

Practical Solutions...

to *extraordinary*, CONFIDENT horsemanship



- Always Wear A Helmet When You Ride.
- Ride in a Saddle That Fits You and Your Horse.
- Always Check Your Equipment Before A Ride.
- ALWAYS Wear Boots When Riding And Handling Horses.
- Never Ride Alone, But If You Do, Keep Your Phone Handy Just In Case
- Be present in the moment & aware at all times
- Ask for more from yourself and your horse.
- Have clear expectations & boundaries
- There are 3 main reasons a horse says no. Pain. Doesn't understand. Un-acceptance (or resistance). Try to find the root of this to find a solution.
- Remember you are a teacher, not a dictator.
Strive to inspire your horse to want to participate in the lesson, not to dread it.
Do everything you can to keep your horse happy & comfortable
- Remember you are a coach, not a doormat to be stepped on, not a scratching post, not a kite to fly behind in the wind. A leader in a partnership. Be kind but firm.
- Ride with an attitude of gratitude. Working with horses is a gift!
We don't know how many rides we have. Soak it up!
This attitude also softens your body & actions which in return softens your horse allowing you to achieve your goals much faster!!
- Try To Avoid Riding After Dark.
- Take care of yourself, so you can show up as your best self
- Step into your inner "Boss Mare". Self assured, balance, calm, clear.
- You are enough.
- Take The Small Steps.

And ENJOY THE RIDE.

Be fearless
in the pursuit
of what sets
your heart on fire.

HorseGirl.me
Dream & Ride Fearlessly

