

SUCCESS IS AN ATTITUDE. LEAVE NO ROOM FOR NEGATIVE TALK.



The one thing you have absolute control over is your thoughts. In this respect you have the power to control your own future. Start becoming aware of what you say to yourself as you ride. Jot down these statements later and consider them. Are they real or are they blown out of proportion during the heat of the moment? One way to get a handle on negative self-talk is to challenge it—replace erroneous thinking with realistic truthful thoughts.

The next thing you need to do is to learn to reframe your self-talk. This is much like challenging, but instead of writing down the statements and coming up with new ones, you will be reframing thoughts as they occur. Let's take the example of the horse shying, instead of saying to yourself, "I can't control him, he's going to do that in a show." Replace it with "Horses shy. That's Part of their nature. Everyone understands that. The judge understands that. It doesn't mean a thing." You can even find a compliment in it: "I'm sure glad I spent lots of time on the lunge line. I could have fallen off if I didn't have such a solid position." You get the idea? You simply turn a negative thought around and put a positive spin on it.

If you don't think that negative self-talk has any control over you, consider this" Your subconscious mind wants to work for you, and in fact, picks up on statements you make in your conscious mind. If you think, "I always ride badly when it rains," then guess what? Your subconscious mind's says, "OK, she wants to ride badly. Let's help her." Your negative thoughts soon become reality.

OUR BARN IS WHAT WE MAKE IT.

Let's all work together to make our time here, fun, relaxing and gossip free. So remember...talk to the person that can help you work towards what you want. Ask for what you want, you may not always get it, but you will know that you are doing your part in achieving it.



RESULTS

May 15th Dressage Schooling show in Brainerd.

All our riders were wonderful!

In classes with as many as 11 riders,
our riders placed....

1- 7th

2- 5th

1-3rd

2-2nd

1-1st

Way to go!

One reason why birds and horses are happy is because they don't spend a lot of time trying to impress other birds and horses. -- Dale Carnegie

JUNE '09

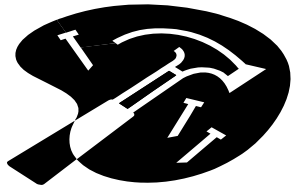


FIELDSTONE FARM NEWSLETTER

IT'S GETTING WARMER

The fly season is just starting, let's nip it in the bud and put out the fly trap bags. If everyone gets one for their horse's gate now, I think we will keep the number of flies down as we head into summer.

Thank you to all of you who straightened up your tack area, and took your winter blankets home. If you haven't taken care of that yet, now would be a good time. ☺



I have started working on replacing the fences, so if you have any extra time to help, let me know. I can use all the volunteer help I can get. Anyone available during the day?

FIRST AID / WRAPPING

First group lesson was on May 28, what should be in your horse's first aid box, what are signs to watch for in a sick horse etc. Everyone learned how to wrap their horse's legs for trailer, riding and injuries. This was an off horse lesson, question and answer session with hand out lists for supplies and concerns to keep an eye out for. If you have a subject that you want to learn about, let me know. We can do another session on another topic.

Thanks everyone it was a great turnout!

LADIES NIGHT AT THE BARN

Our first ladies night will be on June 10th at 6:30. This will be for the less experienced riders, they are marked on the sign up sheet with a *. The second night will be on June 17th at 6:30, this one will be for all the other riders that have signed up.

Bring your refreshment of choice and I will have snacks on hand for our after riding get-together. Look for an evening of relaxed learning, in a noncompetitive low stress setting.