goal (break it down so small you can't help but be successful.

7. Tell someone that will encourage you and hold you accountable.

"Many people die with their dreams still in them, their songs unsung, their horses unrode."

8. Take massive action , get started, execute & pull the trigger

9. Work on your goal consistently, daily is best, weekly if not (keep moving forward).

10. 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.

Build A Better Horse!

Name:_____Date:_____
Horse's Name:_____Horse's Age:_____

How long have you been riding?_____
How many times a week are you committed to riding and working your horse?
_____
What is your horsemanship goal?_____
What is your goal for your horse?_____

Rate your relationship with your horse (1 being worst, 10 being best):_____

Ground Work

Stand:___ __Lead:_____Send:_____ Circle:_____Stop:_____
Disengage Hind:_____ Front End Across:_____

Mounted

Stand to get on:____Walk:_____Trot:_____Canter:_____Stop:_____
Back:_____Side Pass:_____Half Pass:_____Lead Change:_____
Turn on the Forehand:_____ Turn on the Haunches:_____
Canter Depart:_____Role back:_____Flex at the Pole:_____
Lateral Flex:_____Counter Bend:_____Back Outside Circle:_____
Back Inside Circle:_____Rate:_____Go Straight:_____
Slow Down and Speed Up:_____Make a Perfect Circle:_____

Obstacles

Load in Trailer:_____Tie and Stand Quietly:_____Ride Alone:_____
Respect Your Authority:_____Ride Away from Friends:_____
Ride Away from Barn:_____Cross Streams:_____
Ride in Group:_____Go Where You Ask:_____

Goals

What would you like to work on with your horse?

1._____
2._____
3._____
4._____
5._____

Bookending Your Days

To live at your peak and perform at your best you must take control of your life. One of the ways to do this is to take control of your days, at least a part of your day. Good days lead to good weeks, good weeks lead to good months, good months lead to good years. And year after year will lead to an exeptional life. You can take control and design your own master piece day. Bookending your day will help you strategically design your day and take control of much of what you do.

This means that you deside on three to five things you do every morning to start your day and each evening to close your day.

My morning ritual is read, ride, think and pray. You could pick any number of things. Some ideas are meditation, exercise, take a hot or cold shower, drink water, maybe eat a good breakfast, ride, or write in your pre-day journal. What you do is not as important as making sure you put yourself on the right track to have a great day. You may think "I can't do that", "I have so much to do", you may need to get up just a bit earlier. You will find a good morning ritual, will help you take control of your day and make a huge difference.

The middle part of your day will be whatever it is, things will come up, you will rush from here to there, check your email, take care of other's needs. There will be things pulling you in different directions or just eight plus hours of work, putting in the grind. When evening comes you are going to realign, regain control and bookend the close of your day. This could be things like studying, reading a book, showering, designing your perfect tomorrow, building your to do list for tomorrow and journaling about your day. Your evening bookend may even include your go to bed time.

These few simple things are tools you can use to gain control of parts of your life so you can have control of all of your life.

Fundamentals

To be your best you must develop and work on your fundamentals every day. Fundamentals are of the up most importance. If you work on nothing else, work your fundamentals.

1. Life Fundamentals
    - A. Attitude (because it makes the difference)
    - B. Integrity (because it matters)
    - C. Purpose (know your why)
    - D. Perseverance (don't quit)
2. Personal Fundamentals
    - A. Eat (changing your diet will improve your performance)
    - B. Move (exercise will make the difference)
    - C. Sleep (champions average one or more hours per day of sleep than an average person)
3. Horsemanship Fundamentals
    - A. Ground Work (all great horsemen do ground work)
    - B. Body Control (if you can move them where you want to, you can go anywhere)
    - C. Care (take great care of your horse so they can take great care of you)

Notes

Practice does not make perfect, only perfect practice makes perfect. So don't practice untilyou get it right, practice until you can't get it wrong.

