



I KNOW YOU SEE IT

SO WHY WON'T YOU LOOK AT IT?

BY SANDIE ROBERTSON

AS WE ENTER THE LAST QUARTER OF THE YEAR IT IS HARD NOT TO REFLECT ON WHAT HAS BEEN AND HOW MUCH TIME HAS PASSED. THE GLOBAL PANDEMIC THAT AFFECTED NOT JUST THE EQUESTRIAN COMMUNITY; BUT TOUCHED EVERY ASPECT OF ALMOST EVERYONE'S LIFE.



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The ripple effects of this time are really starting to show and people tend to fall in to 3 categories.

GROUP ONE

Terrified of the uncertainty, terrified of what has been and unable to look to the future or to plan for today.

GROUP TWO

Those who are happy to be back enjoying time with their horses and able to take it day to day, grateful for the situation they are in and in no hurry for change.

GROUP THREE

The super motivated, who took the greatest advantage of this time and worked hard, practiced and improved and gained knowledge and strength through their own determination and dedication to improve in whichever way they can.

Having spoken to clients who fall in to all 3 categories there is 1 standalone difference between those in the first 2 categories and those in the third.

The individuals in group 1 and 2 place a huge amount of effort in “not knowing” what they want, why they are stuck, why they are where they are. They can come up with many hours’ worth of incredible reasons as to why they “aren’t ready” “aren’t good enough” and are without a goal.

They have explored EVERY reason to ensure a negative outcome. They have looked left, right, up, down and even backwards! But they refuse to open their eyes and look at the path directly in front of them.

WHY DO THEY DO THIS?

Deep down they know exactly what they want to achieve but often the thought of admitting it is too great. Fear or failure, Fear of success, feeling overwhelmed about how to start or having the self-worth to believe you deserve it are the most common examples of why we just don’t allow ourselves to SEE what’s right in front of us.

Whereas category 3 have laser like focus on what they want. They have nothing but belief in the process and will work towards their own goals in a truly dedicated fashion, building daily to create a solid infrastructure for success.



WHERE TO START CAN SEEM DIFFICULT WHEN EVERYTHING THAT ONCE FAMILIAR HAS CHANGED.

Remember that everything seems new until we do it and it's the **“new normal”**.

Start by setting yourself some realistic goals, be honest with yourself about what you want to achieve by December and then break it down month by month. Taking control is the first step towards taking action.

So make the plan, follow the plan and be amazed at what you are about to achieve. 🏆




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