



A PASSIONATE RIDER'S TACK BOX FOR WINNING WITH YOUR HORSE

*How to build confidence,
connection, & harmony for a
winning ride*

alyssabigon.com

WELCOME

Are you a horse rider? Do you run barrels? Team rope? Competitive ride? Ride for pleasure? Is your success with your horse not at the level you want it to be? Have you bought a new horse to fix your problem and you're still in the same slump?

Are you currently struggling to reach the success you desire and you're not sure why?

Would you like to enjoy your time with your horse more and have it not feel so much like work?

Maybe there's a missing link I refer to as **Harmony** that you're missing!

Alyssa here from AlyB's Horse Harmony.

I help passionate riders build confidence and harmony with their horse to create a winning connection and enjoy the ride.

"PASSION IS ENERGY. FEEL THE POWER THAT COMES FROM FOCUSING ON WHAT EXCITES YOU. "

-OPRAH WINFREY

I have a great passion for horses and helping others enjoy the ride and improve their horsemanship. I am very excited you are visiting my world and I am so glad you have taken a moment to see what I have to offer you for improvement with your skills!

If you are anything like me, then you are always striving to do more, become more and improve in your chosen event.

I hope you are smiling and nodding your head... there is lots of great information in the following pages, stay tuned for these mind opening topics:

- A little about me
- The idea of harmony with your horse
- Winning and goals – what they really mean
- Mindset, skills and habits – setting them straight



WHO IS ALYSSA (ALYB)?

I grew up in California with access to a lot of horses. My father was very talented and very competitive; he made the NFR (National Finals Rodeo) - twice (1964 & 1965)! This was a great precedent to live up to! I was successful in junior rodeos and high school rodeo; during the summers of my high school years I would travel to amateur rodeos and compete in barrel racing.

At the beginning of my senior year, I lost an amazing mare in a trailer wreck. It was a huge setback but it also gave me the opportunity to strengthen my

mind, to work on myself and to build a future with another horse.

I accepted a job at an Oklahoma horse farm in 2003, thinking it would be a short stay on my way home to California. But here I am 15 years later and loving it!

I've now travelled extensively and worked for many different horse trainers and brokers. And I've found that a diverse background is helpful in assessing new situations with an open mind.

We each experience hills and valleys, but through this growth, I have found a deep passion and respect for horses, their talents and for helping people improve, enjoy and harmonize with their horse.

Though I always wanted to be a great team roper and successful barrel racer, I have taken a step back from competitive team roping. I still run barrels, train horses, and thoroughly enjoy my 'country' and 'cowboy' way of life. There is such a huge respect for tradition, hard work, and animals in this lifestyle, and I am proud to be living this life and sharing it with others!

I have previously beat cancer, and I believe you can do what you set your mind to. Battling cancer showed me how much control your mind has and how when you have goal and never lose focus you can and will succeed. I learned to seek strong bonds and find Harmony in my personal life and with my horses who had a huge part of my recovery. This has carried with me through my life and holds fast in the back bone of my horse training and program to help you become a winner and achieve your goals. You are never too old to learn, mature, change and improve; I learn every day in some way and pass all that on to other riders, like you.

As I've grown and matured, one of the greatest lessons has been learning to accept how sensitive and smart our horses are! And knowing we can reach our full riding potential when we trust and respect our horses, create Harmony, and forge a strong bond.

Keep reading and get ready to enjoy your Ride in Harmony.

Aly B.

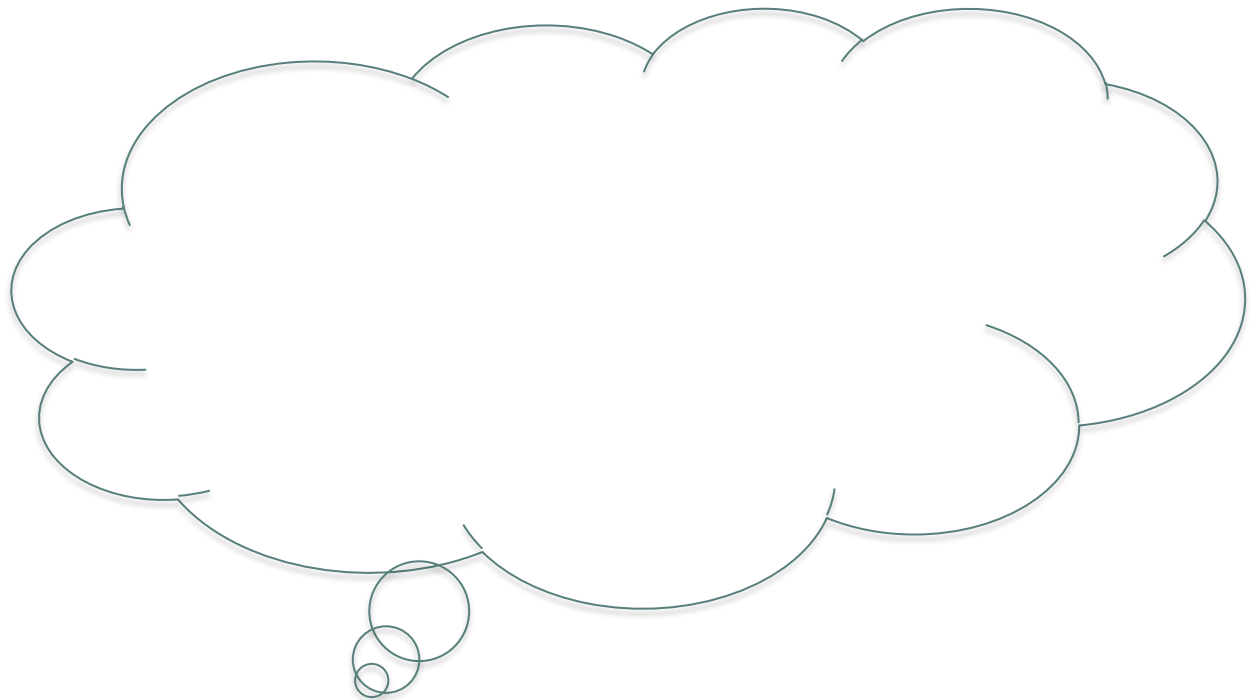
The Passionate Rider's Tack Box for Winning with Your Horse



