



OVERCOMING FEAR AND BUILDING CONFIDENCE

Becoming the horseman you were meant to be

Written and compiled by
horseman and clinician
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FORWARD



Congratulations! I commend you in taking a step in the direction to overcome your fear and build your confidence while striving to be a better horse person and grow and be better tomorrow than you are today.

Often times the first step is the hardest. It is the indecision that keeps us fearful. As we step forward into growth, we build our confidence a little bit. We build it little by little through learning new tools, practicing, and putting in the time and commitment.

What is holding you back, can be overcome. Your greatest dreams, accomplishments and goals are on the other side of fear! This is a common trait in man. It is what is and has kept us safe throughout the history of the world, but it is also what is holding many, or all of us back.

This workbook contains many of the tools and ideas that we will learn in the clinic. They are commonly used by many peak performers, warriors and heroes. Courage does not come from being fearless, it comes from being scared and doing it anyway. Abraham Maslow once said, "One always has a choice to step forward into growth or backwards into safety." Growth must be chosen again and again. Fear must be overcome again and again.

Choose growth. Take the step. It will be worth it!

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.

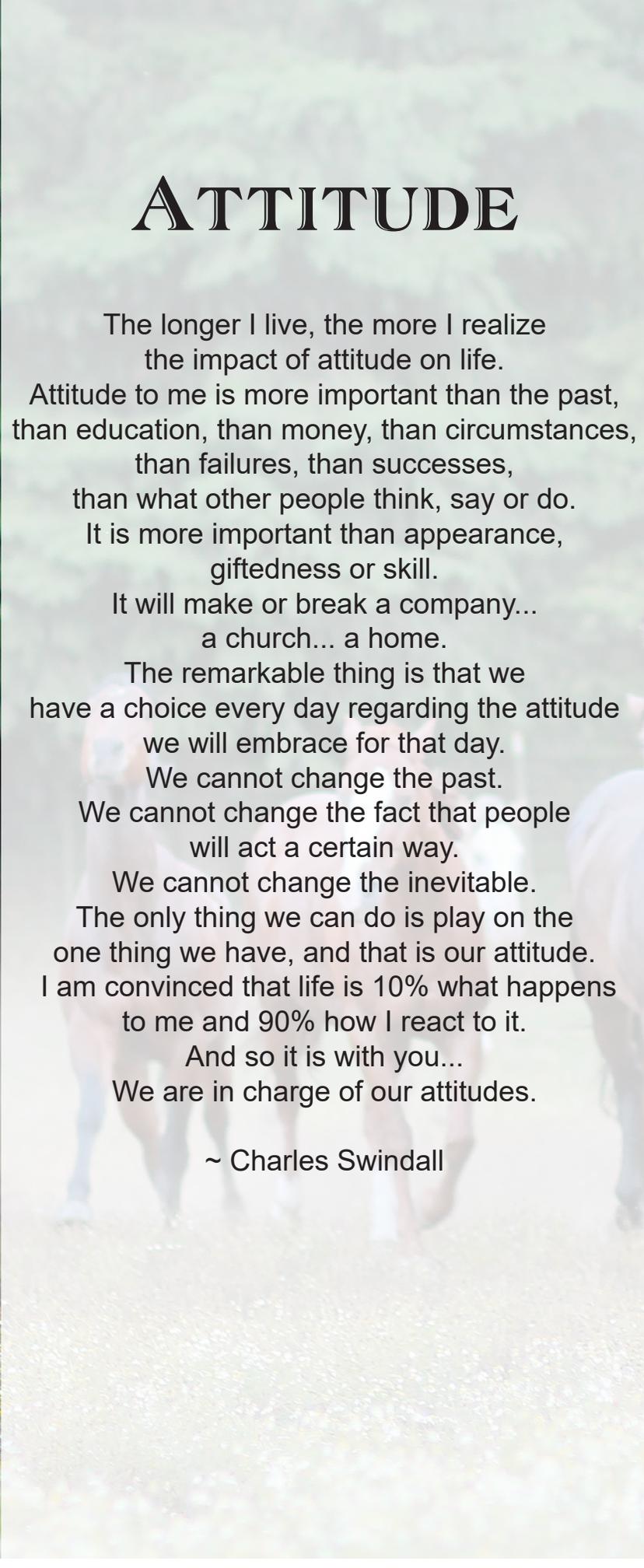
The only thing we can do is play on the
one thing we have, and that is our attitude.

