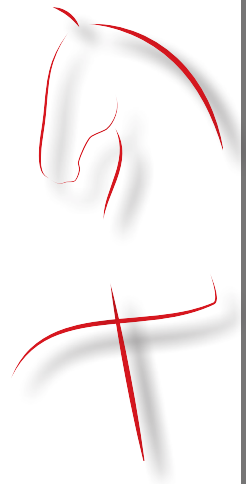




TANJA MITTON

Staying Motivated



Many riders and trainers reach the point where they ask themselves: "Why do I do what I do?" and "Am I good enough to keep going or should I give up?"

We all go through highs and lows, sometimes more one than the other; it's not that we stop loving what we do; it's just that sometimes things can get hard and that's when most people ask themselves these questions.

I find something that helps me personally, when I go through a bit of a tough time, is to remind myself of my purpose: my purpose is what keeps me going.

I have found that a lot of people are not aware what their purpose is and that's why I want to talk about it here.

**"The purpose of life is to contribute in some way to making things better."
Robert F. Kennedy**



This is a beautiful quote and I would like you to think about how you can contribute that will make things better for others.

To begin with, there are **our families**: be there for one another and take time for each other even on those days when you are busy. A little smile, a big hug and a soft "I love you" help to make things better for your loved ones.

Our horses: we can contribute to the welfare of our horses by educating ourselves in any way possible to be able to take care of them better. Being the best rider we can be also means that we keep our horses fit and healthy: we know how much better we feel when we have had a great ride and I am sure our horses feel the same.

Our riding community: everyone can make a contribution by being encouraging and helpful to others. There are so many riders who struggle from time to time because they doubt themselves or they feel lost and alone; you can contribute to their life by being a good friend even if you don't know them.



Never assume that just because someone is riding better or more successfully than you that they don't need some encouragement from time to time.

And most of all **yourself**: you can contribute by being yourself, by thriving and doing the things you love doing and by achieving your absolute potential. That will inspire people around you to do the same; we often get stuck doing things for other people and it is easy to forget yourself.

Self-belief and happiness are the most important contributors to making things better for other people.

The clearer our own purpose, the easier it is to communicate and share it with the rest of the world.

**My purpose is to inspire
by using horses as a feedback model
for personal awareness and development,
so as to allow people to achieve their goals
and love themselves.**

* This is enough to get me up in the morning and gives me the energy and drive to do what I do, even when I am tired and feel like staying in bed

* It gets me going when everything seems too hard and I want to give up

* It makes me smile on the rainy and dreary days



So ask yourself WHY do you do what you do?

Happy riding everyone

Tanja

**Equestrian Success & Mindset
m. 0419 891319**

www.tanjamitton.com