



# PEAK PERFORMANCE

**for arena, ranch, and life.**

Written and compiled by  
horseman and clinician  
Scott DePaolo

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# HOWDY!

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 whatever that goal is, is the first step to success, the blue ribbon, the gold metal, or the overwhelming 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, physical, mental, and horsemanship exercises 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 workbook will help you review many of the ideas, subjects and quotes discussed and taught in the peak performance clinic for arena, ranch, and life. For this workbook to be of any use to you, you need to be proactive, committed to study further. You will need to make personal growth an everyday part of your life. You are on a challenging, difficult, rewarding, and extremely worthwhile adventure!



Happy Trails!  
*Scott DePaola*

# 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 daily basis. 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 just give you an excuse to quit on the hard days like 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 other excuses that pop up.

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?

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



# 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 exceptional life. You can take control and design your own masterpiece day.

Bookending your day will help you strategically design your day and take control of much of what you do. This means that you decide 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.



# 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 such as performance goals at work, New Years resolution goals, even personal goals. We all have differing amounts of success 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 but 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. It's also important to have a follow up goal. Accomplish one, but plan for the next!

Goal setting is a must for peak performance.

My performance goal is:

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# 10 STEPS TO ACCOMPLISH YOUR 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)
5. 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.
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.



# NOTES

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*Practice does not make perfect.  
Only perfect practice makes perfect.  
So don't practice until you get it right.  
Practice until you can't get it wrong.*

# FUNDAMENTALS

To be your best you must develop and work on your fundamentals every day. Fundamentals are of the utmost 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

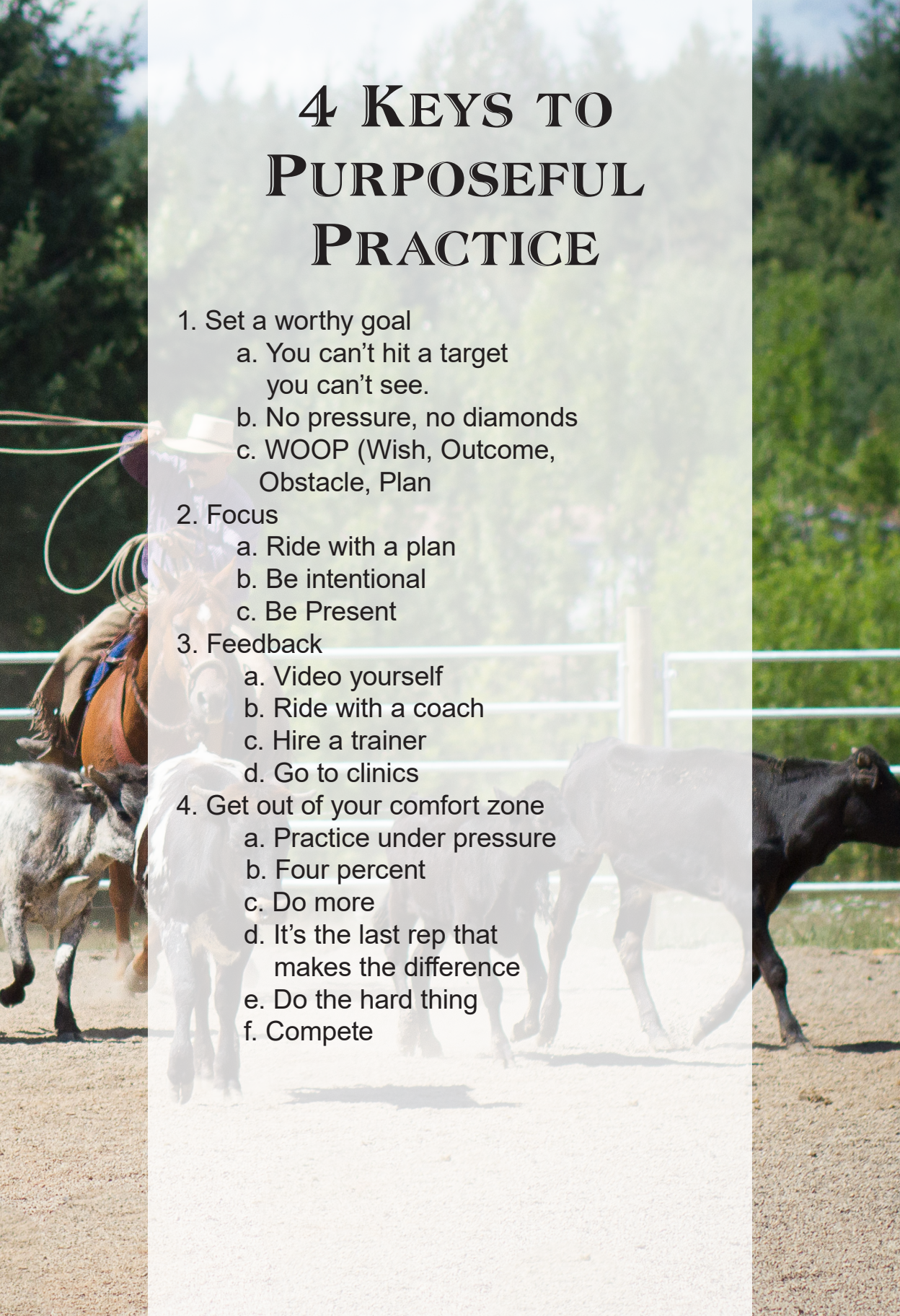
- A. Eat (changing your diet will improve your performance)
- B. Move (exercise will make the difference)
- C. Sleep (champions average one or more hours per day of sleep than an average person)
- D. Mindfulness - just a few minutes a day will change everything.

