



# lisa wysocky's success tips newsletter

THE NEWSLETTER FOR PERSONAL AND EQUESTRIAN SUCCESS

## Idea of the Month:

**"Expect the best, plan for the worst, and be prepared to be surprised."  
Denis Waitley**

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Dear Lisa,

When my son was younger, I was a boy scoutleader and I found that their motto, "Be Prepared," is a great plan for getting through life. If you are prepared, you can get through just about any tragedy, thrill, or challenge life offers. This month's challenge is to plan and prepare for life's unexpected events, both good and bad. With today's higher gas prices, many people are reevaluating their spending habits and learning that when you are prepared, life's challenges are much less difficult. This is a great time to prepare, to develop a new family budget, review emergency plans in case of fire in your home or barn, and to find new and inexpensive ways to enjoy spending time with family and friends (both the two and four-legged kind). True friends support you in times of need, share your many joys, and are needed now more than ever. --From [Success Within: How to Create the Greatest Moments of Your Life](#)



Good things do happen! I recently saw the proofs on my new book, *Horse Country: A Celebration of Country Music and the Love of Horses* and was blown away with the presentation by The Lyons Press. The book is hardcover, 4-color, and truly a work of art. The stories from the stars of country music are poignant and funny, and the photos look stunning in print. It will be published in October and I can't tell you how excited I am! More on *Horse Country* over the summer.

### Verbal Cues

One of the questions/comments I most frequently am asked at my clinics and seminars is "My horse (or daughter or spouse or boss) doesn't listen to me. How can I change that?" It's hard to be successful at anything you do if those around you do not pay attention to your words, so here are a few ideas:

1. Speak in sentences that have a period or exclamation point at the end, rather than a question mark. Everyone, including horses and kids, understands the difference.
2. Only speak when you have something to say and then say it just once. Rather than say, "Whoa? Whoa . . . whoa, say "Whoa." If your horse doesn't respond properly, then use your hands, seat and body to apply pressure that is released when the horse responds correctly. This works for kids and clean rooms, too. Tell your child it's time to clean her room. When she responds appropriately (by cleaning her room), only then can she go swimming or to the mall. There is no need in either case for repeated instructions, as those on the receiving end will soon understand you mean what you say the first time you say it. --From [My Horse My Partner: Teamwork on the Ground](#)

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**A New Goal Reached!**



"After attending one of Lisa's SuccessWithin Seminars I came to the startling realization that one of the things "wrong" with the people and the horses in my life was me. I had let some good friendships and some good horses go out of my life because the relationships were not working. Before the seminar my mindset had been that in each case it was the other person or the horse, but now I realize that I was allowing behavior from others that was causing problems in my life. I now know how to step up for myself in a firm but non-aggressive manner, and that alone has changed my life! Pat Kincaid, Morristown, TN

If you have a success story you'd like to share, email it, along with your name and address, to: [lisainfo@comcast.net](mailto:lisainfo@comcast.net)

Read on...

**Your Horse and You**



I have a student whose horse always balks at a certain point on her favorite trail. It's a pretty place where the trail narrows, dense shrubberies border the path and the trail both twists and descends down a shorthill. After talking at length with my student we discovered that it wasn't her horse who was balking at the place, it was my student.

Horses take their cues from us, their human partners. If we become nervous and tense, then the horse thinks there is good reason and that he should be nervous and tense, too. It turns out that years ago my student had a snake dart out in front of her in a similar setting in another state. Her own fear of snakes and the previous incident was being transmitted to her horse in the form of uncertainty. Once she put the previous experience out of her mind and boldly asked her horse to go into the area, the problem disappeared. So if your horse is resisting you, step back and be sure that you are not unintentionally

telling your horse that you really don't want to do what you asked after all.--From [My Horse, My Partner: Teamwork on the Ground](#)

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**Exciting Upcoming Events**



**Fall 12 week online clinic: "LISA WYSOCKY'S EQUESTRIAN SUCCESS"**

With rising gas prices, it is hard for many people to attend clinics. The Fall 2008 virtual mentoring session of "LISA WYSOCKY'S EQUESTRIAN SUCCESS" will begin in September. This is a rare opportunity to learn from Lisa from the comfort of your own home that will help you bond with, learn to work with, and understand the thoughts of horses.

The class offers one-on-one phone calls with Lisa, group telephone seminars, motivational audio CDs, books and DVDs, and video critiquing of you working with your horse. You will learn time management, decision making and goal setting strategies that will help you grow and progress with your horse. Additionally, you will learn how to get your horse's respect and teach him or her to be a steady, trusted companion to you. You will add to your ground training skills and those who ride will see improved performance under saddle. This opportunity is limited to ten participants. Several of the spots are

already spoken for so if you are interested, contact us today at [lisainfo@comcast.net](mailto:lisainfo@comcast.net) with EQUESTRIAN SUCCESS in the subject line, and we will email you details.

Want to catch Lisa live? We're constantly updating the itinerary for equestrian, corporate and motivational dates, so in addition to the featured events listed below, be sure to check out the full [itinerary](#).

June 21, Fairview, TN

**MY HORSE MY PARTNER CLINIC**

Event benefits Therapeutic Animal Partners and features power point presentations, arena demonstrations and hands-on activities. Learn how horses think, the differences between horses and humans, and how to create a partnership with your horse. For more info contact: [lisainfo@comcast.net](mailto:lisainfo@comcast.net),

September 12-14, Jamestown, TN

**THE POWER OF A WHISPER CHALLENGE**

Equine clinicians Lisa Wysocky and Sam Powell have teamed up to present this unique event! Clinic participants will divide into teams and spend more than two days being motivated and taught by Sam and Lisa. Learn leadership principles that will revitalize all of your relationships, and how to become one with your horse. On the final day, participants will use their new knowledge to complete a very unique trail course. Many prizes, personal challenges, and much fun! This is an event that you do not want to miss! Interested in learning more? Send an email to [lisainfo@comcast.net](mailto:lisainfo@comcast.net) with CHALLENGE in the subject line, or point your browser to [PowerofaWhisper.com](http://PowerofaWhisper.com).

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BE SURE TO STOP BY THE HOMEPAGE AT [LISAWY SOCKY.COM](http://LISAWY SOCKY.COM). There, you can view the 60 second *MyHorse, My Partner* video clip, view new photos, read updated news from Lisa, take our quick survey, and more. Those taking the survey will receive a free short fiction story via email.

If you have a copy of any of Lisa's books or DVDs please consider writing a short review on [Amazon.com](http://Amazon.com). Many thanks to those who have already done so!

WE APPRECIATE YOU FORWARDING THIS NEWSLETTER TO ALL YOUR HORSEY FRIENDS! It's easy, just click on the *Forward Email* link at the bottom left of this page.

Until next month . . .

Sincerely,

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