1. Set a worthy goal-

You must know what you want to achieve

- **a. No pressure, no diamonds**
- **b. WOOP (Wish, Outcome, Obstical, Plan**

2. Focus

- **a. Ride with a plan**
- **b. Be intentional**
- **c. Be Present**

3. Feed Back

- **a. Video yourself**
- **b. Ride with a coach**
- **c. Hire a trainer**
- **d. Go to clinics**

4. Get out of your comfort zone

- **a. Four percent**
- **b. Do more**
- **c. It's the last rep that makes the difference**
- **d. Do the hard thing**
- **e. Practice under pressure**
- **f. Complete**

Peak Performance Hacks

1. Act as if:
   a. Embody the quality that you desire
   b. Act the part
2. Visualize
   a. Plan
   b. Practice
   c. Perform
3. Alter Ego
   a. Perform as your hero
   b. Be who you want to be
4. Power Posture
   a. Expand (Get Bigger)
   b. V for victory
   c. Endorphin release
5. Prime
   a. Reaccount your successes
   b. Remind yourself how good you are
   c. Make a list
6. Change the meaning
   a. I am excited
   b. Use the adrenaline (don't calm down)
7. Chew Gum
   a. Loosens the jaw
   b. Releases Endorphins
   c. Prepares you to perform
8. Yawn
   a. Takes away tension
   b. Relaxes you
   c. Releases Endorphins

Performance Quotes

- Your best is 90% mental.
- Whether you think you can or think you can't, you are right.
- Practice does not make you perfect, only perfect practice makes you perfect.
-In any moment of decision the best thing you can do is the right thing, the next best thing is the wrong thing and the worst thing you can do is nothing. ~Theodore Roosevelt

- Don't try to be perfect all at once.~Victoria DePaolo
- Fall seven times, rise eight. ~Japanese Proverb
- Don't wish it was easier, wish that you were better. ~ Jim Rohn
-To be gritty is to keep putting one foot infront of the other.
-Growth is the only garranty tomorrow will be better than today. ~John Maxwell
-I will do today what others won't, so I can have tomorrow what others don't.
-To reach a port we must sail sometimes with the wind, and sometimes against it. But we must not drift or be at anchor. ~Oliver Wendill Holmes
-The first step in getting somewhere is to decide your are not going to stay where you are at. ~JP Morgan
-Men often become what they believe themselves to be.

NOTES

"The next five years will be like the last five years unless you change. Things will change when you change."

The Power of Grit

Passion + Perseverance= Grit

Grit comes through four key ingredients;

1. Interest
2. Practice
3. Purpose
4. Hope

"If you want to be gritty, join a gritty culture."