WINNING

Let's talk about winning or as I prefer to say - *PERSONAL SUCCESS*

What is winning to you? Let me know if this is first place in your event, growing your or your horse's confidence, or something else that is your personal "win".



The Passionate Rider's Tack Box for Winning with Your Horse

Winning to many, means taking first place, and there are a lot of times this fits and makes a nice dictionary definition. I, personally, like to take this idea further.

What Is Winning?

- Achieving small goals like stepping stones en route to our overall large goal
- Making progress
- Working each day to progress and improve
- Simply not walking away
- Eliminating negative thoughts and habits

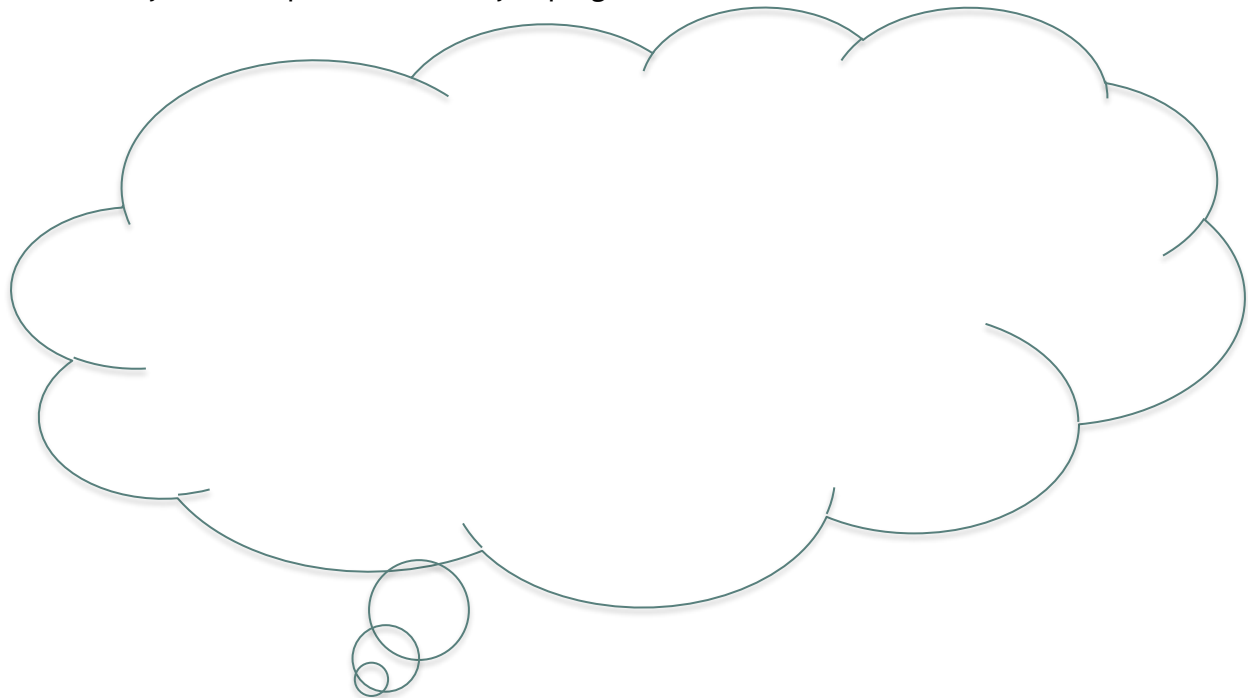
All these elements will help you be a winner both with and without your horse!

"IT DOES NOT MATTER HOW SLOWLY YOU GO AS LONG AS YOU DO NOT STOP."

- CONFUCIUS

Use the space below to tell me about your experiences:

- What is your most recent win?
- Did this guide you closer to your main goal?
- Do you have a plan to continue you progress?



GOALS

First, we must have goals.

Because once your goals are set, winning is easier to define in each individual situation.