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



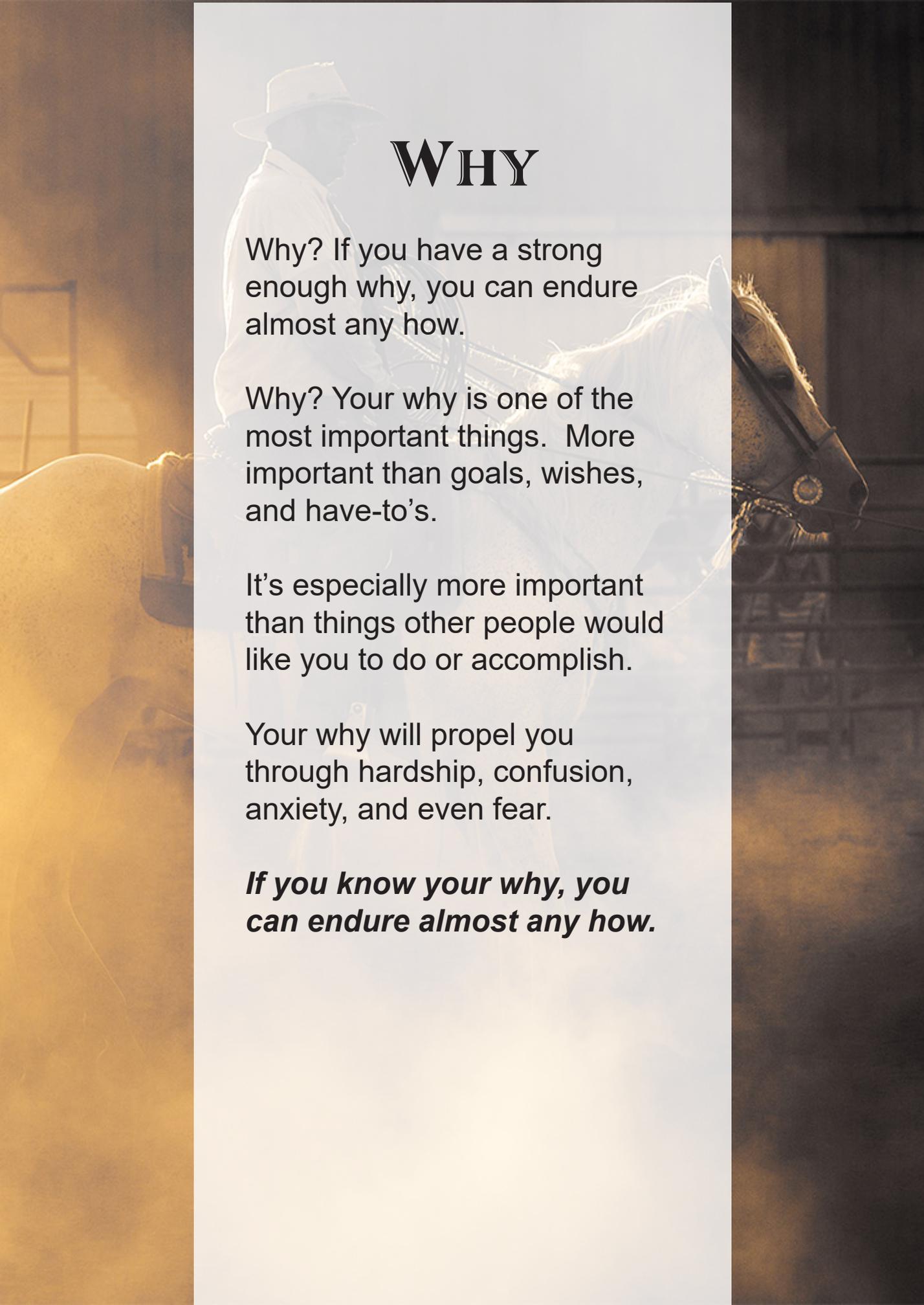


HOW TO ROCK YOUR DAY, WEEK, MONTH, YEAR & LIFE!

1. Seek Arte
2. Master your fundamentals
3. Take command of your days
4. Line up your dominos (make a plan)
5. Build a team
6. Continuous progress
7. What's holding you back? (kryptonite)
8. Power habits
9. Who is the winner (tortoise or hare)
10. WOOP
(Wish, Outcome, Obstacle, Plan)
11. Mantra - Tools of the mind
12. Experiment = Beta

****Bonus****

LFTG



WHY

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

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

It's 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.