## 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)
- D. Learn & Grow - Never stop working on being better.



# 4 KEYS TO PURPOSEFUL PRACTICE

1. Set a worthy goal
    - a. You can't hit a target you can't see.
    - b. No pressure, no diamonds
    - c. WOOP (Wish, Outcome, Obstacle, Plan)
  2. Focus
    - a. Ride with a plan
    - b. Be intentional
    - c. Be Present
  3. Feedback
    - a. Video yourself
    - b. Ride with a coach
    - c. Hire a trainer
    - d. Go to clinics
  4. Get out of your comfort zone
    - a. Practice under pressure
    - b. Four percent
    - c. Do more
    - d. It's the last rep that makes the difference
    - e. Do the hard thing
    - f. Compete
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- A person wearing a cowboy hat and a purple shirt is riding a brown horse in a field. The horse is galloping, and the rider is holding a lasso. In the background, there are other horses and a black cow. The scene is set in a grassy field with trees in the distance.

# 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. Recount 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

# NOTES

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*“The next five years will be like the last five years unless you change. Things will change when you change.”*

# 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 in front of the other.

Growth is the only guaranty 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.

# THE POWER OF GRIT

Passion + Perseverance = Grit



***If you want to be gritty,  
join a gritty culture!***

Grit comes through four key ingredients:

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

These four ingredients will give you the perseverance to endure.

Talent + Effort = Skills  
Skills + Effort = Achievement

**Effort counts twice!**

# GAME DAY CARDS

I Can Win the Mustang Challenge

I Have Built a team a trained 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 for me.

7) Be in the moment

8) Allow flow to flow

9) Let it Rip.

Do What

Winners

Do!

Yoww!



# MENTAL SKILL EVALUATION

When you watch a sports event on television, do you ever notice a camera panning the background? If you look closely, you will most likely see athletes who are preparing to enter the field of competition. Most of them are visibly engaging in their “pre-competition routine”, using visualization, mindfulness, meditation, self-talk or other techniques for relaxing and focusing. If you want to be your very best when it really counts, mental skill development is essential!

Rate yourself on the following questions and add your scores together to see where you rate on your mental preparedness.

1 - never    2 - very infrequently    3 - infrequently    4 - sometimes    5 - always

- I regularly use imagery by practicing in my mind, as if I were watching myself on TV.
- I regularly use pictures in my mind to rehearse, as if I were inside my own body.
- When I use pictures in my mind to rehearse, I have control over my movements.
- When I'm getting ready to perform in a very important competition, I think positive, focusing and encouraging thoughts.
- During practice, I think positive, focusing and encouraging thoughts.
- Just prior to competing, my heart rate is elevated slightly, I feel psyched up or focused and I am ready to go.
- Just prior to my performance, I can easily focus on what I am going to do.
- I use short term goals on a daily basis.
- I picture going to big competitions or performances to see what it will be like.
- The stress in my life is under control.
- I believe in myself.
- I love to practice and develop my expertise.
- I can concentrate on my performance no matter what is going on around me.
- I use my time wisely.
- My family and close friends are supportive of me practicing and competing or performing.
- I am able to practice even when I don't feel like it.
- I believe that there is a power either inside me or outside of myself that can help me achieve peak performance.
- I desire to learn additional skills that will help me improve my performance.



