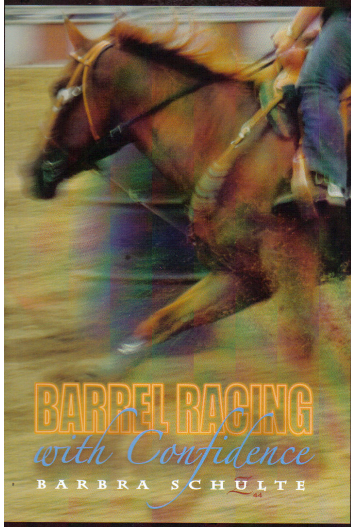


Transcript of double CD set - disc 1
BARREL RACING WITH CONFIDENCE
By Barbra Schulte

Visit our Website:
www.barbraschulte.com



Meet Barbra Schulte

To be a tough competitor in the arena and to handle the demands of showing pressure, you must have remarkable endurance mentally, emotionally and physically.

Hi, I'm Barbra Schulte. I'm a personal performance coach, author, clinician, consultant and professional cutting horse trainer. I am the Founder of Ride Well and Live Well, a personal performance coaching program for all riders. I'm here to help you develop your full potential, perform when the heat is on and overcome your fears.

The concepts you will hear are research based. They were originally developed by LGE Sports Science in Orlando, Florida. These are the same high-performance techniques used to train world-class Olympic and professional athletes, as well as business executives.

These CDs will give you concrete tips on how to become a world-class barrel racing competitor, mentally, emotionally and physically. You will have the tools to be consistent and be at your best under pressure. So now, let's get started.

The Ideal Performance State

I have never been a barrel racer, but I have been familiar with barrel racing for my entire life. I grew up on a ranch in southern Illinois where my father, Cletus Hulling, bought and sold quarter horses.

You might say that our place was the Sam's Wholesale Club of horses. If you came to dad's back then, you had 10 to 20 prospects to choose from no matter what area of equine competition you were involved with, including barrel horses. Myself, my three sisters and my brother were responsible for improving and marketing the upper end of 500 horses.

As an adult I have been immersed in training people and horses to show in the competitive arena. Early on it was crystal clear to me that something separated competitors. The horse was often not that factor.

Although I in no way diminished the competitive edge of a great horse, I knew that when a certain rider entered the ring he or she was about to perform no matter who the horse was. Instinctively I knew a large part of the competitiveness was within the person. I embarked on a journey to discover some answers.

My sister, Tootie Lyons, was listening to a radio talk show about 10 years ago and heard Dr. James Loehr speak about mental toughness and his work with Olympic and professional athletes. She told me about a book, *Mental Toughness Training for Sports*. Through that book Dr. Loehr became my mental mentor and coach for cutting.

At that time I did not know how to get in touch with him. I often thought back then that I would love to meet him to let him know he was impacting my life and many of the people I trained as a cutting horse trainer and clinician. As a passionate student of the competitive edge I love the Mentally Tough Program.

Then, in June of 1994, I stopped training cutting horses for the public to pursue a career in mental training for equestrian competitors. In the late summer of '94 I saw Dr. Loehr's picture with Dan Jansen on the cover of a Sunday paper magazine. I finally found him in LGE Sports Science Center.

The timing of my acquaintance with Dr. Loehr was perfect. In my eyes a series of wonderful happenings occurred, small miracles. I was chosen and certified by LGE to teach Mentally Tough to equestrian athletes. I am so thrilled to be associated with Dr. Loehr and this world-class organization who train the highest level athletes in the world.

Anyone who competes, be it figure skating, gymnastics or barrel racing, all share the same feelings. The expression of their sport is the only thing that varies. I also know that everyone who competes on a horse has the added dimension of striving for the connection with the horse, a deeply felt hope that both his or her best as a rider, and the horse's best will come to life in competition and not be left in a practice run.

Although the expression of my competition is cutting, you can know that I have felt no different when I enter a herd than you do when you enter the arena to approach the first barrel.

Through this series and through the interactive style of Mentally Tough Training for Barrel Racers Clinics, I will lead you through the foundation elements of the program. If you choose to become serious, you will go into training just like an Olympic or professional athlete.

You will discover that mental toughness embodies mental, emotional and physical training, it is not just mental. You will learn that the essence of being mentally tough is to be able to perform at your highest personal level of talent and skill, regardless of the competitive circumstances.

When it gets rough you get tough. You are at your individual best when the road is rocky. You will come to know mental toughness as a skill, which is easily learned, like learning the technical skills of taking your horse around a barrel, but you must practice. You must train or you will be sloppy, just as you would be sloppy technically if you did not practice.

I take this opportunity to introduce myself, to give you a bit of my lifelong horse background and to introduce you to Mentally Tough. I look forward to training you in ways perhaps you have never trained before. The training will be very specific to barrel racing and very specific to you. You have my word that it will be a fun and exciting adventure.

Let's start this time with an assignment. I want you to think of your favorite barrel racer. Make it someone you supremely admire. It has to be someone who, when their name is called, you stop and you make sure you are there to watch their run. This person needs to be way up there in your mind, someone who is a hero.