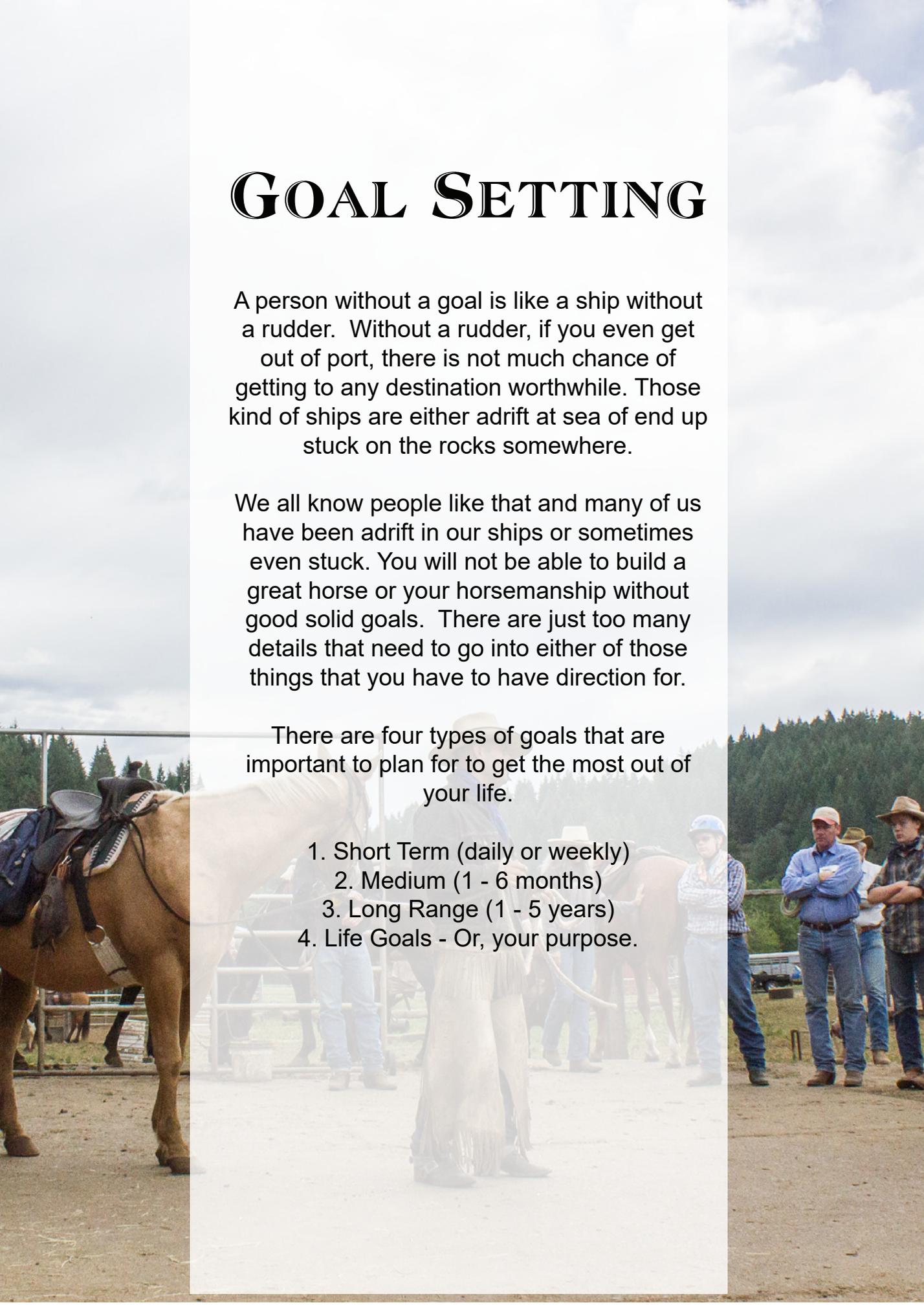
GOAL SETTING

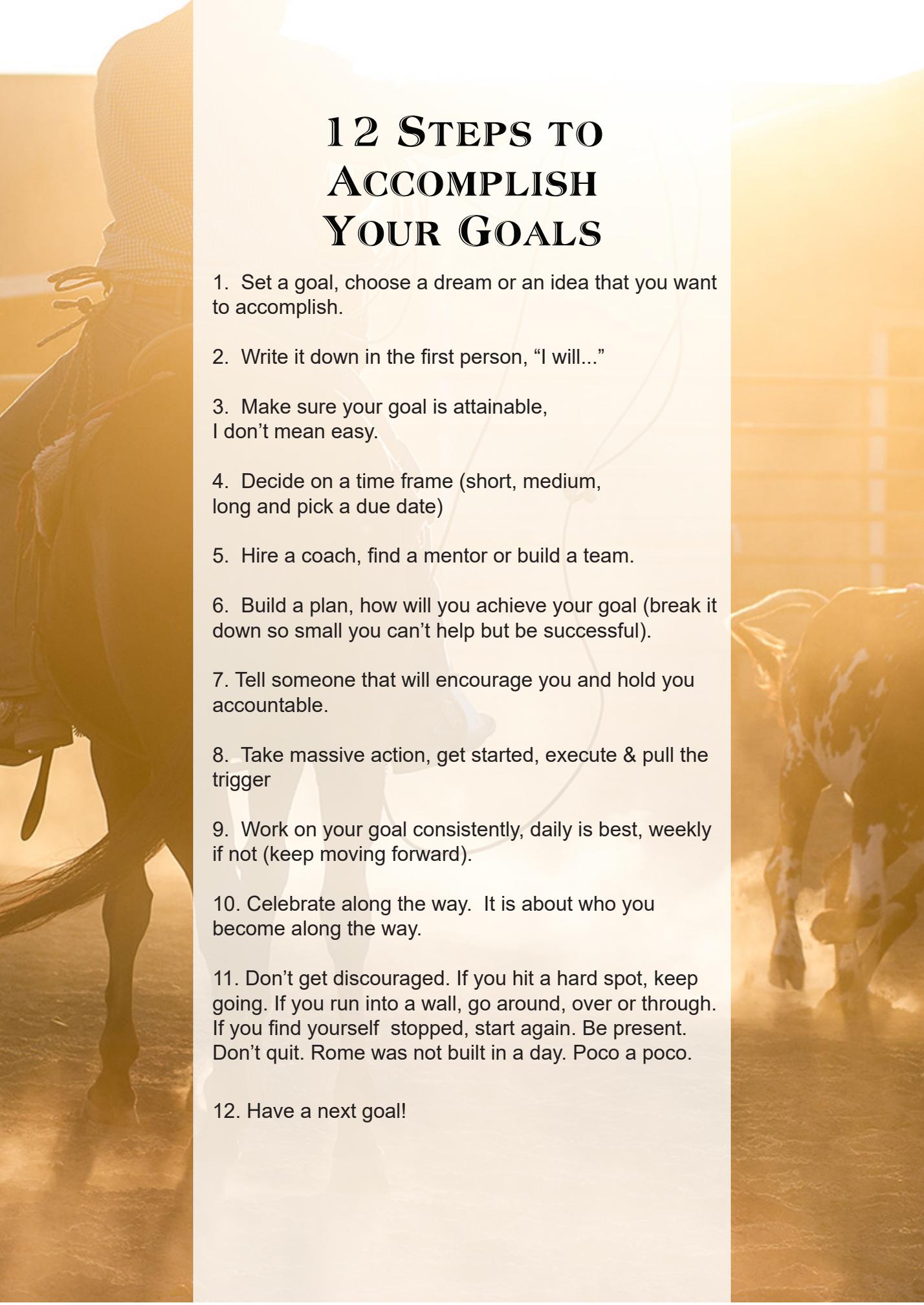
A person without a goal is like a ship without a rudder. Without a rudder, if you even get out of port, there is not much chance of getting to any destination worthwhile. Those kind of ships are either adrift at sea or end up stuck on the rocks somewhere.

We all know people like that and many of us have been adrift in our ships or sometimes even stuck. You will not be able to build a great horse or your horsemanship without good solid goals. There are just too many details that need to go into either of those things that you have to have direction for.

There are four types of goals that are important to plan for to get the most out of your life.

1. Short Term (daily or weekly)
2. Medium (1 - 6 months)
3. Long Range (1 - 5 years)
4. Life Goals - Or, your purpose.





12 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. Celebrate along the way. It is about who you become along the way.
11. 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.
12. Have a next goal!

