



Natural News!

*Rider Confidence, Rider Wellness and
Healthy Weight. Hone your
horsemanship and life skills, one ride
at a time!*

January 2013

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Long and Short term Goals

New and Newsworthy!



Book your seminars and
clinics now! Taking dates for
2013, only a few spots left!

To get an idea of what may be
offered, please visit my [Clinics
Page](#).

Welcome! After the Holidayze...

It seems like it's been a whirlwind of activity since the middle of November. Starting with the holidays, things went into overdrive very quickly, and then sped up exponentially over December and January. If you've felt this way too, you're not alone, as that's most of what I'm hearing these days.

So it's even more important for you to make sure that you're taking time for yourself, taking time to prioritize and commit to what's important, and to learn about the things that you need to let go so that you can not only maintain sanity, but live our best life. So this issue is dedicated to just that; be productive, stay committed to what's important, and enjoy the ride!

When Something is
Important in your Life,
you Will Find a Way and

Now offered! Confidence and Connection clinics with a combined focus of confidence coaching and Connected Groundwork and Riding principles!

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Commit To It

When last have you "dug in your own back yard?"

Here is my number one ingredient for your success. Don't dig in someone else's back yard. For things in your life to change you must change.

We are often prone to blaming others for our own problems. This goes back to always having that tendency to take the course of least resistance. Keep looking in your own back yard. It is perhaps one of the most powerful bits of advice I can give anyone.

This time of year, many people have either already given up on goals that they set in December, or are getting frustrated enough to drop them any day now. We get overzealous with a goal, without making a proper plan in order to see it through to the end.

I'll share a bit of my recent journey with Guinness. After a frustrating summer of NOT getting out on the trail like I had set a goal to do, things with our training seemed to grind down to a halt. Now, because I am committed fully to his and my training, I didn't quit, but I did take some time to step back and take a new look at the bigger picture. When I did that, I found there were several factors that were blocking my ability to move forward, and they were all created by yours truly!

First, I had set a goal to be trail riding outside, and when that wasn't happening I let my frustration take over my energy that I could have been applying to options for a solution.

Second, I had plenty of peer pressure pushing me to "just do it" even though I knew in my gut that it could easily end with both my horse and myself getting hurt both physically and emotionally (yes, I get pressured too!).

Third, I had my own self judgment driving

my need to get out on the trail, so much so that I was blind to the progress that I was making, which was a shame because my horse was clearly sharing with me his needs that I was ignoring because of my own agenda.

So my blame was focused around my circumstances, my horse, and my abilities...may the pity party begin! Staying in this kind of energy doesn't help anyone move forward, and in fact it often moves you backward. For instance, if you were confident before, by staying in this energy, I have often watched previously confident people become unconfident.

So I started to dig in my own back yard, and boy, did I find some amazing treasure! [Read More...](#)

Coaching Corner

Short Term Versus Long Term Goals; Success with both!

Some people say that long-term goals are the kind you need to set if you really want to get anywhere. Other people say that long-term goals are too distant to get their arms around. Here's another way to look at short- and long-term goals, and it's backed up by research out of Stanford University as well as other leading edge studies.

The best kind of goals to have is a combination of short- and long-term. If you have only long-term goals, you may indeed find it rough going. The realities of life are that most of us have many pressing goals in the present - things we must get done on a daily and weekly basis. These things often cause us to put off the long-term goals - and put them off, and put them off. Or we may become demoralized because we don't see ourselves accomplishing or achieving anything right now.

On the other hand, if you have only short-term goals, you may feel fragmented, or lacking in a sense of overall direction and purpose. But when you combine them, you have the best of both.

So by all means, set long-term goals. But set goals that you can accomplish in the near future, too. Your eventual goal may be to be financially independent. But what can you do today, this week, and this month to move you closer to that desired end-result? Your long-term goal may be to speak fluent Chinese someday, but this week

your goal is to get an "A" on a vocabulary test.

You get the idea. Combine long- and short-term goals if you are really determined to make something happen.

From the "Horses Mouth"!



A bit of a laugh...

What is horse sense?

Stable thinking and the ability to say nay!

Upcoming Events!

Ongoing

- Self Directed Coaching for "De-SpookYou!" ~ Confidence Coaching that will take away the fear of the unknown, and make "what if's" a thing of the past!

2013

- Midwest Horse Fair, April 19, 20, 21 2013 Madison WI. Booth #5010 in the Exhibition Hall-Mendota Atrium. Look for our banner "For Riders Who Want More!"
- Confidence and Respect Clinic

with Dennis Auslam and Anke Johnson, Morton MN

May 24th, 25th, 26th 2013.

- **Introduction to Connected Riding Principles**

with Anke Johnson. Morton MN, Redwood Stables.
May 27th, 2013, following Dennis Auslam's
Confidence and Respect Clinic!

- Funny true life stories and a "kick back and have an adult beverage" kind of attitude at my blog **Why I Ride Horses!** Please come and visit and leave a comment or two!

"A Quick Curry"

Don't look back and ask "why?", look forward and ask "why not?"

~Author Unknown

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Shaklee Distributor

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Over**

By purchasing the Shaklee 180 healthy weight program, you automatically become eligible for the abridged group coaching "Once and For All". Please contact Anke Johnson at 608-467-0008 or email info@naturalsolutionsbyanke.com for more information, but hurry, the free coaching offer ends

\$800!

midnight January 31st 2013!

Offer Expires: Midnight January 31st, 2013