

A woman wearing a dark riding helmet and a dark jacket is smiling warmly. She is standing next to a light-colored horse that has a blue ribbon around its neck. The background is a wooden stable or barn with a slatted ceiling.

BY KELLEY BITTER MPC

Strides to Harmony

The Art of Positive Thinking

*The Winning Edge Mental
Performance Coach*

WELCOME



Hi, I'm Kelley!

I'm a Mental Performance Coach with more than 20 years under my belt in psychiatric nursing, riding instruction, and personal coaching. As a certified Mental Performance Coach and Life Coach, I help my clients break down mental barriers and go after their dreams. My mission? To empower people to boost their mental resilience and crush their goals!

This workbook aims to enhance your show season by promoting positivity and self-empowerment. Through tailored exercises, it helps boost your mental preparedness, replacing self-doubt with confidence. By setting clear goals and visualizing success, you'll be better equipped to face challenges while enjoying the process and bonding with your horse.

CHAPTER 01

Mastering Positive Thinking

INTRODUCTION

Did you know that your mindset can significantly impact your journey as an equestrian? Riders with a positive outlook tend to enjoy their time in the saddle more and often achieve greater success, while those with a negative mindset may struggle with frustration and setbacks.

Embracing a positive mindset allows you to appreciate the potential in every ride and every horse you work with. You are never limited by your circumstances; this is one of the many benefits of positive thinking in the equestrian world.

Positive thinking involves recognizing both the challenges and opportunities in your training and competitions, while choosing to focus on the possibilities for improvement and success. It encourages you to explore solutions when faced with obstacles rather than dwelling on the negatives.

Your thoughts shape your experience as a rider. If you believe in your skills and your horse's abilities, you can achieve remarkable things. With the right mindset, anything is possible in your equestrian journey, but remember that progress takes time and requires dedication and hard work. Keep your focus on your goals, and the results will follow!



*If you are positive,
you'll see opportunities
instead of obstacles.*

The Power of Positive Thinking

HIGHER SENSE OF SELF-WORTH

A rider's self-worth can be enhanced through positive thinking. Focusing on negativity may lead to taking others' concerns to heart, impacting confidence. Adopting a positive mindset helps recognize personal abilities and achievements, allowing for greater assurance in embracing one's journey as a rider.

As an equestrian, building self-worth helps distinguish between feedback that's constructive and criticism that reflects the other person's issues. This awareness enhances your skills, promotes well-being, and fosters joy and calmness while riding.



ALLEVIATE STRESS

Your response to challenges in the equestrian world can be either optimistic or pessimistic. An optimistic outlook fosters belief in a successful ride, while pessimism can lead to anxiety about performance and potential obstacles. Negative thinking impacts both you and your horse, affecting your bond and experience. By shifting to a positive mindset and trusting in your skills and your horse's abilities, you can reduce stress and enjoy your time riding.



DID YOU KNOW?

By thinking one positive thought every morning you can psychologically trick your brain into being a happier person

BETTER MENTAL HEALTH

Negative thinking can greatly affect equestrians, leading to anxiety, fear, and depression. In contrast, an optimistic mindset helps riders cope better with challenges. While positivity is beneficial, it shouldn't replace addressing serious mental health issues.

Embracing optimism allows equestrians to see the silver lining in every experience, enhancing their perspective and reactions to challenges. This positive attitude fosters joy and supports overall mental well-being in the equestrian world.

BETTER PHYSICAL HEALTH

The connection between mind and body greatly impacts equestrians. Poor mental health can hinder physical performance, while improved mental well-being enhances physical health, vital for riding and horse care. A positive mindset helps manage anxiety and stress, prevents illness, and aids recovery.

Optimistic equestrians often enjoy longer, healthier lives with stronger immune systems. By fostering a positive outlook, you can boost your health and enhance your riding experience.

LEADS TO SUCCESS

A positive mindset expands our perspective, allowing us to explore new possibilities in our equestrian journey. Even when faced with initial challenges, this outlook motivates us to push forward. The benefits of positive thinking manifest as patience, tenacity, perseverance, and determination—all essential qualities for success in riding and training.

When equestrians encounter obstacles, those with an optimistic attitude are less likely to abandon their goals. Instead, they are more inclined to pursue their dreams and maintain a hopeful outlook on the future of their riding endeavors.

DEVELOPING RESILIENCE

Your capacity to tackle challenges as they arise is a testament to your resilience as an equestrian. This resilience enables you to navigate setbacks, whether in training, competition, or working with your horse, without letting them discourage you. Trusting that outcomes will improve with time is crucial in maintaining your focus and determination.