Create a short range goal for what you learned in this clinic:

What are your horse goals this year?

What is your long range horse goal?



*Remember: an idea is just a dream until you have a goal; and most any attainable goal can be accomplished in steps.
An inch is still part of a mile.*

MY GOAL SETTING

1) Short Term (daily or weekly)

2) Medium (1 - 6 months)

3) Long range (1 - 5 years)

4) Life Goal (your purpose)



***Believe in yourself so your
horse can believe in you.***

Things we worry about:

- Things that never happen - 40%
- Past things that can't be changed - 30%
- Needless health worry - 12%
- Petty miscellaneous worries - 8%
- Real legitimate worries - 8%
- Real legitimate worries you can't do anything about - 3%



6 KEYS TO VAPORIZING ANXIETY

1. Guard your self talk

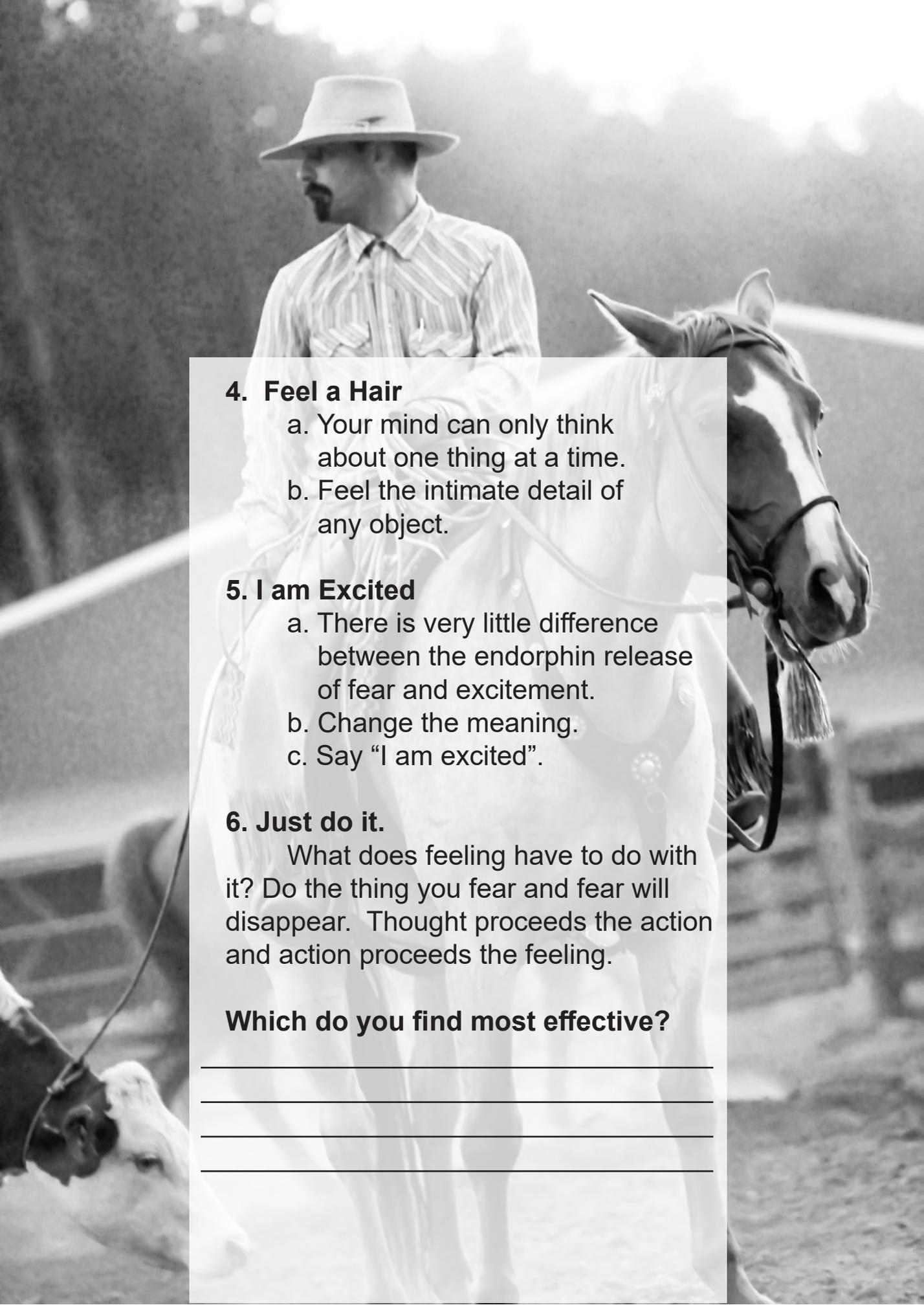
- a. Realize what you're doing.
- b. Change it.
- c. Predetermine what to say.
- d. Watch for the loop.
- e. Self affirmation

2. Breathe

- a. Shallow, short breaths puts us in a fearful, flighty, panicking mindset.
- b. Breathing releases negative endorphins
- c. 15 second breaths 7-2-6-5 in through the nose, 5 out through the mouth.

3. Power Posture

- a. 2 min = testosterone up, cortisol down.
- b. Shoulders back, head up, stand up straight.
- c. Wonder woman stance
- d. Big/open space filling stance.



4. Feel a Hair

- a. Your mind can only think about one thing at a time.
- b. Feel the intimate detail of any object.

5. I am Excited

- a. There is very little difference between the endorphin release of fear and excitement.
- b. Change the meaning.
- c. Say “I am excited”.

6. Just do it.

What does feeling have to do with it? Do the thing you fear and fear will disappear. Thought proceeds the action and action proceeds the feeling.

Which do you find most effective?