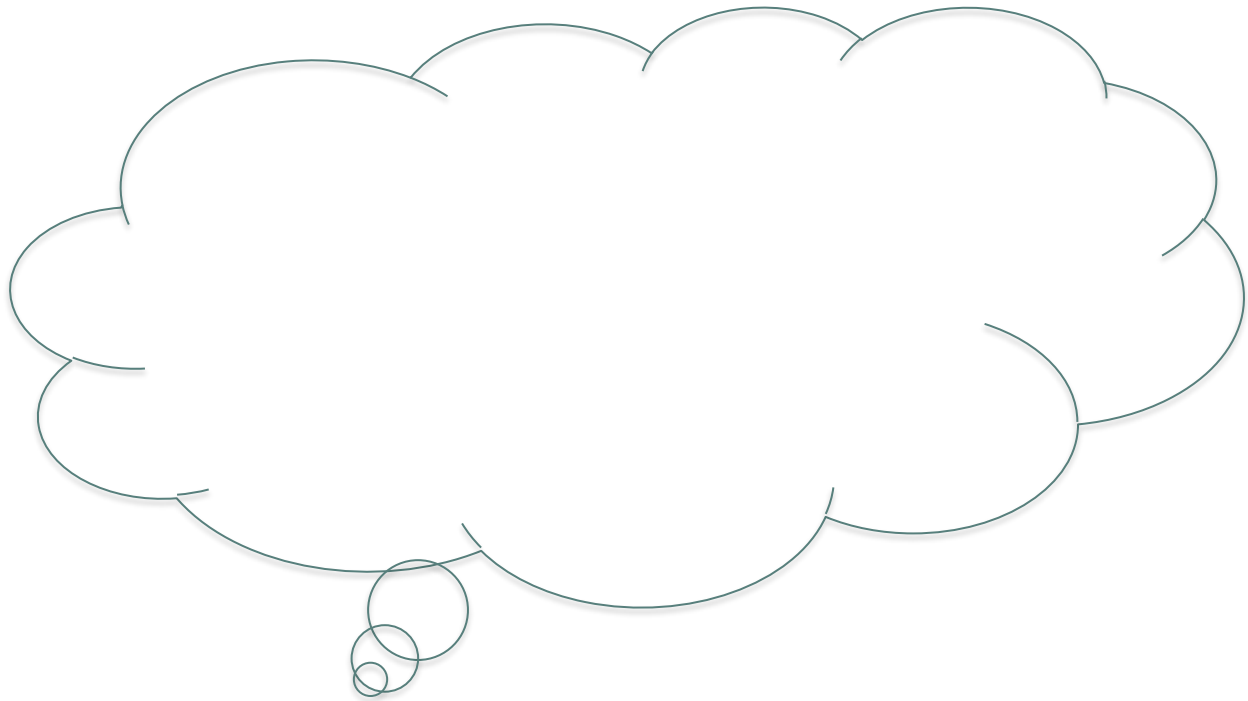
Many people strive to continually improve.

When I work a barrel horse who has had gate issues and drifts by the first barrel, to now entering the arena with confidence and turning a smooth first barrel, then I've achieved a goal toward my win and it's through creating Harmony with my horse.

Some of my clients are working at learning their event, getting to know their horse and creating Harmony; maybe a clean run is a goal for them.

Use the space below to examine your goals:

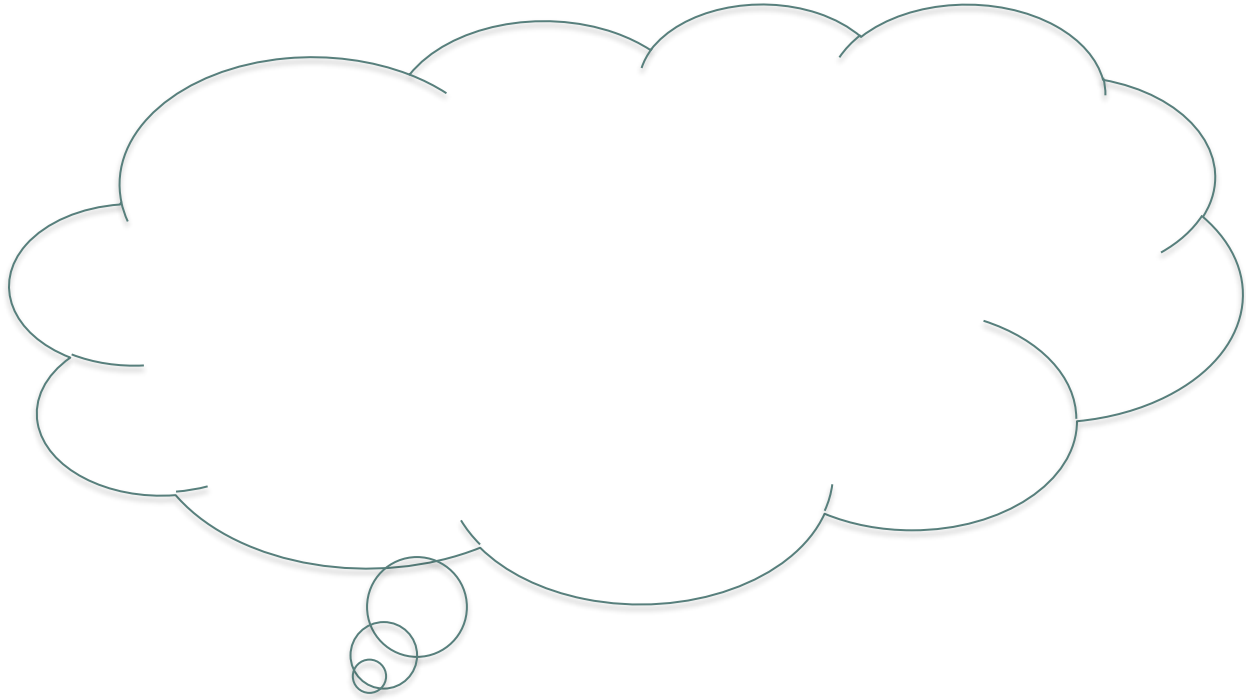
- What is setting you back from achieving your win?
- What goals will help you achieve your win?
- Are you striving to reach your goals and falling short?



