



WILLPOWER & HABITS

Moving towards the horseman you long to be.

**Written and compiled by
horseman and clinician**

Scott DePaolo

www.scottdepaolohorsemanship.com

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 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 the day you could look back with a feeling of pride at all 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're here! You are 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.

Happy Trails!
Scott DePaola

"I would not give a fig for the simplicity this side of complexity, but I would give my life for the simplicity on the other side of complexity."
~ Oliver Wendell Holmes, Jr.



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.

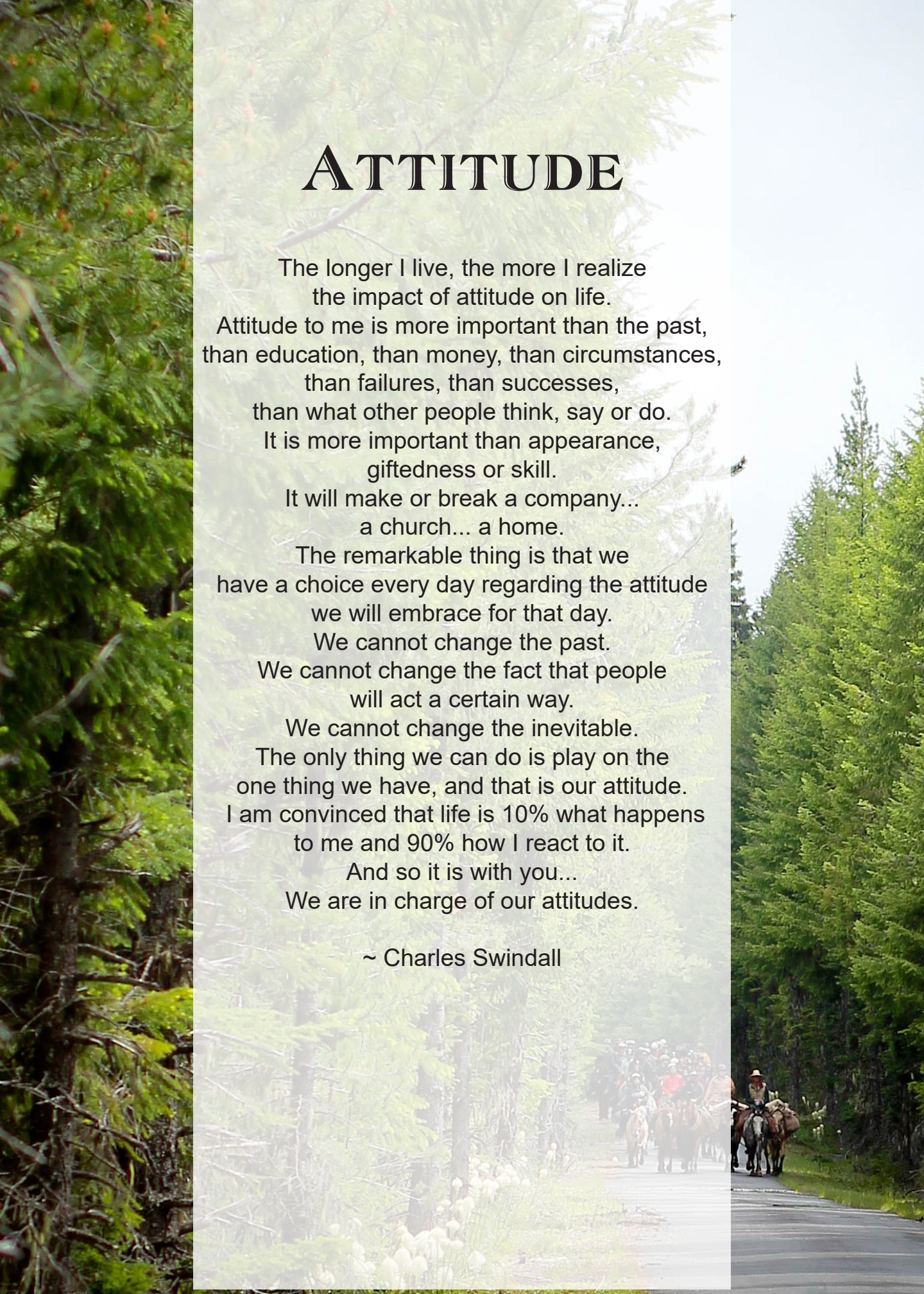
The only thing we can do is play on the
one thing we have, and that is our attitude.

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:

(noun) will - pow - er

Control extended to something, or restrain an impulse.

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

HABIT:

(noun) 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.