**“COMPETENCE
IMPROVES
CONFIDENCE.”**

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



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

6 PRINCIPLES OF GREAT COMMUNICATION

1. Be Present
2. Listen to Hear
3. Look to Understand
4. Validate with Body Language
5. Question to Clarify
6. Think Before You Respond



NOTES

What if you believed in yourself?
What if you were 100% self-confident?
What could you do?
What could you not do?



*"It is not what you **CAN** do, but what you **WILL** do that counts."*

BUILDING 100% SELF CONFIDENCE

Repetition

Do it.

Then do it again and again and again and again.

Practice

Practice doesn't make perfect; only perfect practice makes perfect. Perfect practice builds confidence.

Unstoppable Persistence

10,000 hours will make you confident at most anything.

Self-talk

Never talk negatively or badly about yourself.

Self Affirmations

Tell yourself a great story! You are a champion.

Surround Yourself with Those Who Can

You are the average of the 5 people you spend the most time with. If you want to be a clown, hang out with clowns. If you want to be a champion, hang out with champions.

Celebrate your wins

No matter how small. Have a party!

NOTES

What are 3 things you fear the most when handling your horse?

How do these fears impact other parts of your life?

How do you deal with anxiety?



WAYS TO BUILD YOUR SELF-CONFIDENCE

- Make a decision (be bold, step up)
- Dress for success (look good, feel good, be good)
- Learn to use eye contact
- Walk 25% faster
- Smile (it will change your life!)
- Speak up, ask questions, introduce yourself
- Guard your self-talk
 - Learn how to talk to yourself.
 - You are what you think.
- Use power posture, sit up & command presence
- Surround yourself with who you want to be
- Act as if you already are
- Mastery = learn the craft
- Play poorly well
 - Be willing to fail so you can succeed.
 - Anything worth doing, is worth doing poorly until you learn to be good at it.
- The time between the deciding and the doing is where fear, anxiety, and scared live (5, 4, 3, 2, 1).
- Know your why



SELF-CONFIDENCE BOOSTERS

***Do the thing you fear and fear will
disappear.***

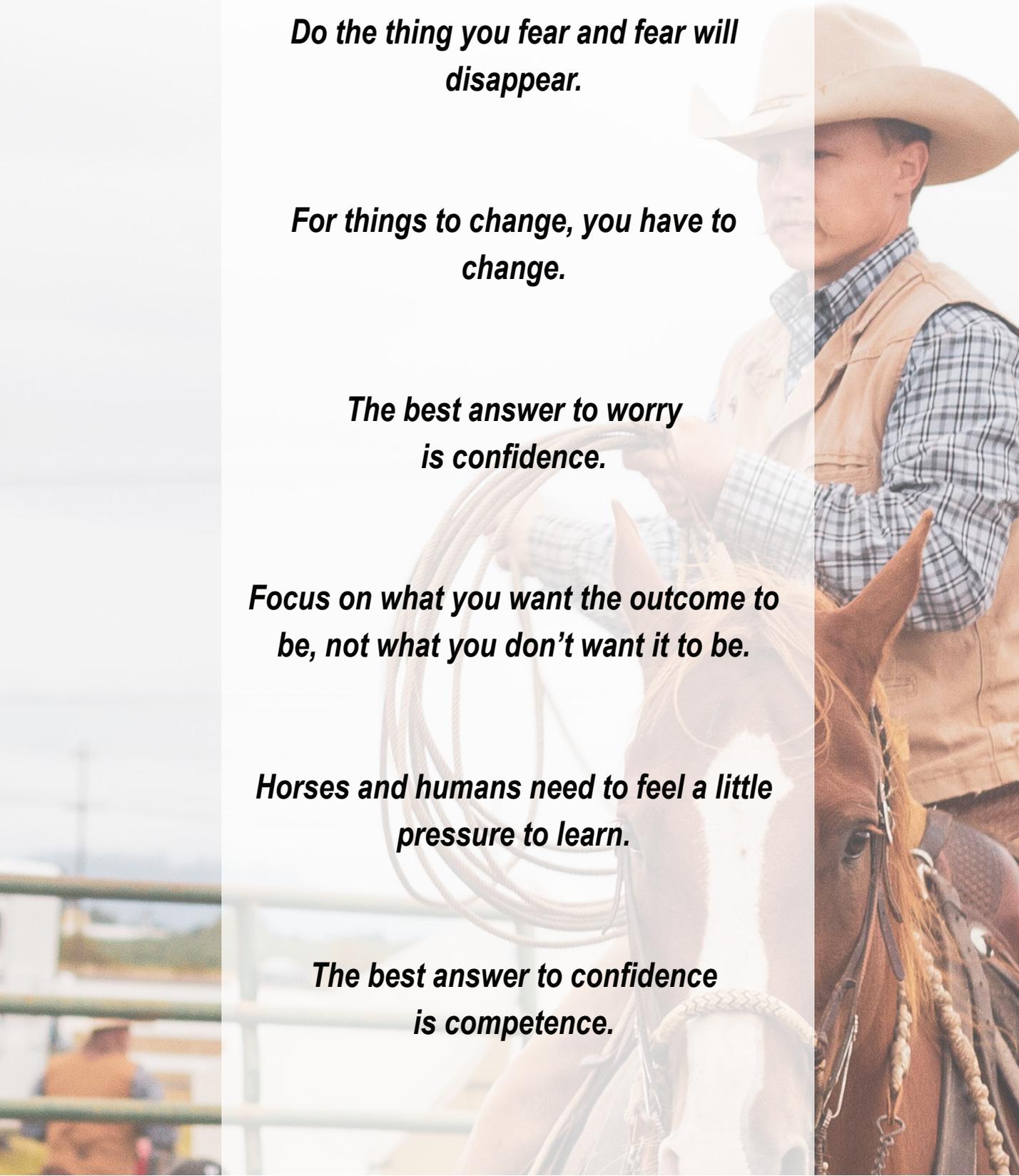
***For things to change, you have to
change.***

