

Affirmations

For
Confident Riding

Dennis Cappel
Horse Trainer, Farrier, Author, and Teacher



CONFIDENT RIDER'S AFFIRMATIONS

My horse is straight *forward* and **RELAXED**...

My horse is *engaged* **MENTALLY**
and **PHYSICALLY**...

My horse is **ATTENTIVE** and **ALERT** to my
slightest signal...

I am **ALERT** and **ATTENTIVE** to my horse's
slightest try...

I *prepare* to the **BEST** of my ability
and I **TRUST** the *preparation*...

I always-allow my horse to experience
the *freedom* that comes from being
in my **CLEAR MENTAL PICTURE**....

I expect nothing but the *best* from
MYSELF and **MY HORSE**....

I stay in the *NOW* and tend to the task
at *hand*...

WWW.DENNISCAPPEL.COM



The Value of these Confident Riders Affirmations

The Confident Riders Affirmations are a written explanation of my “Clear Mental Picture.” My picture includes the posture and the attitude of the horse, as well as the thought process of the attentive rider.

Keeping these thoughts in your mind as you work with your horse will give you the timing to communicate your thoughts to your horse clearly. Your feel for your horse will benefit greatly once you have developed the habit of thinking like this.

The affirmations will be of great assistance in shaping your thought so that you can enjoy the best possible communication between you and your horse.

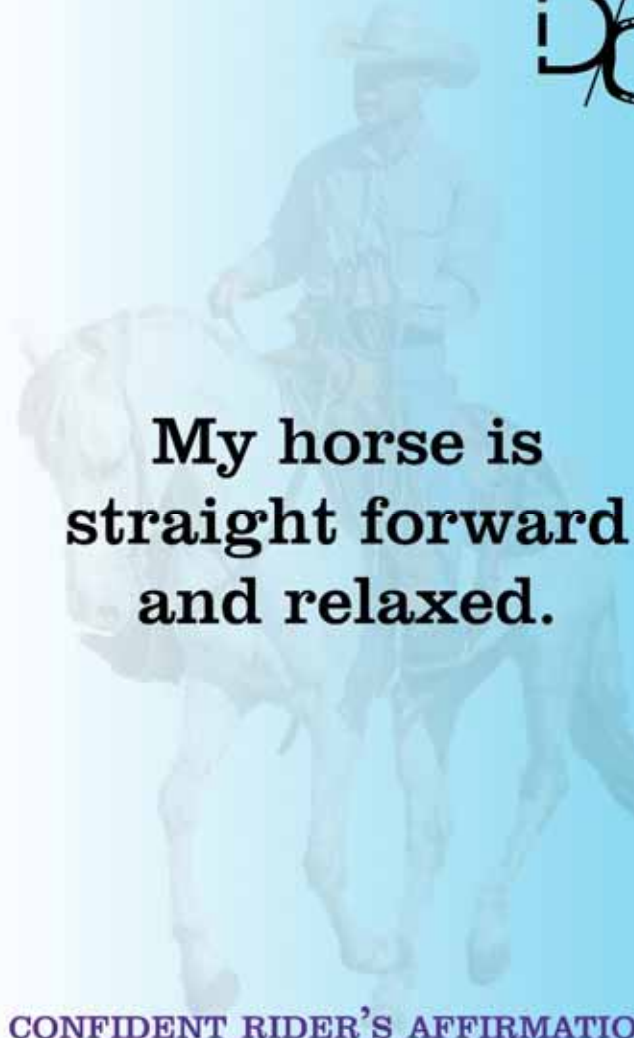
Mindful Riding,

Dennis Cappel

Clear – in focus

Mental – thoughts being focused on

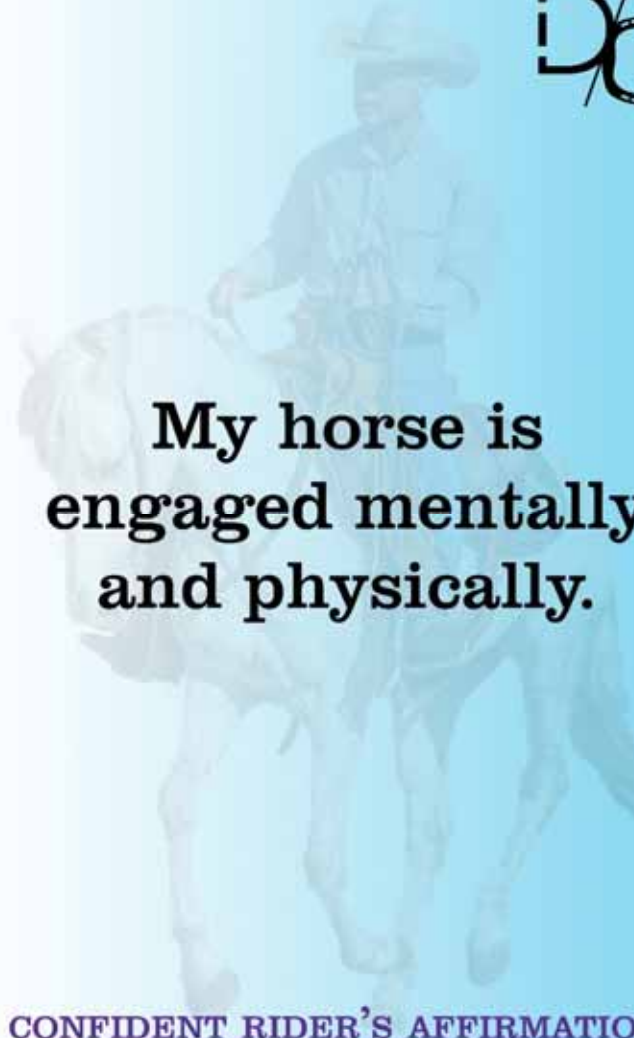
Picture – the representation in a person's mind of the physical world
outside of that person

A faded, light blue background image of a cowboy wearing a hat and riding a horse, positioned behind the central text.