Positive thinking plays a significant role in fostering resilience. While some may underestimate its importance, it's essential for your journey as a rider. By embracing a positive mindset, you can influence your experiences and performance in the saddle. Even in the face of adversity, whether it's a tough ride or an unexpected fall, maintaining a hopeful outlook allows you to push through. Developing effective coping strategies not only helps you in these moments but also strengthens your overall equestrian skills for the future.

CHAPTER 02

Develop a Positive Mindset Habit

POSITIVE MINDSET HABIT

Positivity is all about how you approach your riding and interactions with horses. It means accepting and embracing every challenge you face in the saddle as an opportunity to learn and grow. Remember, your perspective on any situation—be it a tough ride, a training setback, or a competition hurdle—will shape whether you see it as a chance to improve or as an obstacle to overcome.

Everything in riding and horsemanship is connected to your mindset, from the moment you rise in the morning to the time you settle in for the night. Your emotions, thoughts, perceptions, and reactions while working with your horse are always within your control. Your mindset shapes your ideas, feelings, attitudes, and ultimately your performance in the saddle. Therefore, it's essential to be mindful of what you allow to influence your thoughts and feelings as an equestrian.



DETERMINE THE CAUSE OF THE PROBLEM

As an equestrian, it's vital to identify the reasons for negative thoughts. Reflect on specific concerns when labeling experiences as negative and consider self-perceptions about your riding skills and horse interactions. Explore activities that may lead to pessimism. Understanding these root causes allows you to replace negative thoughts with positive ones, such as focusing on progress and celebrating small victories. Cultivating an optimistic mindset may take practice, but with consistency, it can become a natural part of your equestrian routine.



LETTING GO THE FEAR

Equestrians should discard outdated beliefs that hinder progress, such as feelings of inadequacy or comparisons to other riders. It's important to abandon unhelpful habits, seek validation from others, and fear judgment. Embrace your unique capabilities and trust in your skills to cultivate a positive mindset and improve your riding experience.

AVOID NEGATIVE PEOPLE

Equestrians often reflect on past rides or competitions, especially when outcomes were disappointing. It's important to move forward and focus on future goals and training. Consider sharing experiences with a supportive coach or fellow rider, and distance yourself from negative influences that diminish motivation. Build relationships with uplifting individuals, as they can greatly enhance your riding journey.



EMBRACE YOURSELF

Recognize your identity as an equestrian and appreciate the journey you've taken with your horse. Your challenges and tough moments don't define you; rather, they are the stepping stones that showcase your growth and resilience in the saddle. Embrace the changes you go through, and let your newfound confidence and passion propel you forward, unstoppable in your pursuit of excellence.

CREATE SPACE FOR GROWTH

True maturity in equestrians means understanding your own internal challenges and taking a moment to reflect before letting your emotions influence your interactions with your horse and others. To cultivate happiness in your riding journey, it's essential to prioritize the foundational aspects of growth. Recognize that there will be times of both intense activity and peaceful reflection in your equestrian pursuits, and embrace each phase for your personal development.



Practice Positive Self-Talk



Remind yourself that you are a skilled equestrian, and your only competition is with yourself. Focus on your own progress and growth, and don't let comparisons with other riders distract you. Ignore anyone who tries to undermine your worth in the saddle.

Even if it takes a bit longer than you expected, you'll find fulfillment and achieve the goals you deserve in your equestrian journey. Don't be discouraged if you're not exactly where you want to be right now; remember, you're on a journey with your horse, and it's all about the progress you make together, not just the destination.



You don't need to have all the answers as an equestrian right away. It's perfectly fine if your riding journey isn't perfectly organized at this moment, and there's no shame in not having everything figured out. Every rider experiences their own path, and each one finds their version of success and fulfillment at their own pace. Embrace your individual journey with your horse, and remember that progress takes time.

Practice Positive Self-Talk



Imagine how much your equestrian journey will transform if everything unfolds as you hope. Consider the upcoming changes, the excitement of new opportunities, and the joy of pursuing your passion. Focus on the goals you're setting for your riding and training, rather than the challenges you might be facing today. Visualize the equestrian life you aspire to live and let that vision guide your actions and decisions.

Their polished appearance may not reflect the struggles they face internally, as everyone battles their own challenges. Remember, there's no competition with others in your equestrian journey. Focus on your own progress, avoid comparing yourself to fellow riders, and don't let feelings of inadequacy hold you back.



Remember that what is meant for you in your equestrian journey won't slip away, even if you face setbacks and things aren't going as smoothly as you hoped. If an opportunity is truly meant for you, it will eventually align in your path; if not, it may simply be a part of your journey. Don't let rejection or the absence of your desired outcome discourage you. Trust that you'll recognize the right opportunity when it presents itself.