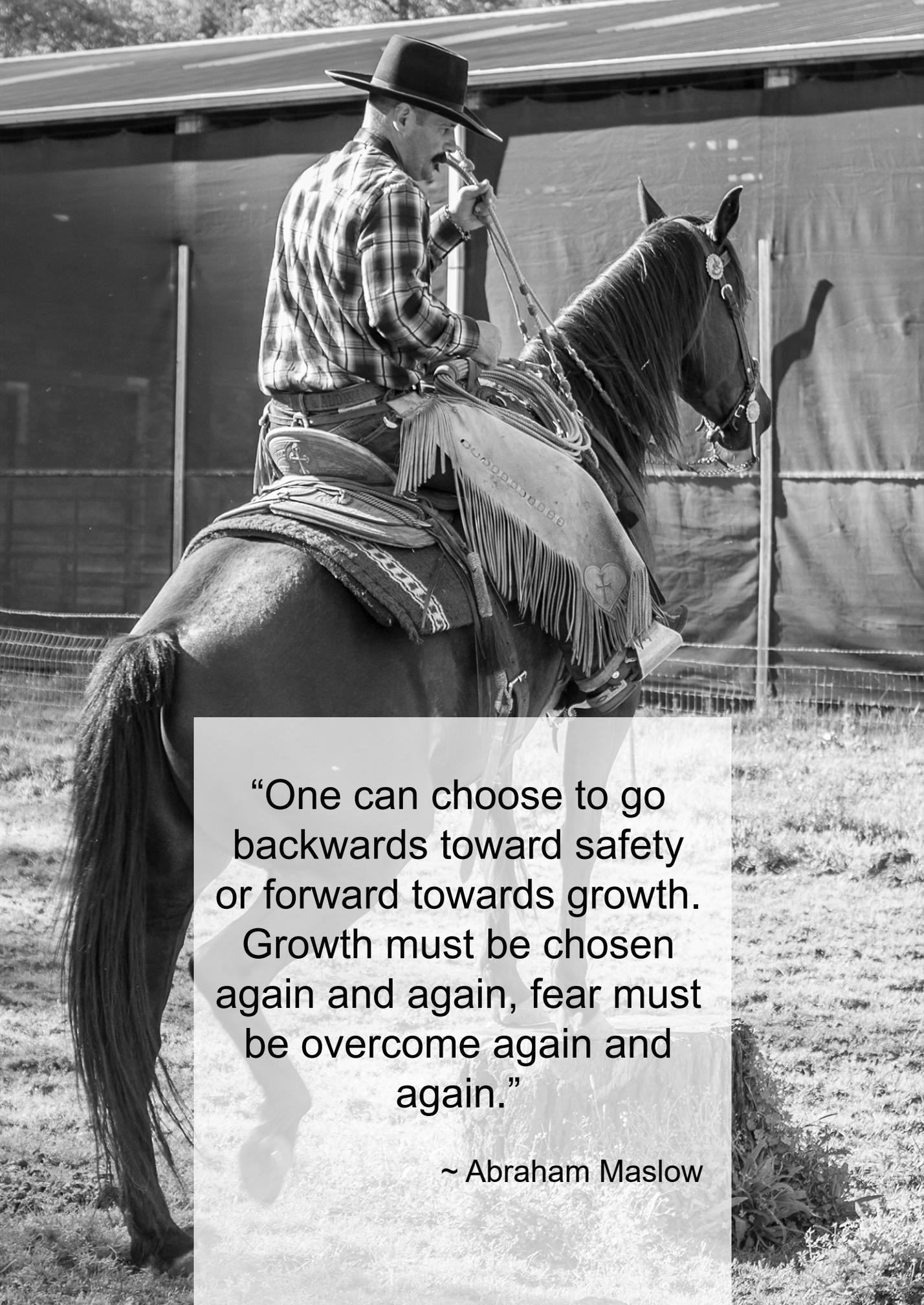
***The best answer to worry
is confidence.***

***Focus on what you want the outcome to
be, not what you don't want it to be.***

***Horses and humans need to feel a little
pressure to learn.***

***The best answer to confidence
is competence.***





“One can choose to go backwards toward safety or forward towards growth. Growth must be chosen again and again, fear must be overcome again and again.”

~ Abraham Maslow



SMILE

Smile! It is impossible to be mad or angry if you are smiling and it is harder to be fearful or have a lack of confidence when you are smiling.

Sometimes the feeling precedes the act, but other times just wearing a smile for awhile can change your attitude and outlook. Most likely your outcome will change also.

It's contagious. When you smile, everything around you smiles too.



BE HAPPY

*8 proven methods for
improving your happiness*

1. Smile - it is impossible to smile and be angry at the same time.
2. Check your attitude
3. Thought replacement
4. Be thankful
5. Forgive - it fixes you not them
6. Count your blessings
7. Serve others - make a difference
8. Pursue a worthy cause - what is your why?

RATS & HOPE

Hope deferred makes the heart sick.
Prov. 13:12

Have you ever felt hopeless? It is not a good place to be, it's not a good feeling. You are boxed in and feel like you are out of options. Hope may be one of the most important attributes to promote. Without hope you are doomed, with hope all things seem possible. In the 1950s Dr. Curt Paul Richter did an experiment. He put rats in a high-sided bucket of water, and found that the average rat under normal conditions could swim about 15 minutes before they gave up and went under and drowned. But if he saved them, got them out, dried them off and let them rest briefly, when he put them back in, those same rats could swim 60 hours, that equals 240 times longer.