**My horse is
straight forward
and relaxed.**

CONFIDENT RIDER'S AFFIRMATIONS


This is more than physical straightness. It is the attitude that manifests from the freedom a horse feels with a correct posture and useful energy that is available to move the horse in any direction.

A faded, light blue background image of a cowboy wearing a hat and riding a horse, positioned behind the central text.

**My horse is
engaged mentally
and physically.**

CONFIDENT RIDER'S AFFIRMATIONS

This is descriptive of the energy that is available to the rider from the horse with a willing attitude and a posture that is arranged for optimum physical performance.

A faded, light blue background image of a cowboy wearing a hat and riding a horse, positioned behind the central text.

**My horse is
attentive and alert
to my slightest
signal.**

CONFIDENT RIDER'S AFFIRMATIONS


This is what I call “agreement.”



**I am alert and
attentive to my
horse's slightest try.**

CONFIDENT RIDER'S AFFIRMATIONS

This is the rider's role that allows the horse to perform at its best with a willing attitude.

A faded, light blue background image of a cowboy wearing a wide-brimmed hat and a long-sleeved shirt, riding a horse. The image is centered and serves as a backdrop for the text.

**I prepare to the
best of my ability
and I trust the
preparation.**

CONFIDENT RIDER'S AFFIRMATIONS

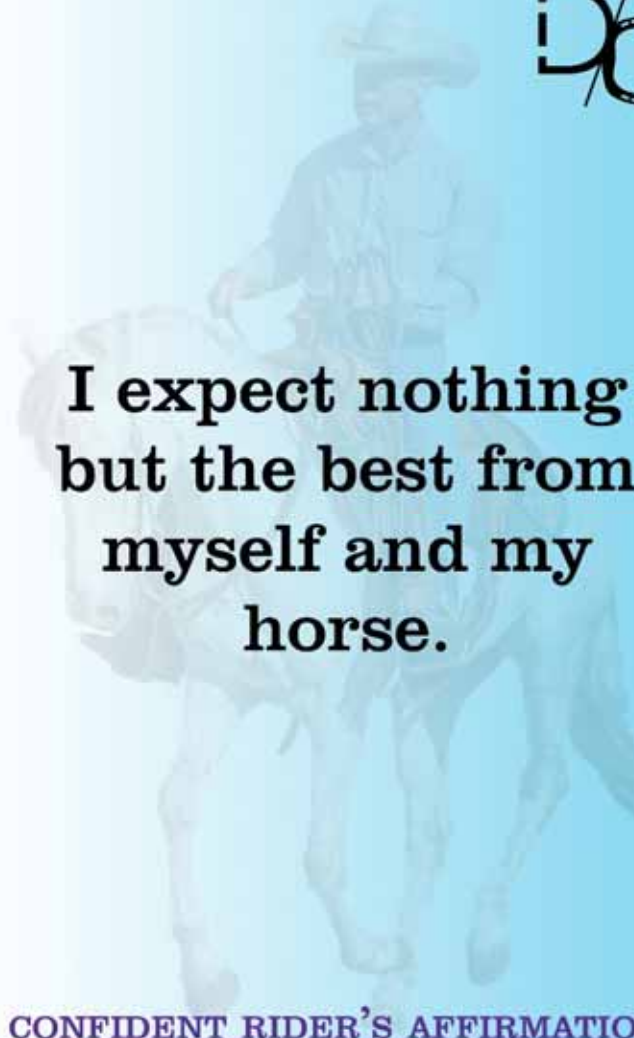
This is the cake in the display
window.



**I always allow
my horse to
experience the
freedom that comes
from being in my
clear mental
picture.**

CONFIDENT RIDER'S AFFIRMATIONS


With a Clear Mental Picture (CMP) and the awareness when you and your horse are in your picture, you now have everything you need to have a resistance-free riding experience.

A faded, light blue background image of a cowboy wearing a hat and riding a horse, positioned behind the central text.

**I expect nothing
but the best from
myself and my
horse.**

CONFIDENT RIDER'S AFFIRMATIONS

Your expectations will manifest.
Therefore, allow them to be the
best at all times.

A faded, light blue background image of a cowboy wearing a wide-brimmed hat and riding a horse. The image is centered and serves as a backdrop for the text.

**I stay in the NOW
and tend to the
task at hand.**

CONFIDENT RIDER'S AFFIRMATIONS

Being in the “Now” with your focus on the next step to come will allow your timing to be perfect, and your horse will understand you.

Suggested Tip:

Listening often to Dennis' Horseman's Affirmation Meditation will bring focus and clarity to your "Clear Mental Picture."

Many find this beneficial before taking a lesson, riding, showing, or even when cleaning stalls. The more you hear these affirmations for you and your horse, the more it will inspire you to action on your equine journey!

©2019 Dennis Cappel

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.