



5 Secrets to unlock your Equestrian Relationship

✓ SECRET #1: IMAGINE YOUR DREAM RELATIONSHIP (WITH YOUR HORSE)

It is easy to focus on what you don't want, but what DO you want to create? It could even just be feeling that your horse *wants* to be with you.

✓ SECRET #2: IMAGINE YOUR DREAM RELATIONSHIP (WITH YOURSELF)

A big component of the relationship with your horse, is how you feel with yourself. This may feel uncomfortable at first, but lean into it. How would you relate to yourself?

✓ SECRET #3: DEFINE YOUR VERSION OF SUCCESS

This is yours to define. What is important to you? Is it trust, communication or calmness? Get specific with what it will feel like when you achieve it, as this makes it easier to recreate!

✓ SECRET #4: DEFINE WHAT YOU WILL LET GO OF

What would your life and relationship be better without? Perhaps doubt, fear, perfectionism? Go with whatever pops into your head.

✓ SECRET #5: IMAGINE HOW YOU FEEL WHEN YOU LET THEM GO

Really get into your body for this one. Imagine waking up and all of the things holding you back have dissolved. How do you feel?

Now you've begun to unlock a vision of your dream relationship with your horse.

If you wish to go deeper, discover more secrets and insights, and receive 1:1 support to make this dream a reality, connect with me via social media, or book your free exploratory call here.

<https://calendly.com/balanceandalign/transformyourrelationship>

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