The Passionate Rider's Tack Box for Winning with Your Horse

Take a look at your goals:

- Do you feel there's a connection between yourself and your horse that could be stronger to help achieve your goals?
- When do you feel most connected to your horse?



Read further and let's get you on your way to achieving harmony with your horse and having a winning ride.

COMPONENTS OF THE WIN

As you see there are many ways to view winning, and there are some components I believe are crucial to obtaining your win by creating harmony with your horse.

Three Main Pillars to Building Confidence and Harmony, the elements of obtaining your win:

MINDSET SKILLS/HABITS ACHIEVEMENT

MINDSET

Mindset

-noun

- 1) an attitude, disposition, or mood
- 2) an intention or inclination

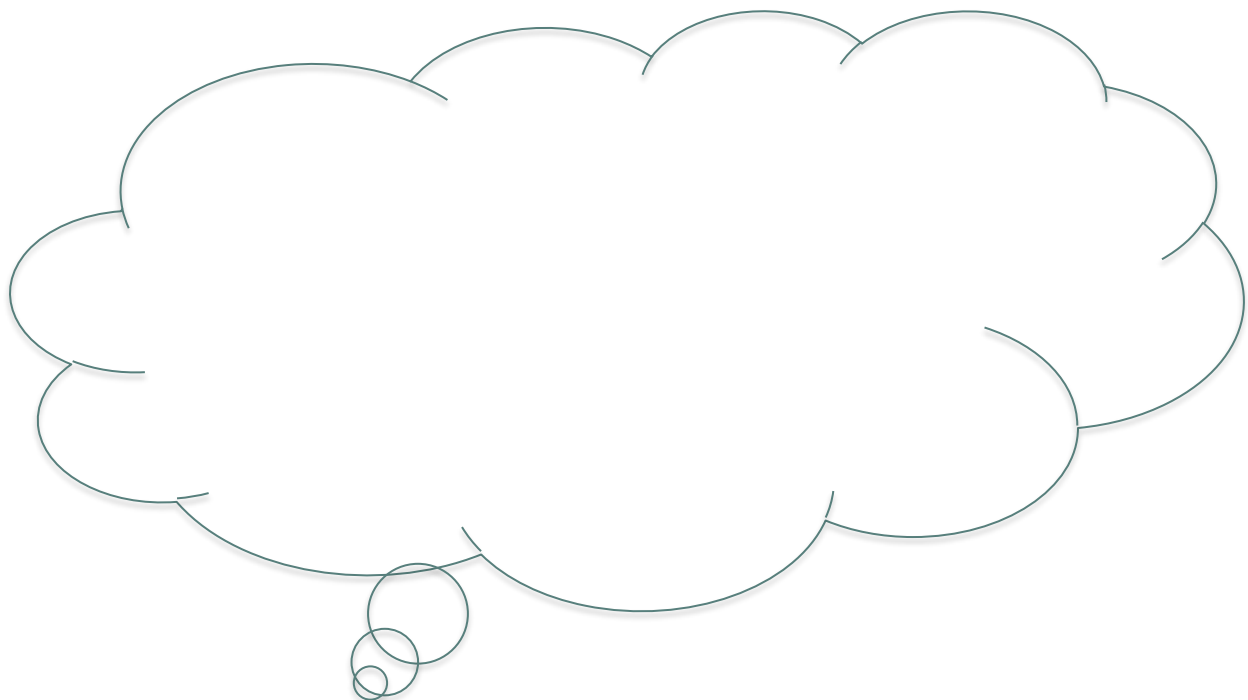
Mindset is very important when you approach your horse and how you view your event, daily activities, or casual riding.

I believe that integrity, compassion and hard work are key elements to a successful mindset and to creating harmony with your horse. Always be honest, commit to your horse both mentally and physically and have compassion; they have feelings as well.

INTEGRITY & GRATITUDE

Use the space below to examine your relationship with your horse:

- Why are you working with *this* horse?
- How do you feel your horse reacts to your body language & attitude?
- Describe a time you were having a bad day and thought your horse could tell! How did he/she behave? What was your response?