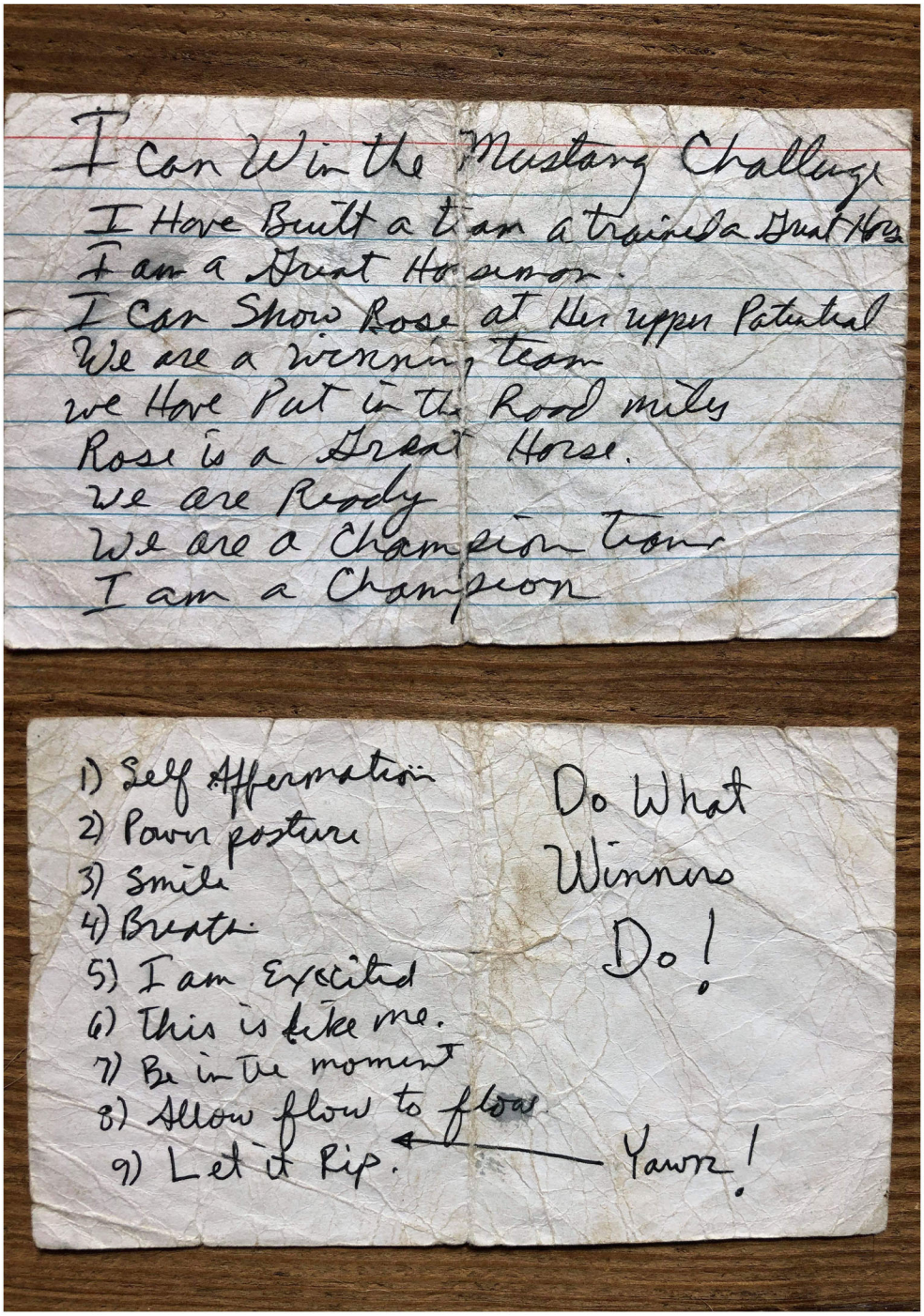
These four ingredients will give you the perseverance to endure

Talent + Effort= Skills

Skills + Effort= Achievement

Effort counts twice!

One of My Game Day Cards



I Can Win the Mustang Challenge
I Have Built a team a trained a Great Horse
I am a Great Horseman.
I Can Show Rose at Her upper Potential
We are a winning team
we Have Put in the Road miles
Rose is a Great Horse.
we are Ready
We are a Champion team
I am a Champion

1) Self Affirmation
2) Power posture
3) Smile
4) Breathe
5) I am Excited
6) This is like me.
7) Be in the moment
8) Allow flow to flow
9) Let it Rip.

Do What Winners Do!

Yawza!

Notes

DO WHAT WINNERS DO!

Practice Under Pressure

Practice under pressure is a concept that is an extremely important tool for reaching your best. It is the idea that you will grow to be better, bigger, faster and stronger if you strive to be outside of your comfort zone. The experts say that 4% is the optimal stretch point. Most of us never hit our second wind because we don't get through our first wind; you have to bust out game day's, competition and practice under pressure to help that happen for you.

Consequences for less than optimal performance may be enough for many of us, however the stress that comes through true competition or game day is not replaceable. Failure is part of success and the failure that comes from pushing your ability to the next level or past your comfort zone is a tool.It can help you get to the next level. Raise the bar, strive to get in the game!

