

Transforming the Pressure You Feel Into the Actions You Need to Take



Through Equine-Assisted

Learning

Introduction

**Pressure is not the
enemy.....**

**Pressure is not the enemy. It is
energy waiting to be shaped.**

Pause

- **Where is pressure showing up for you right now?**
- **What is it asking of you?**

**In Equine-Assisted Learning,
horses mirror our internal
state, helping us transform
pressure into purposeful
action.**

Chapter 1: Set Clear Goals

Clarity creates movement.

**Define your objective and
communicate it clearly.**

Chapter 2: Use Pressure to Prioritize

Pressure reveals what matters most. Focus on what is essential.

Chapter 3: Channel Adrenaline Positively

**Adrenaline is fuel. Use it to
sharpen focus and drive
action.**

Chapter 4: Reframe Pressure as a Challenge

Shift from fear to curiosity.

**Obstacles become
opportunities.**

Chapter 5: Use External Accountability

**Growth happens in
connection. Share goals and
invite support.**

Chapter 6: Practice Mindfulness

**Presence is power. Slow down
and connect.**

Chapter 7: Create a Reward System

Celebrate progress. Reinforce positive action.

Chapter 8: Transform Pressure into Action

**Respond, don't react. Use
awareness to guide behavior.**

Reflection

Where is pressure showing up in your life?

What are you resisting that might be guiding you?

What is one action you will take?

Veritas Equine Assisted Learning Institute