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

***Willpower gets you going;
habits keep you going.***

A person wearing a cowboy hat and a light-colored shirt is standing in a paddock. A brown horse is in the foreground, partially visible. In the background, a person is sitting on a fence. The scene is outdoors with a green fence and a dirt ground.

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 year olds 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 began 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 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's what we do consistently."

~ Tony Robbins



A man in a dark cowboy hat with a feather, a purple patterned scarf, and a dark jacket is shown in profile, holding a brown leather rope. He is standing next to a light-colored horse. The background is dark, suggesting an indoor setting like a stable or barn.

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 ways to a better life.”

~ Roy Baumeister

1. How you think about willpower matters.
2. Play offense instead of defense.
100% is easy 99% is hard the extra 1% makes all 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 4 out to a count of 6



WAYS TO BUILD YOUR WILLPOWER

4. Number one way to build willpower is meditation (learn to control your mind).
 - a. Just a couple minutes of meditation or mindfulness per day can change everything.
5. Fundamentals:
 - a. Eat well
 - b. Move intentionally
 - c. Sleep 8+ hours
6. Do the tiny thing:
 - a. The 2 minute rule
 - b. 5, 4, 3, 2, 1
 - c. Develop good posture
 - d. Daily study
 - e. Finish what you start

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're 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 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 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

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 Lists

6. Smile



CREATING & EXERCISING GOOD HABITS

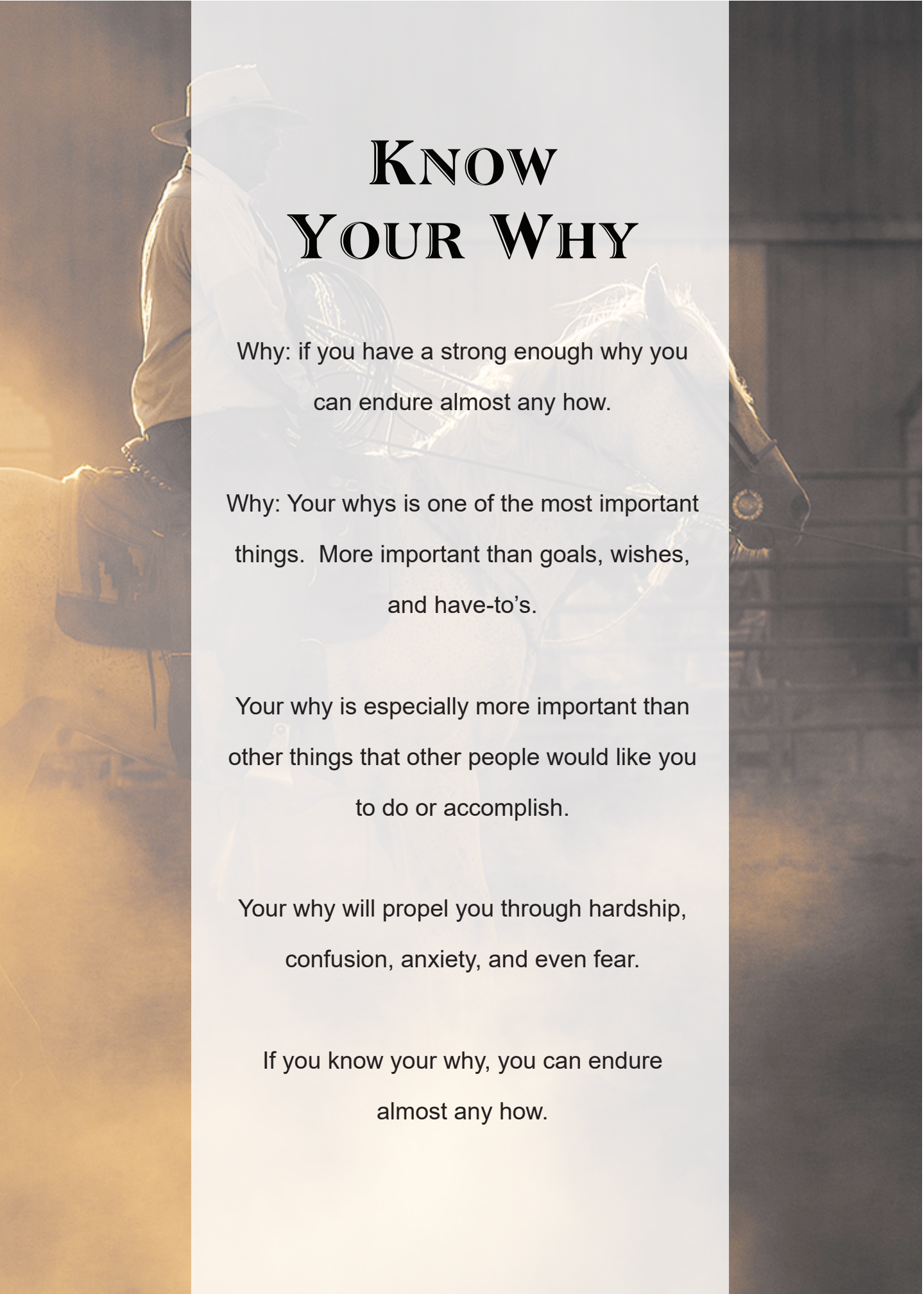
Habit Chart					
	Good Habit I would like to Instill	How Excited are you? (1-10)	How much impact would it have in your life? (1-10)	How much commitment do you have towards it? (1-10)	Total
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Pick the Biggest number habit and instill: _____