Horsemanship Quotes

-If you are not willing to fail you will never be able to succeed. Failure is part of success.
-The horse learns to not be particular if the rider is not particular.
-The horse is a reflection of the rider, if you want a better horse be a better rider.
-It takes a lifetime to live a lifetime.
-Don't make a big deal out of anything you don't want to be a big deal.
-There is a fine line between too much and not enough, that is were a lot of good things happen.
-The slower you go the faster you get there.
-If you never go too far, you will never know how far you can go.
-Ride for tomorrow.
The .01% rule. La Manyana
-Believe in your horse so your horse can believe in you.
- Do the right thing, the right way, at the right time and all things are possible.
- You have to have a picture in your mind of what you want your horse to do.
- Be black and white. Let your yes be yes and your no be no.
-You're not working on your horse you're working on yourself.
-You can't teach experience.

Productive Evaluation

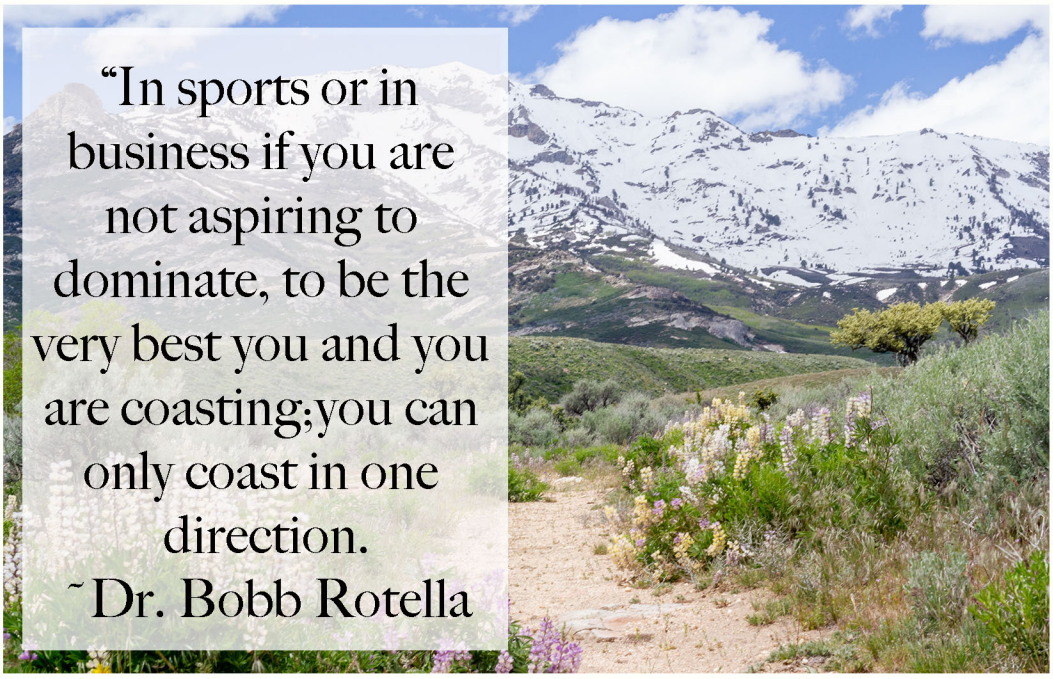
You Either Win or Learn

Using the 3 2 1 Exercises, Good-Better-Best

1. **What are 3 things I did good?**

2. **What are 2 things I could do better?**

3. **what is 1 thing I need to do to be my best.**



12 Twelve Steps to a Horseman's Peak

1. Be the best you can be: Seek Arete'
2. Build a strong foundation
3. Know your "why"
4. Master each ride
5. Ride with a plan
6. Make progress each ride, each day
7. Set Goals- WOOP
8. Stop doing lists
9. Start doing lists
10. Experiment= try new things
11. Have a growth mindset
12. LFTG

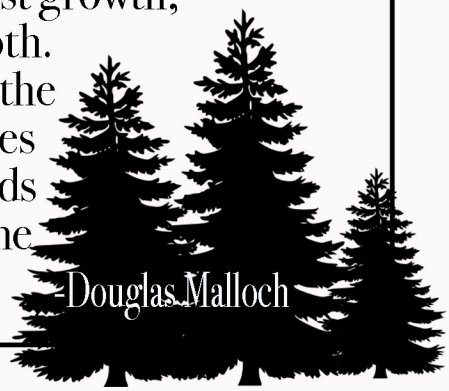
Good Timber

The tree that never had to fight
For sun and sky and air and light,
But stood out in the open plain
And always got its share of rain,
Never became a forest king
But lived and died a scrubby thing.