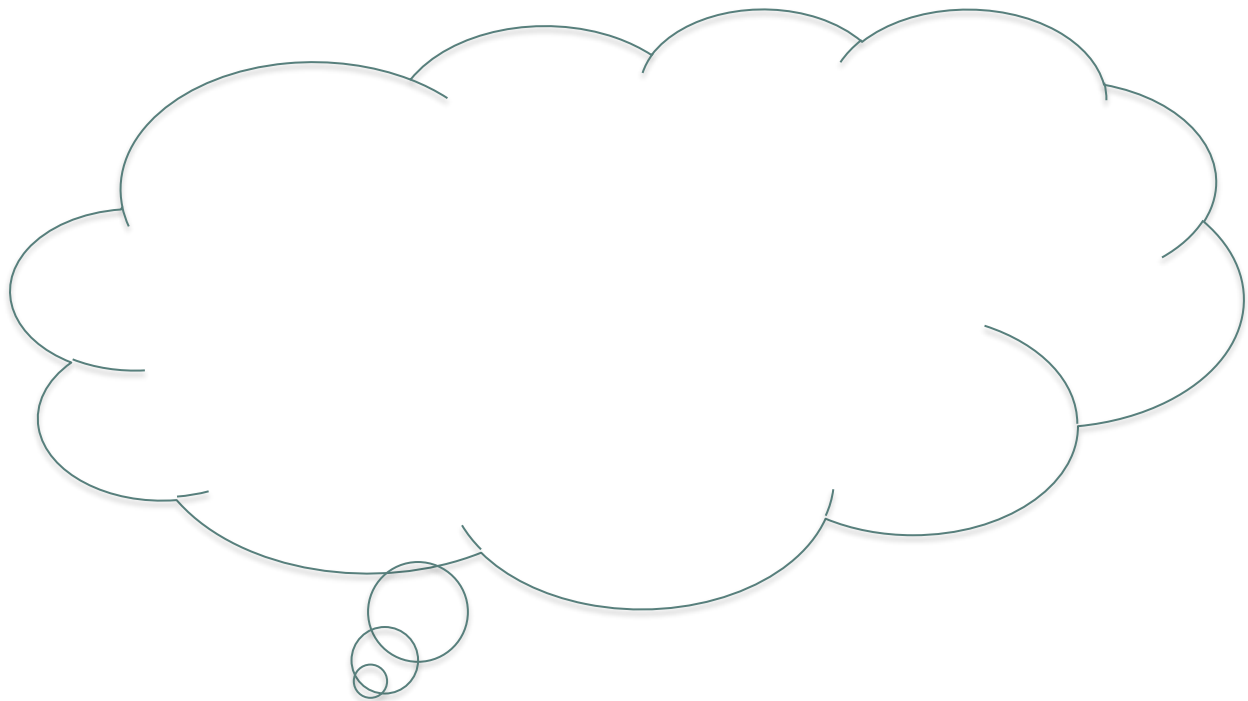
The Passionate Rider's Tack Box for Winning with Your Horse

Do you have gratitude for what you have at your fingertips? I believe we must always be thankful for having the privilege of access or ownership of a horse, the ability to work with/ride this horse. Owning a horse is a choice and a privilege; be thankful and gracious for the opportunity to work with this animal, don't be resentful of the "work" they require. A successful horseman will be respectful of their horse, have a strong connection, and work to achieve and maintain a harmonious relationship with this working partner.

Horses have a thought process and they can feed from your energy. Be kind to them; they have feelings. Approach them as you want to be approached; happy, positive, supportive - don't demand, ask. Remember we must be striving to have a connection, harmony with our horse, like Sheri Cervi and Stingray, Charmayne and Scamper!

Use the space below to describe your attitude toward your horse:

- What characteristics of your horse are you grateful for?
- Are you truly appreciative of the creature you've chosen to take into your care?
- Do you feel resentful or grateful for the "work" required to keep your horse?



