

TOP 10

LIBERTY HORSEMANSHIP AFFIRMATIONS

1

EMBRACE PARTNERSHIP

Harmony thrives when we become willing partners, validating and honoring the unique nature of each horse.

“

I EMBRACE MY HORSE AS A PARTNER, HONORING ITS NATURE AS I SEEK TO UNDERSTAND AND COLLABORATE.

”

2

PRIORITIZE RELATIONSHIPS

Focusing on forging a deep connection over performance expectations and staying present and responsive to your horse's cues builds long-lasting bonds.

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I PRIORITIZE RELATIONSHIP AND PARTNERSHIP, STAYING PRESENT AND ATTUNED TO MY HORSE'S NEEDS AND CUES.

”

3

SELF-ACTUALIZATION

Exploring our perspectives can alter our perceptions, transforming our understanding of situations and behaviors our horses exhibit.

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EXPLORING OUR PERSPECTIVES CAN ALTER OUR PERCEPTIONS, TRANSFORMING OUR UNDERSTANDING OF SITUATIONS AND BEHAVIORS OUR HORSES EXHIBIT.

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4

INDIVIDUALIZED APPROACH

Embrace the uniqueness of each horse, guiding them towards a unified relationship built on trust and two-way communication.

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I HONOR MY HORSE'S UNIQUENESS, GUIDING US TOWARD UNITY BUILT ON COMMUNICATION AND MUTUAL APPRECIATION.

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5

MOTIVATING YOUR HORSE

Ensure understanding with clarity and consistency to prevent disengagement, using gentle guidance to build trust and avoid fear.

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I ENSURE CONSISTENCY AND CONGRUENCE IN MY ACTIONS, GUIDING GENTLY TO PREVENT FEAR OR DISENGAGEMENT.

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6

VISUALIZATION & PREPARATION

Envisioning goals with all senses allows for strategizing ways to guide your horse positively in all interactions.

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I VISUALIZE AND SET INTENTIONS, PREPARING TO COMMUNICATE CLEARLY FOR HARMONIOUS INTERACTION AND RELAXATION.

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7

LEARNING THROUGH MISTAKES

Embracing the learning process, believing in progress, and visualizing success even amidst mistakes, sets us on the path of continuous improvement.

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I EMBRACE MISTAKES AS PART OF LEARNING, BELIEVING IN PROGRESS AND VISUALIZING SUCCESS.

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8

PRESENCE & RESPONSIVENESS

Stay mentally prepared, acknowledging and encouraging even the smallest efforts made by your horse.

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I STAY MENTALLY PREPARED, ACKNOWLEDGING AND ENCOURAGING EVERY EFFORT MY HORSE MAKES AND SHIFT WHEN MY INTENTIONS ARE NOT UNDERSTOOD.”

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9

AVOID EXCESS PRESSURE

Recognizing communication breakdowns and choosing to reset over force nurtures the potential for growth within the relationship, avoiding coercion and building trust.

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I ACKNOWLEDGE AND ADDRESS WHEN COMMUNICATION CHALLENGES ARISE, OPTING TO RESET OVER USING FORCE, CREATING SPACE FOR GROWTH AND TRUST IN OUR RELATIONSHIP.

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10

POWER OF REWARDING

Kindness, patience, and love create a safe haven, preventing a horse's instinctual self-preservation responses by fostering a secure environment.

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I RESIST MY INSTINCTUAL RESPONSES ROOTED IN PUNISHMENT AND INSTEAD REWARD THE SMALLEST TRY WITH KINDNESS, PATIENCE, AND LOVE.

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