I have a habit of: _____

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

It has improved this in my life: _____



KNOW YOUR 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 other things that 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

1. Head up, head down
2. Be friendly
3. Pressure means move
(Porcupine)
4. Back Up
5. Sending
6. Circling
7. Yo-yo
8. Squeeze



9. Side ways/ Sidepass
(both directions)
10. Soft from the tip of their
nose to the tip of their tail
11. Floppy leg
12. Pick me up from
the fence
13. Smell your tail
14. Disengaging hind
quarters
15. Front end across
16. Lead up- walk, trot

A cowboy wearing a wide-brimmed hat, a white shirt, and a purple scarf is riding a brown horse. The scene is set outdoors in a sunny, open area, possibly a ranch or training ground. The cowboy is looking down at the horse's head, and the horse is facing left. The background shows a fence and some trees under a bright sky.

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)
10. Turn on the haunches
(a turn around)
11. Canter Depart
12. Lead Change
13. Rollback
14. Lateral Flex
15. Flex at the Poll
16. Counter Bend
17. Back Outside Circle
18. Back Inside Circle
19. Rate
20. Go Straight
21. Slow Down & Speed Up
22. Be Balanced

SEE IT THROUGH

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, whatever you do;
Eyes front, head high to the finish.

See it through!

~ Edgar Guest

CATTLE WORK

Working with cattle can open up a whole new avenues both for you and your horse. Cattle 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!

“On the other side of complexity is another form of simplicity.”

~ Scott Peck



COW WORK

These are a few basic exercises that will promote cow work success:

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

*“We are what we repeatedly do.
Excellent 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 FROM 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 INFLUENCES.

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 INFLUENCES.

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 INFLUENCES.

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 INFLUENCES.

AGE & TRAINING

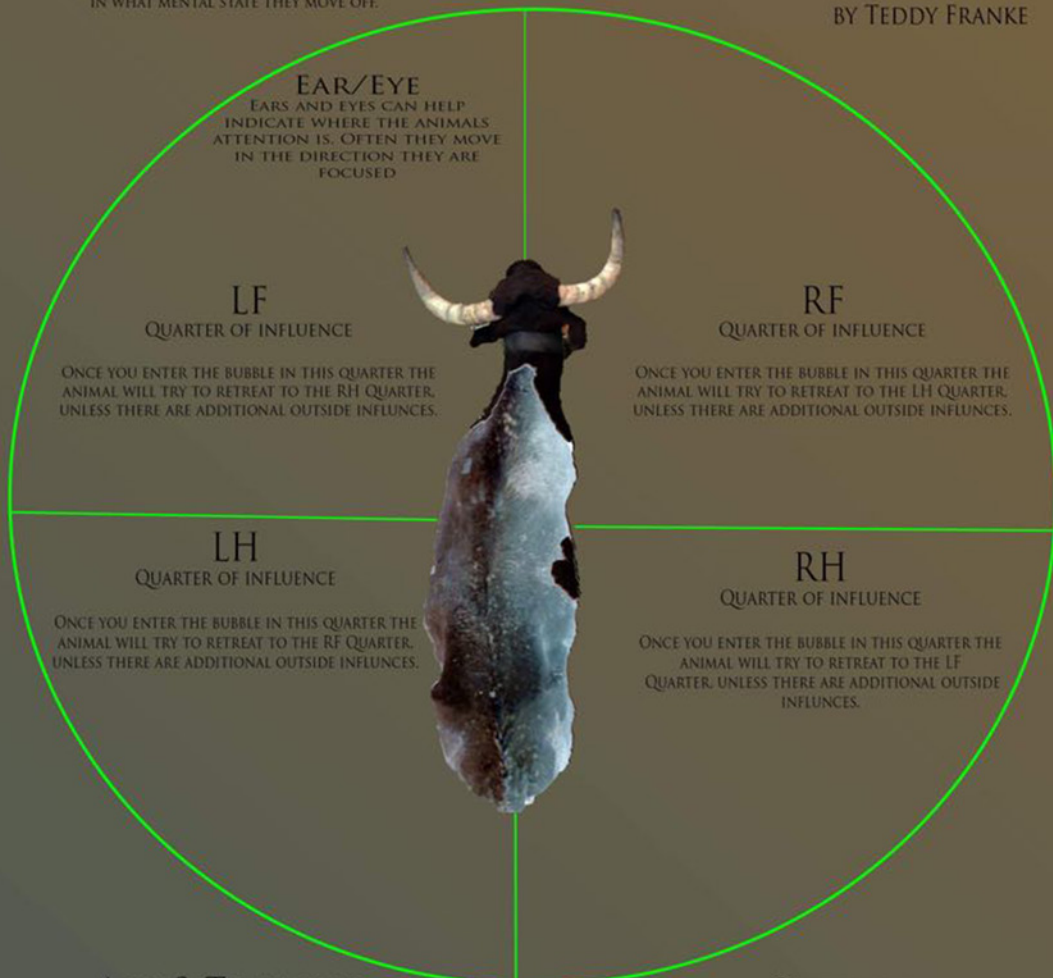
WITH GOOD HANDLING, CATTLE CAN BE TRAINED TO BE INFLUENCED EASILY BY A HORSE, DOG, OR HUMAN.