The Passionate Rider's Tack Box for Winning with Your Horse

HARD WORK

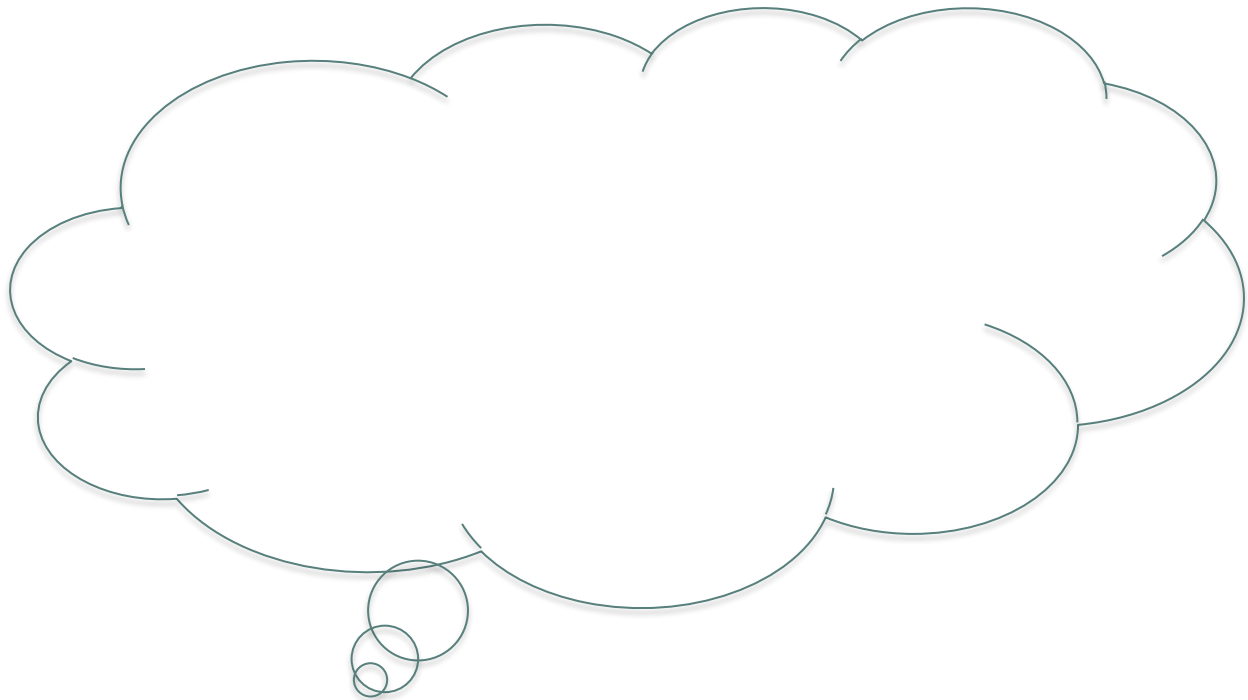
Hard work is a daily action, when it is cold, hot rainy, windy we still make an effort to connect with our horse. Hard work is being attentive to your actions and learning to improve yourself and your horse. This is a daily effort towards a goal and making a plan come to fruition. Hard work means being committed and not quitting. As the old saying goes - when the going gets tough, the tough get going.

“EIGHTY PERCENT OF SUCCESS IS SHOWING UP.”

-WOODY ALLEN

In the space below, tell me about your work ethic & commitment:

- Do you have the time required to commit to improvements in you and your horse?
- Do you have the consistent work ethic to make your dreams a reality?
- How much time do you currently spend working with your horse?



Any goal worth achieving needs daily commitment and practice. We choose to own our horses and we must provide the care necessary and be committed to training and working with them to reach a goal.

Here are some common daily activities many riders implement to gain constant improvement:

- Ride daily or as much as possible, each horse will have personalized needs
- Keep life fun, switch up your riding routine so it is not monotonous
- Implement daily self-improvement; body and mind

The Passionate Rider's Tack Box for Winning with Your Horse

I personally ride daily. I have young horses I am training from start to finish, and I have my competition horses that I have goals set for, and I train regularly to obtain those goals. Training horses is just like any sport, keep pushing forward and growing each day. We cannot ride once a week or every 4 days and expect to improve; we must stay focused. Wind, rain, bad weather can't stop us - fair weather riders will reach fair weather goals.

