



YOU MADE IT

# NOW WHAT!

By Sandie Robertson

WATCHING THE EGYPTIAN TEAM QUALIFY FOR THE OLYMPICS WAS ABSOLUTELY ONE OF THE HIGHLIGHTS OF MY YEAR. KNOWING EXACTLY THE WORK, SWEAT, TEARS AND YEARS OF THE RIDERS THEMSELVES AS WELL AS THE TEAM AROUND THEM WAS NOTHING LESS THAN MAGICAL.





Not to mention the careful production of each of their rides that lead to that glorious day. It started me thinking about HOW my clients manage to stay in that winning headspace when they have already won!

How to make sure they can recreate that unlimited focus, clarity and ability to think and ride in an instinctive way- when it really matters the most.

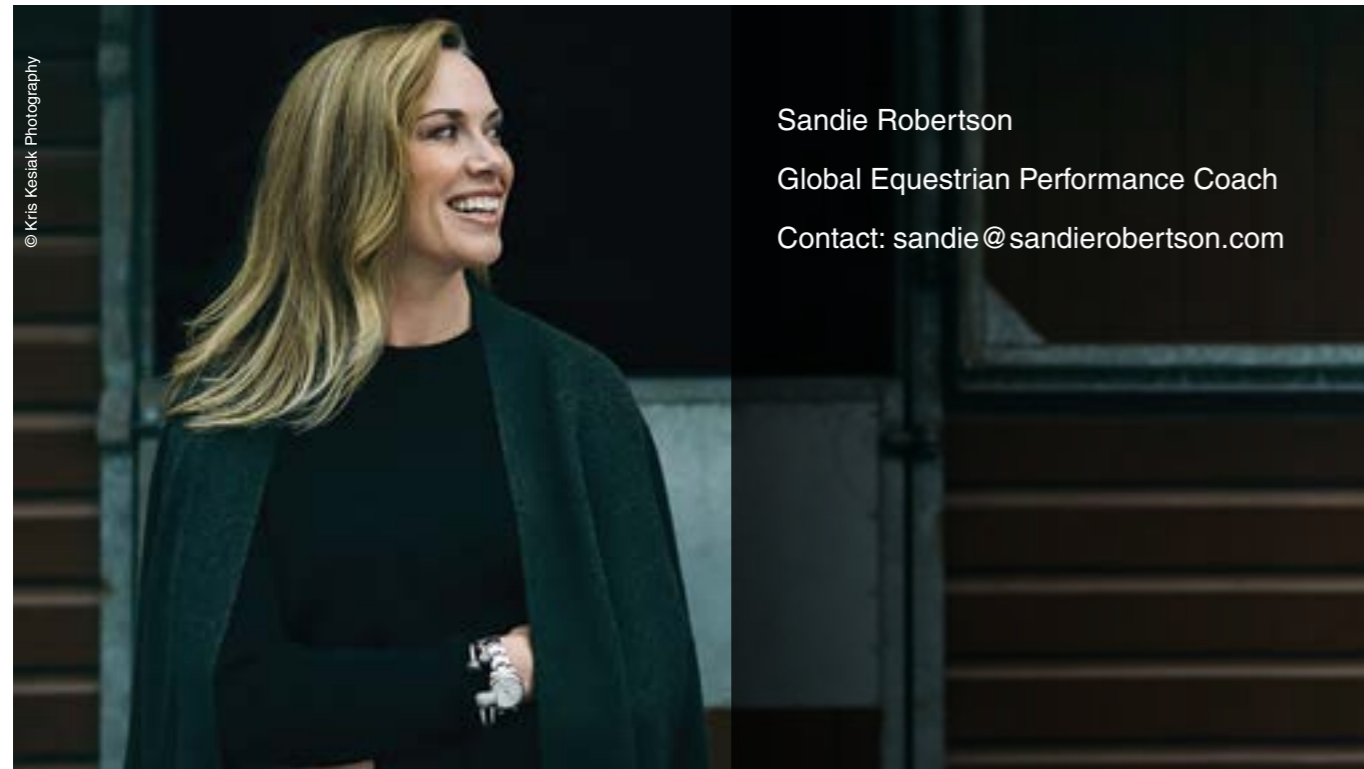
We are all familiar, I am sure of a time when the pressure we felt meant we performed like someone we didn't even recognize! Not that polished, poised rider we had dreamt of being! The rider we can be at home and often in the warm up arena seems to magically leave the arena through the fire exit and instead leave a lump of coal holding the reins!

#### WHAT WE IMAGINE IS REAL!!

Our subconscious recognizes everything we play to it, it likes to watch and learn from all the memories we indulge in, good and bad! It doesn't know that the movie you make in your mind isn't real so as you play your favorite movie to it - the one where you crash through a fence, or fall off at the first fence, you are literally teaching it that lesson!!

Ice cool riders like Sameh El Dahan, Scott Brash and many others have mastered the art of being able to blank those useless thoughts out. To instead focus on their steadfast belief in their horses, themselves as riders and on the results they need on that day. 🏇

#### ABOUT THE AUTHOR



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Leaving them free for optimal performance physically and mentally!

This sort of discipline doesn't come over night and here are some of my deepest and darkest kept secrets on how to achieve this!

1- You have to believe that you can! REALLY believe it, not just THINK it but believe in your very soul that you can do it. Because that's the drive that keeps you going when nothing is going according to plan.

2- We won't all be Olympians, but most of us can achieve a lot more than we do. If we work on our mindset and aims as much as we do our riding.

3- Start looking for the good in things and focus on them. Allow yourself to feel good about it and what you're doing really well! Balancing strengths is as important as noticing weaknesses!

4- Remember! Sometimes a weakness is strength as well! Just in another environment!

Let's make 2020 your best year yet!

# THINK CREATE INNOVATE



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