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.



HABIT QUOTES

1. Willpower will 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." ~ Aristotle
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 where the magic happens.
9. Whether you think you can or you can't, you're 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.
Grit is the king.
13. Practice is the thing you do once you are good.
It is also the thing you do that makes you good.

USE SCIENCE TO BUILD GOOD HABITS

S = **Step ladder**
Break it down so small, you can't help but be successful.

C = **Community**
Surround yourself with the people you want to be.

I = **Important**
Your desire to be has to take precedence.

E = **Easy**
Make it so easy that you can't fail.

N = **Nero Hack**
Change your mind.

C = **Captivating**
All encompassing desire.

E = **Engrained**
Habits are made second nature by number and time.

HABIT FORMING

Que + Craving + Response +
Reward = Habit



4 LAWS OF HABIT FORMATION

1. Make it obvious
2. Make it attractive
3. Make it easy
4. Make it satisfying



HOMework

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 for the better.
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? Replace it with a good habit.
5. Make horsemanship a habit.

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

~ Tony Robbins

BUILD A BETTER HORSE

Name: _____

Date: _____

Horse's Name: _____

Horse's Age: _____

How long have you been riding: _____

How many times per week are you committed to riding and working on your horse? _____

What is your horsemanship goal: _____

What is the goal for your horse: _____

Rate each item below on a scale from 1 - 10. 1 = worst, 10 being best.

Groundwork

Stand _____

Lead _____

Circle _____

Stop _____

Disengage hind _____

Front end across _____

Move off pressure _____

Back up _____

Squeeze _____

Head down _____

Head up _____

Side Pass _____

Touch all over _____

Mounted

Stand to get on _____

Lateral flex _____

Walk _____

Trot _____

Canter _____

Stop _____

Turn on the forehand _____

Turn on the haunches _____

Canter Depart _____

Roll back _____

Flex at the pole _____

Counter Bend _____

Back outside circle _____

Back inside circle _____

Rate _____

Go straight _____

Slow down, speed up _____

Make a perfect circle _____

Obstacles

Load in trailer _____

Tie and stand quiet _____

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) _____

Send to @scottdepaolohorsemanship on Facebook for additional accountability and encouragement!



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



CONNECT WITH SCOTT

facebook

[/scottdepaolohorsemanship](#)

 **Instagram**

[/scottdepaolohorsemanship](#)

 **YouTube**

[Scott DePaolo Horsemanship](#)

A man wearing a grey cowboy hat and a dark jacket is looking down at a horse in a stable. The horse is brown and has a saddle on its back. The man is holding the reins of the horse. The background shows the wooden structure of the stable.

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.
It's all the same.

Make it a Great Day & Happy Trails

Scott DePaolo

A cowboy with a mustache, wearing a white long-sleeved shirt, a white cowboy hat, and sunglasses, is riding a brown horse. He is holding a lasso and has it attached to a dark brown steer. The scene is set in a dirt arena with a green metal fence in the background. The background is slightly blurred, showing trees and a clear sky.

**This book is copyrighted 2022
by Scott DePaolo Horsemanship**

**Get even more inspired
by following Scott
on Facebook, Instagram,
& YouTube.**

**“To thine own self be true.”
Act 1, Scene 3, Hamlet**

**Photos courtesy of Emily Doukas
and Jan and Linda Photo.**

Book design by Wendy Hensley - updated 6/21/23