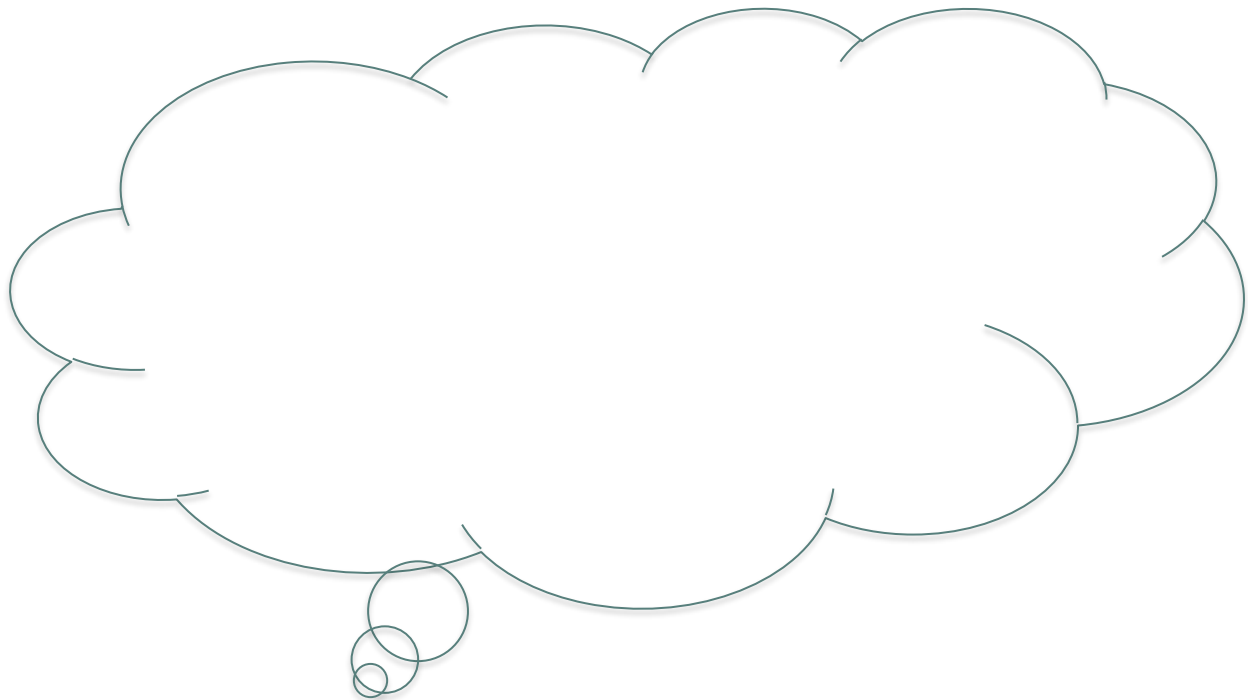
SKILLS & HABITS

We must always work to improve ourselves and horses, and proper conditioning is an important improvement. Rider and horse must be strong mentally and physically for the type of riding we are pursuing and our habits play a large role in developing those strengths in both. In addition to those strengths, we must train the horse and give him the skills and tools necessary to be successful.

SKILLS

Please answer the following questions below:

- What level of skill do you fall within? How many years have you been riding?
- Are there certain riding exercises you are uncomfortable with? (riding outside, in the hills, asking your horse for certain maneuvers)
- Is your horse properly trained? Does he have the skills to fulfill our expectations?



I ask these questions so that we all think about ourselves and our horse together. Is there Harmony? Are we asking the right thing and giving them the proper skills or do we just go at them and expect them to perform without proper preparation?

RIDER & HORSE HEALTH HABITS

Next let's talk nutrition. Are you and your horse eating properly? Is your horse well fed for the sport he or she is expected to perform? Is your horse fit - aerobic fitness and muscular? Are you giving them the proper exercise?

These are all very important to consider, if you have ever played a sport think about summer off or even just a week and then you jump back into soccer or basketball. How do your legs feel? Your lungs? Tired and labored I am sure; your horse will feel the same, I promise. Don't ask for more than you have prepared them for.

Each horse will have individual needs. Depending on their fitness level, their use (events, trails, hobby riding), and your goals, a specific training program needs to be implemented. It is easy to set a program to fit your horses needs once your goals are defined. Aerobic fitness will have a high precedence for speed events along with specific maneuvers and exercises to ensure muscle strength. If you ride just for pleasure then overall muscle fitness is more important and aerobic less as you usually are not running or doing things at a fast pace.

Are you personally fit to compete? Do you exercise, stretch, yoga? We need a strong core and fit legs. Our core strength will help us hold proper body position and our leg strength helps us to guide our horse and keep good posture as well.

My personal habits:

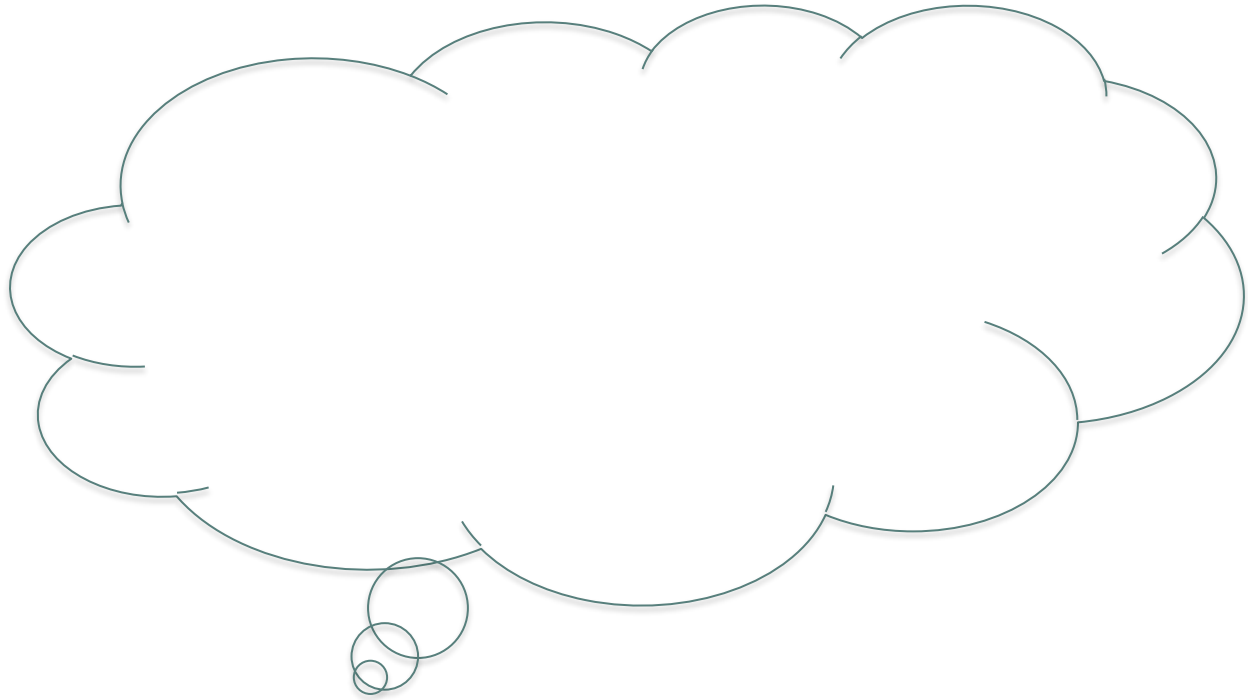
- Lots of water (minimum of 50% of my body weight each day in ounces)
- Plenty of protein to repair muscle
- Healthy carbs only (broccoli, cauliflower, asparagus)
- Daily exercise – fence building, stretching, riding.
- Personal Development – 15-30 minutes reading each day

