

# Heart of a Horsewoman



## Minutes for January 2010 Meeting

Date: January 14, 2010

Present: Chris Diehl, Cindy Cappel, Carla Abernathy, Pat Wilderman, Deanna McDaniel, Angela Smith, Debbie O'Laughlin

Old Business: Everyday, make a list of three to six tasks that you will accomplish that day. This list keeps you focused and helps you to really get things done.

Please REMEMBER to bring your grey sweatshirt to Cindy for embroidering with HOH logo.

New Business:

2010 is the year of the Attitude. To join the journey of change the purchase of The Winner's Journal is recommended. The journal will help you to build a foundation for the rest of your life. In it you can track your progress and achievements. To get your copy go to [www.thewinnersjournal.com](http://www.thewinnersjournal.com).

Cowgirl Church has evolved into Cowgirl Coalition for Christ. It is all about healing hearts with the aid of horses for cowgirls. Being a cowgirl is more about who you are than about whether or not you own a horse. Look for more on the CCC in the future. Meanwhile check out Cindy's blog at [www.denniscapple.com](http://www.denniscapple.com). On the home page under News and Events you can link to the blog entitled "Balancing mind, body, and spirit for cowgirls."

We all are builders of our own "houses". Our house is who we are. It is a reflection of us and our values. How is your house built? Is your foundation strong? What is it made with? What's in the rooms? Take some time to think about this and draw your house. You do not have to be a draftsman to do this. Use words, colors, or pictures. Take some time and think about it.

Guest Speaker: Dennis Cappel: We enjoyed a question and answer time with Dennis and then watched videos of horses in various training stages.

Prayer requests and prayer time.

Coming Next Month: Bring the house that you built on paper. Topic to be decided.

\*\*\* *Creating Joyful, Stable Horsewomen* \*\*\*