Hope is believing your future will be better than your past.

HOPE!

SUGGESTED READING LIST

How to stop worrying and start living
By Dale Carnegie

Daring Greatly
By Brene Brown

The Confidence Gap
By Russ Harris

The How of Happiness
By Sonja Lyubomirsky

Fearless
By Max Lucado

Presence
By Amy Cuddy

Unstoppable Self Confidence
By Andrew Leedham

What to Say When You Talk To Yourself
By Shad Helmsitter

Problem Solving 1
By Marty Martin

*"Life is ether a daring adventure or nothing at all."
~ Helen Keller*

THINK, ASK, TELL, MAKE

Backing On the Ground

Think _____

Ask _____

Tell _____

Make _____

Turning on the Forehand

Think _____

Ask _____

Tell _____

Make _____

Turning on the Haunches

Think _____

Ask _____

Tell _____

Make _____

Sending

Think _____

Ask _____

Tell _____

Make _____

Side Pass

Think _____

Ask _____

Tell _____

Make _____

Stopping

Think _____

Ask _____

Tell _____

Make _____

Walk

Think _____

Ask _____

Tell _____

Make _____

Canter Depart

Think _____

Ask _____

Tell _____

Make _____

EQUIPMENT

By Edgar Guest

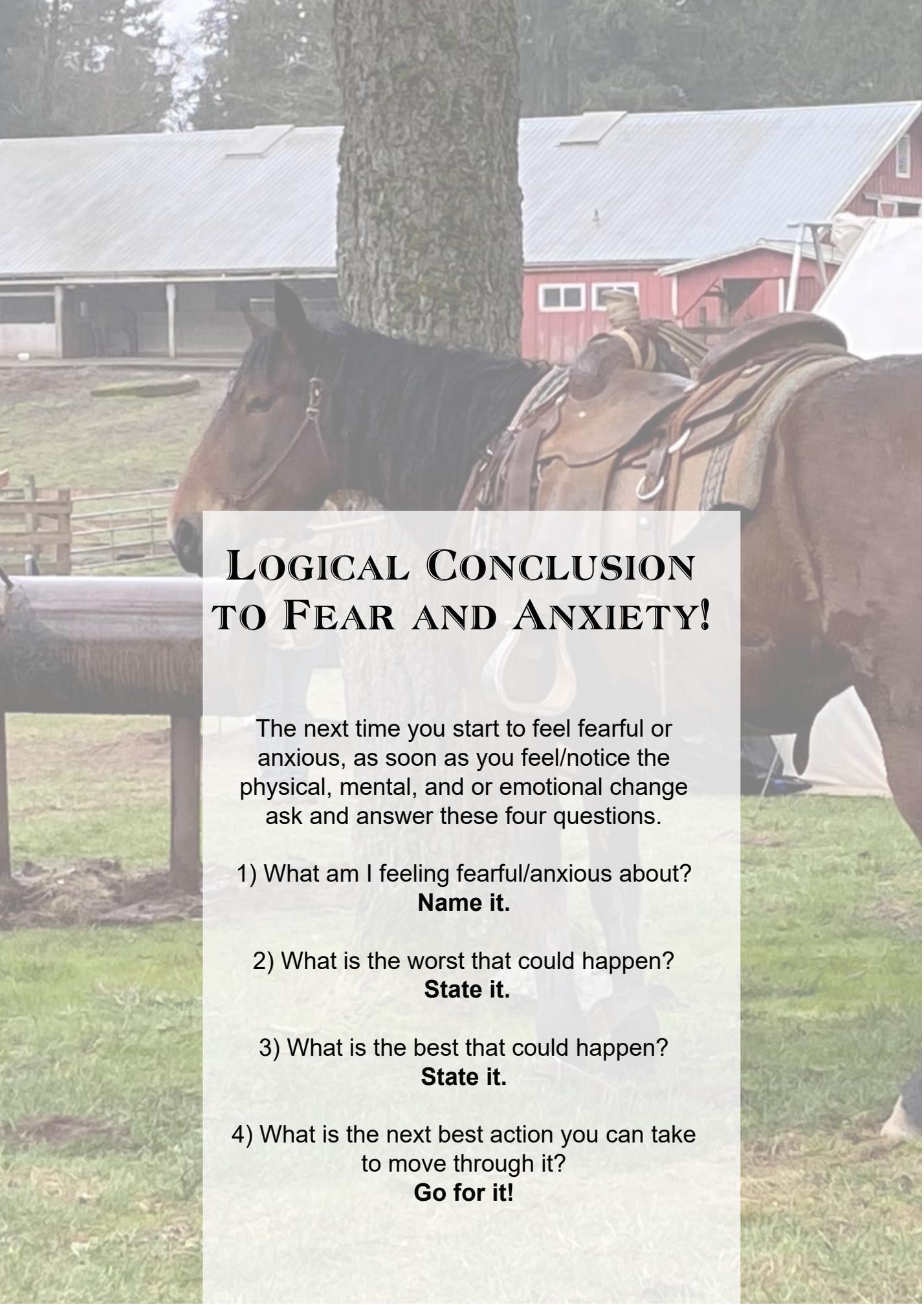
Figure it out for yourself, my lad,
You've all that the greatest of men have had,
Two arms, two hands, two legs, two eyes,
And a brain to use if you would be wise.
With this equipment they all began,
So start for the top and say "I can."

Look them over, the wise and great,
They take their food from a common plate.
And similar knives and forks they use,
With similar laces they tie their shoes,
The world considers them brave and smart.
But you've all they had when they made their start.

You can triumph and come to skill,
You can be great if only you will,
You're well equipped for what fight you choose,
You have legs and arms and brain to use,
And the man who has risen, great deeds to do
Began his life with no more than you.