My Horse:

- Free choice quality hay (unless over weight is an issue)
- Great mineral supplement
- Fresh scrubbed water tanks at least once a week
- Proper exercise for their intended use

Below, examine you and your horse's nutrition & fitness:

- What are your exercise habits?
- How often do you ride your horse for exercise rather than training?
- Is your horse in a barn, pasture? What type of feed do you use?



ACHIEVEMENT

Achievement is a personal goal or a competition win. Everyone has their own definition of achievement, just like winning. Many people will never compete in public or at an event, but they still have goals to reach for personal achievement. For some it may be as simple as going from being scared to ride outside of a small pen to venturing out to the arena or maybe even riding on the beach.

Many people enjoy trail riding and they set forth to learn proper care for their horse on the trail and supplies needed. When you plan a trip or trail ride you need to have a proper water source, pack feed for your horse, have a map or guide for the area and know how far you are from camp so you can return at a safe time.

As I give these examples, I want to keep reminding you that all these actions lead to your personal success and Harmony with your horse. When you have a connection and you work with your horse to reach your goal, obtaining your vision through finding Harmony is extremely satisfying.

NOW WHAT?

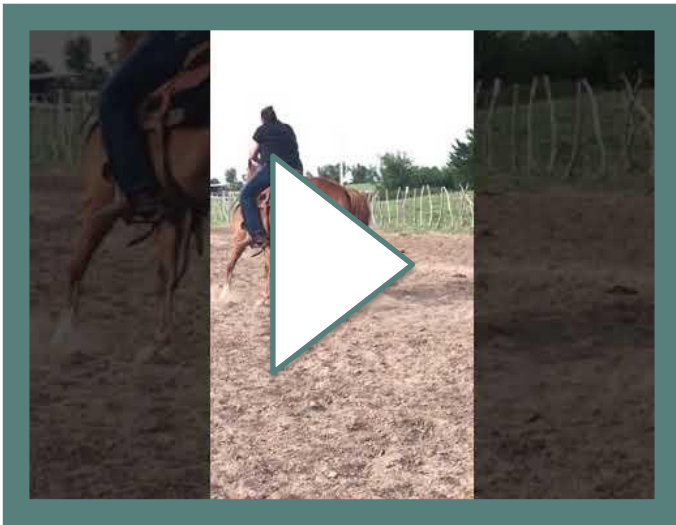
Great work! Now you've exposed a few areas you're already amazing at, as well as the things you could improve upon. That's a powerful first step toward creating harmony yourself and mastering your next event.

There is nothing sweeter than finding a horse that you can connect with and move forward with to success. Through integrity, compassion, and hard work, you can connect with your horse, build confidence and Harmony and have a winning ride.

Is this not what we all want, personal achievement and a strong equine partner? Many people fix the horse, change the bit, switch trainers, but let's truly realize we need to connect and have Harmony with our horse to have sustainable success. I appreciate that you have taken the time to view my document and have a brief overview of my outlook and approach to help create a winning team. One must be dedicated and willing to work on themselves as much as the horse. I'm not a quick fix, lay blame kind of girl, I like to help each person, as well as the horse, create and build a foundation and confidence that will persevere.

If you are looking to improve yourself and build confidence and harmony with your horse. let's chat. I am as excited to see your success as you are.

[Schedule a Chat](#)



JENNIFER SUTTON SAYS:

“Alyssa broke my 3-year-old mare and she put a really nice handle on her. She is really soft in the face and WOW what a stop! I have been extremely impressed with my mare and excited to go on with her. Alyssa is helping me learn to ride her and to get comfortable with how she rides before sending her home. I have no doubt Alyssa will continue to help me with my mare down the road when needed. With the continuing help of Alyssa, my mare and I are going to become the team I

dream of being. When I am doing something wrong, she corrects me by not only talking me through it but by showing me while explaining so I know how to change what I did wrong.”



STEPHANIE FOUNTAINE SAYS:

“This is a trainer who is extremely knowledgeable. She has taught my three children more in the last year than they have learned their whole equestrian careers. She doesn’t just teach them how to ride but true horsemanship. From getting ready to ride to the best way to keep your horse healthy and happy. She is so patient and good with all ages. She breaks down rides, videos, even taking videos on her own horses to show exactly what she means.

We have bought two horses from her and get no less than 10 comments a day on how well our horses are trained. She knows what she is doing and so thankful to have the opportunity to own and run the horses she has trained. Feel very lucky to be trained by Alyssa.”



*So how do you increase your confidence, hit your goals, win more and enjoy the ride?
You might need some help there...or you'd already be mastering this stuff, right?*

Schedule a Chat

To learn a little more about me, my horses, see my competition runs, and/or see my programs, visit my website!

www.AlyssaBigon.com

THANK YOU!