The man who never had to toil
To gain and farm his patch of soil,
Who never had to win his share
Of sun and sky and light and air,
Never became a manly man
But lived and died as he began.

Good timber does not grow with ease:
The stronger wind, the stronger trees;
The further sky, the greater length;
The more the storm, the more the strength.
By sun and cold, by rain and snow,
In trees and men good timbers grow.

Where thickest lies the forest growth,
We find the patriarchs of both.
And they hold counsel with the
stars Whose broken branches
show the scars Of many winds
and much of strife. This is the
common law of life.



-Douglas Malloch

Notes:

A beginning rider wants to work on
intermediate horsemanship. An intermediate rider
wants to work on advanced horsemanship, but
an advanced horseman works on the fundamentals.

If You Want Something Bad Enough

By Les Brown

If you want a thing bad enough
to go out and fight for it.
To work day and night for it, to give
up your time, your peace
and your sleep for it.
If all that you dream and scheme
is about it, and life seems uselesss
and worthless without it.
If you gladly sweat for it and
fret for it and plan for it,
and lose all your terror of the opposition
for it.
if you simply go after that thing
you want with all
of your capacity, strength
and sagacity.
Faith, hope and confidence and
stern pertinacity
if neither cold, poverty, famine,
nor gout, sickness nor pain of
body and brain;
can keep you away from the thing
that you want
if dogged and grim you beseech
and beset it,
with the help of God,
YOU WILL GET IT!

Reading List

1. *Attainment*
By Troy Bassham
2. *Be Quick- But Don't Hurry*
By Andrew Hill & John Wooden
3. *Chasing Excellence*
By Ben Bergeron
4. *Daring Greatly*
By Brene Brown
5. *Grit*
By Angela Duckworth
6. *How Bad Do You Want It?*
By Matt Fitzgerald
7. *How Champions Think*
By Dr. Bob Rotella
8. *Legacy*
By James Kerr
9. *Living Forward*
By Michael Hyatt & Daniel Harkavy
10. *Noble Purpose*
By William Damon
11. *Peak*
By Andrew Ericsson & Robert Pool
12. *Presence*
By Amy Cuddy
13. *Raise Your Game*
By Alan Stein
14. *Relentless*
By Tim Grover
15. *The Champions Mind*
By Jim Afremow
16. *The Essence of Success*
By Earl Nightingale
17. *The Miracle Morning*
By Hal Elrod
18. *The Way of the Seal*
By Mark Divine
19. *Win or Learn*
By John Kavanagh
20. *With Winning in Mind*
By Larry Bassham

Closing Thoughts

We all have goals, dreams and desires. Many of us strive for them every day and some of us have given up long ago. We thought they would come faster, easier or more natural. However your best is not fast or easy. It is a lot of hard work. I heard someone once say "after twenty five years they call me an overnight success. All good things, all things worth working for are hard. "It is amazing to me to hear how much work the best of the best put in to be that good. Michael Phillips practiced twice as long as the average Olympic swimmers. He won one of his gold medals by 1/100th of a second. He is the most decorated medal winner in the history of the Olympics with twenty eight medals. He is truly a champion.
You can also be your kind of champion whether it is in your horsemanship, lifemanship, job or any other endeavor. The tools that I have taught and shared with you in this work book and clinic are for you to use to fulfill your dreams and any one of these tools could transform your game and or your life. A combination of a couple of them could be the tipping point for what you need to be your personal best.

Good Luck
&
Happy Trails

Scott DePaolo

scottdepaolohorsemanship.com

Check out Scott DePaolo Horsemanship Facebook!

Pictures By
Emily Doukas
Fine Photography

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