You are the handicap you must face,
You are the one who must choose your place,
You must say where you want to go.
How much you will study the truth to know,
God has equipped you for life, But He
Lets you decide what you want to be.

Courage must come from the soul within,
The man must furnish the : "I can.:will to win,
So figure it out for yourself, my lad,
You were born with all that the great have had,
With your equipment they all began.
Get hold of yourself, and say: "I can."

A brown horse with a saddle is the central focus of the image. The horse is standing in a grassy area with a wooden fence in the foreground. In the background, there are several farm buildings with corrugated metal roofs and a large tree trunk. The overall scene is a typical farm environment.

LOGICAL CONCLUSION TO FEAR AND ANXIETY!

The next time you start to feel fearful or anxious, as soon as you feel/notice the physical, mental, and or emotional change ask and answer these four questions.

1) What am I feeling fearful/anxious about?

Name it.

2) What is the worst that could happen?

State it.

3) What is the best that could happen?

State it.

4) What is the next best action you can take to move through it?

Go for it!

Build a Better Horse Evaluation Sheet

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!



CONNECT WITH SCOTT

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A man wearing a grey cowboy hat and a dark jacket is looking down at a brown horse in a stable. The horse is saddled with a brown saddle and has a striped blanket under it. The background shows wooden stable doors and a bright window.

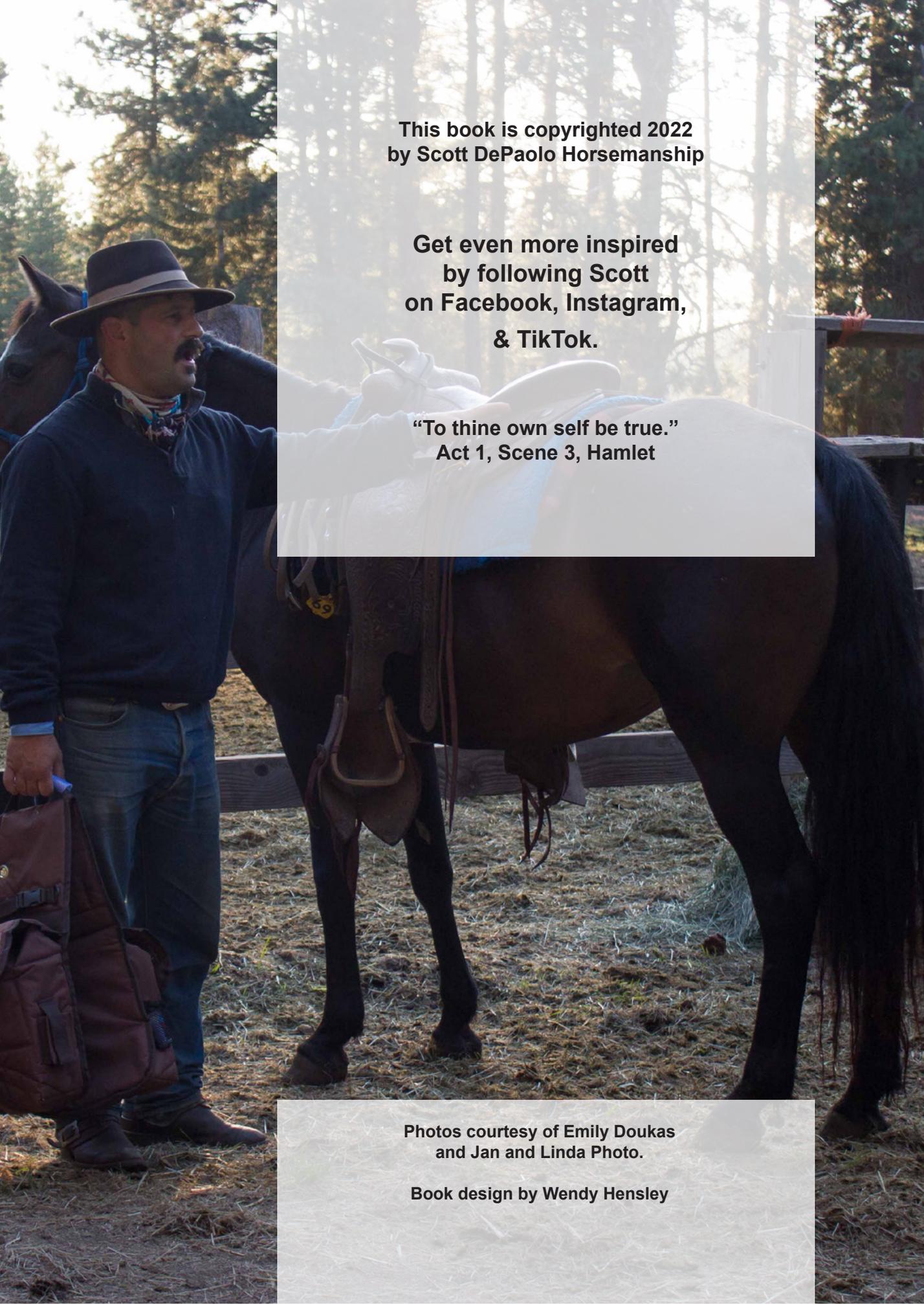
TAKEAWAY

My greatest desire for you, is that you take these principles, practice them, and form positive habits that impact not only your horsemanship, but also your lifemanship and relationships.

Horsemanship ... humanship ... and lifemanship!

Make it a great day and happy trails!

Scott DePaolo

A man with a mustache, wearing a dark blue jacket, a brown hat, and blue jeans, stands next to a dark brown horse. He is holding a large brown bag. The horse is saddled with a white saddle and a blue blanket. The background shows a wooden fence and a forest of tall trees under a bright sky.

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by Scott DePaolo Horsemanship**

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by following Scott
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& TikTok.**

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

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