Ways to Maintain Your Positive Mentality



There are several advantages to consistency in equestrian pursuits. Being more consistent in your training and riding will help you reach your important goals much faster if you're willing to put in the effort and stay focused.

With just a few months of dedicated practice, you can make significant progress in your riding skills. Every equestrian seeks the secret to success so they can achieve their objectives swiftly and easily.

Unfortunately, hard work and perseverance are the only true pathways to achievement in this sport. Therefore, learning how to maintain consistency in your routine is essential for your growth as a rider.

STOP STRIVING FOR PERFECTION

Achieving your equestrian goals requires perseverance, especially when motivation wanes. Striving for perfection can hinder progress; instead, focus on gaining experience with each ride. Don't let perfectionism stop you from working towards your goals, as action fuels learning.

Growth comes from the lessons learned along the way. Anticipate challenges and setbacks to prepare yourself mentally, allowing you to face tough moments without being overwhelmed by negative thoughts.

SEEK MOTIVATION FROM SUCCESSFUL PEOPLE

Surround yourself with fellow equestrians who share your goals or, even better, those who have already achieved them. Watching riders who have what you aspire to can inspire you to push harder in your own journey. However, be mindful of the potential downside; seeing their success might lead you to doubt your own abilities and progress.

Stay critical of the advice and perspectives offered by others in the equestrian community. Don't let their words dominate your thoughts or make you feel trapped in comparison. Remember, the most important factor in your growth as an equestrian is your own dedication and effort.

BELIEVE YOURSELF

As equestrians, you'll encounter diverse advice on achieving your riding and training goals. It's important to focus on suggestions that resonate with you and disregard those that don't. While it's easy to be swayed by others' opinions in the equestrian community, remember you can choose whose guidance to follow. There's no obligation to adopt methods that don't align with your style or philosophy.



ACQUIRING EXPERIENCE THROUGH FAILURES

Don't worry if you make mistakes while riding or training; even the most experienced equestrians have their off days. Embrace the journey of growth that comes from learning through your challenges. Failing to learn from your experiences can hold you back from advancing in your riding skills. Embrace your mistakes as opportunities for improvement, as errors are a natural part of the equestrian journey.

Every rider makes mistakes. What truly matters is how we acknowledge those moments and move forward. Recognize your mistake, reflect on it, and take the steps needed to avoid repeating it in the future.

START WITH A SIMPLE GOAL

Embark on a 30-day positive thinking challenge to boost your consistency as an equestrian. While committing to daily riding or horse care routines can feel overwhelming at first, embracing a positive mindset can help ease this journey. Start with simple, manageable tasks and gradually build up their duration and complexity, celebrating each small success along the way.

If a 30-day commitment seems too intimidating, try a 7-day challenge instead. Focus on your equestrian activities for just one week, and allow yourself to experience the joy of progress. Afterward, you can choose to extend your commitment. Remember, fostering a positive outlook and staying dedicated to your equestrian journey will lead to lasting improvement and fulfillment.



Be Positive

**I AM GRATEFUL FOR ALL THAT I HAVE - I
LOVE MYSELF - I WILL BE KIND TO
MYSELF AND OTHERS TODAY - I BELIEVE
IN MYSELF - I AM BECOMING MORE
CONFIDENT EVERYDAY - I AM PROUD OF
MYSELF - I AM IN LOVE WITH MYSELF AND
MY BODY - I AM FREE OF WORRY AND
REGRET - I AM TALENTED AND
INTELLIGENT - I AM BRAVE, BOLD AND
BEAUTIFUL - I AM WORTHY -**

The Winning Edge Mental Performance Coach



Struggling to stay confident in the ring or connect with your horse under pressure? Let's change that. My personalized mental performance coaching is designed for equestrians like you, focusing on both your mindset and your unique partnership with your horse. Together, we'll tackle performance anxiety, sharpen your focus, and strengthen your bond.

Email me today to schedule your personalized consultation—because you and your horse deserve to ride as one. 🐾🐾

Thewinningedgecoach@gmail.com

Thank You!

A photograph showing the silhouettes of a horse and a person standing in a field of tall grass. The sun is setting in the background, creating a bright, golden glow and long rays of light. The sky is filled with soft, golden clouds.

The Winning Edge

Mental Performance Coaching

SCHEDULE A CALL

Eagelsnestequestrian.com

*The Winning Edge Mental
Performance Coach*

7 DAYS OF POSITIVITY CHALLENGE

TRY AND WRITE YOUR OWN CHALLENGES. YOU CAN DO IT!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

30 DAYS OF POSITIVITY CHALLENGE



TRY AND WRITE YOUR OWN CHALLENGES. YOU CAN DO IT!

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Your mind believes
what you tell it, so tell it
positive things.

The Winning Edge
PERFORMANCE COACHING