



fOCUS.

whisperingacres.com

focus

on setting up yourself – and your horse – for success

Focus is why we do groundwork. By groundwork I don't mean lunging a horse to 'let off steam', I mean getting the relationship right on the ground – so it can be right under saddle.

I mean building understanding, as well as calmness, suppleness (of mind and body) and obedience. It's what you need every time you ride.

It's about focusing on the *how*, not the *why*. How to change your approach if things are not working. It's better to have ten approaches to a situation than a single approach to ten situations.

It's about focusing on the *present*, the *now*. On being a confident, consistent and kind leader, not getting angry or frustrated.

You must become well acquainted with how you think and act, as well as your body language, focus and beliefs. You must also pay attention to the questions you ask yourself and, more importantly, the answers you give yourself.

Your focus and beliefs will shape the outcome you achieve with your horse. Remember, limited beliefs will get you limited results.

Through the eyes of the horse.

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Looking at things through the eyes of your horse can help you understand how to be the leader he or she needs.



If I were to get angry or frustrated with this stallion, I would only prove to him that I'm the ugly predator that I look like to him. I want to honour and preserve his unique spirit, while helping him to be calm and focus on me as a good leader.



You can see by the slack on the lead rope that this colt is focused on following the feel of my body as I back up. That's how I achieve the softness and lightness I want in my horses.