# 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 days, 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?**

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**2. WHAT ARE 2 THINGS I COULD DO BETTER?**

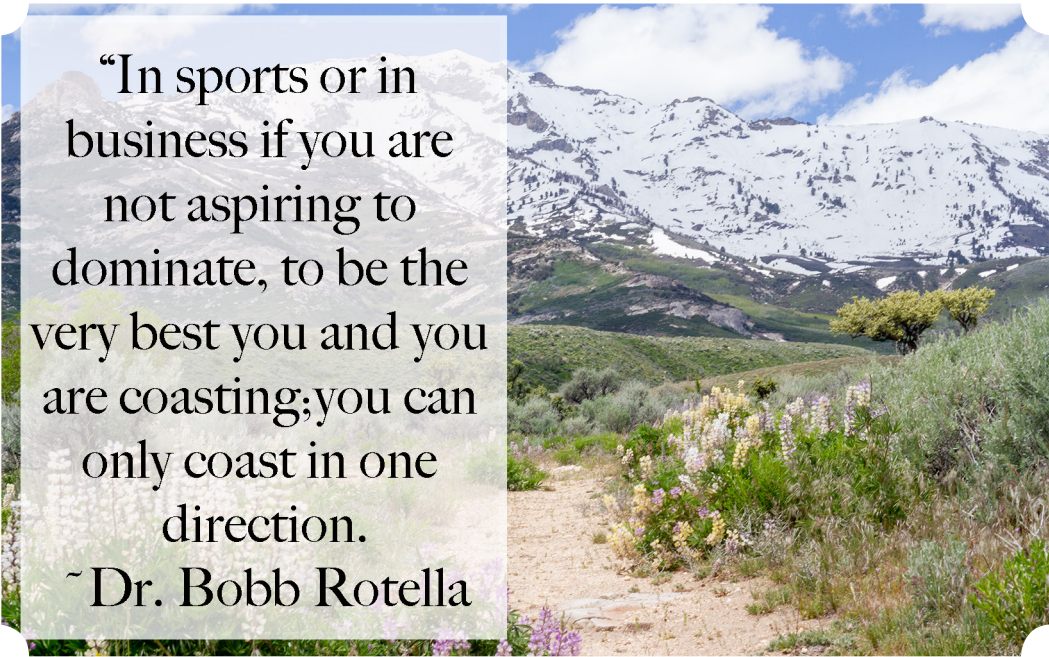
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**3. WHAT IS 1 THING I NEED TO DO TO BE MY BEST.**

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“In sports or in business if you are not aspiring to dominate, to be the very best you and you are coasting; you can only coast in one direction.

~ Dr. Bobb Rotella

# 12 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 it's 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 patriarchs of both.  
And they hold counsel with the  
stars whos broken branches  
show the scars of many winds  
and much of strife.  
This is the law of common life.

*Douglas Malloch*





# 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.

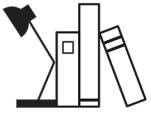
If all that you dream and scheme  
is about it, and life seems useless  
and worthless without it.

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

# 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: \_\_\_\_\_ Side Pass: \_\_\_\_\_

Move off Pressure: \_\_\_\_\_ Head up, Head down: \_\_\_\_\_ Lateral Flex \_\_\_\_\_

## 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 Alone: \_\_\_\_\_

Ride in Group: \_\_\_\_\_ Go Where You Ask: \_\_\_\_\_

## General Spookiness

## Goals

What would you like to work on with your horse?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



SCOTT DEPAOLO  
HORSEMANSHIP

# SCOTT DEPAOLO CLINICS

## **New Year New You**

Foundations of Horsemanship

## **Fear & Confidence**

Fundamentals of horsemanship

## **Willpower & Habits**

Beginning Cow work

## **Peak Performance**

Performance Maneuvers

## **Pre Fiesta Roping Clinic**

Beginning & Intermediate

## **Fiesta**

Celebration of the horse



- Improve your horsemanship
- Build a foundation for success
- Set Goals to achieve your dreams
- Learn how to make every day your best day

- Keys to great Communication
- Life Hacks
- Ultimate Performance
- Progressive Clinic Series
- Roping Clinics and Competition

Rock Your Horsemanship & Lifemanship

Register with Wendy Hensley: [wendyj334@gmail.com](mailto:wendyj334@gmail.com)

Location: Molalla, OR

Phone: (360)-567-7211 / [www.scottdepaolohorsemanship.com](http://www.scottdepaolohorsemanship.com)



To thine own self be true.  
-Hamlet Act 1 Scene 3

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 background shows wooden stable doors and a bright light source, possibly a window, creating a warm atmosphere.

# 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, family, 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*

A cowboy with a mustache, wearing a light-colored patterned shirt, a 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, focusing on the cowboy and the steer.

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by following Scott  
on Facebook, Instagram,  
& TikTok.**

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

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