- Do you have that person clearly in your mind?
- How would you describe his or her performance in the arena?
- What does he or she portray when they perform?
- Do words come to your mind like confident, calm, intense, focused, relaxed, energized and in control?
- Would you agree that you could not use one word to describe this particular individual, that in order to get the whole feeling you must use a conglomerate of adjectives?

For example, this person could not be described as only energized, there are a lot of energized people. It is the special combination of energized, confident, calm, focused and aggressive that makes the picture of this competitor complete.

What I have just described is called an **Ideal Performance State**, or from this point forward, what is referred to as IPS. This is a very special psychophysical blend of emotions which, when achieved, gives you your best opportunity to perform at your highest level of talent and skill.

To experience this feeling from your own perspective, I would like for you to think of a time when you were absolutely on cloud nine about something you had just done extremely well. It could be a barrel run or something totally different. What matters most is how well it went.

Think back to the sequence of events and how everything fell into place with perfect ease. It was as if nothing could go wrong and even if it did you could handle it. Take a moment and recall this happening in your mind. How did you feel? If you could put it into words what words would they be? Perhaps it was as if the heavens had opened up, things were going your way and you experienced IPS, yes.

Would you agree with me that every person, including yourself, comes to a barrel race with their own personal level of talent, which is God's gift to you, and skill, which is what you worked so hard to learn? You come to a race to be at your best, to perform at your highest level. Being in the ideal performance state is what allows you to do exactly that.

Let me explain with an example.

A computer system will serve as the analogy. Your physical body is the hardware. Plain and simple, without your body there is nothing to perform with. Your personal level of talent and skill is the software. Just like a computer, your physical body -- the hardware -- must connect to your personal level of barrel racing -- the software -- upon demand at a competition.

What allows you to make the connection under pressure is your ability to acquire the skill of calling up IPS at a moments notice. Calling up this highly energized positive emotional state at any time and sustaining it during your run is the heart and soul of being Mentally Tough.

- How emotionally, mentally and physically tough are you?

- What else is involved?
- How is this skill of calling up IPS and sustaining it learned?

That's exactly what training is all about. I'm here to help you get tough.

The Mind/Body Connection

- How is your competitive pulse?
- Have you ever felt like you have been a fierce competitor at one time, but due to time off, a past accident or a negative situation the real you is not coming out?
- Does seeing or even thinking about bad ground make you shrink within and conjure up memories of a horse falling with you?

Perhaps after a break from competition, because of children or working, it seems as though the competition is tougher and you feel self-conscious. Maybe your horse ran up the fence the last time you took him out. If any of these situations apply to you, do you want to set the real competitive you free?

Remember, being mentally tough is the ability to perform at your best at any given moment no matter what. What allows you to do this is control of the ideal performance state, IPS. IPS has everything to do with how you feel. You feel confident, calm, energized, challenged, focused and having lots of fun. You simply can't perform without those feelings.

Emotions run the show. Your toughness is your ability to consistently access empowering emotions during competition. Let me expand your understanding of how important emotions really are. The studies and research done by LGE have revealed profound facts. Although I focus on emotions, toughness is also physical. Every feeling and every emotion reflects exactly what is happening within your body.

For example, feeling relaxed reflects a specific amount of electrical energy pulsating through your muscles. When you feel tense there is an abundance of electrical energy in your muscles.

When you feel loose it's just the opposite. Feelings of calmness, alertness and focus reflect very specific patterns of neurological activity. A distinctive EEG frequency occurs when calmness and focus happen simultaneously. Feeling instinctive and automatic is a balance of right and left brain hemisphere activity.

As a competitor it is easy to make the mistake of thinking that because you cannot see thoughts and emotions that they are not as important as the physical things you do.

Let's get it straight now. What you think and how you feel is physical!

For example, when feelings shift from confident to fearful powerful changes occur in the brain's chemistry that can influence coordination and balance. Your physical body cannot perform at its highest level, because the emotions have caused specific internal changes that inhibit your physiology.

Feelings and emotions are the instrument gages whereby you measure your body's performance potential, so mentally tough goes far beyond being only mental. That is what makes this training unique, exciting and fun. The mind, body and soul are all trained, because ultimately there are no lines between thoughts, feelings and physical activity.

As the beginning of your training in acquiring toughness, increase your sense of self-awareness both before and during a show.

- What emotions are you feeling?
- When you are feeling confident what's happening to your body?
- When you're feeling nervous about the ground what is happening to your heart rate or to your stomach?
- How tight do those muscles feel in the back of your neck?

Pay special attention to negative emotions, particularly those of insecurity or defensiveness.

I want to re-establish one last point before I end, this is a training program. Just as you would exercise a muscle to make it stronger you must exercise the skills you learn. It's a journey, the ultimate never-ending challenge to bring up and control high, positive emotions before and during competition.

Your level of self-control, emotionally, physically and mentally is the battle, winning takes care of itself.

After attending a Mentally Tough Barrel Racing Clinic, Barbra received this letter from B.J. Miller:

Dear Barbra,

Since I saw you last month I am 11 pounds lighter and eating better foods with less fat. I'm working out one hour a day and riding three horses a day. In three outings I've gone to the pay window twice. My open horse is still convalescing, but I made the placings on my colt that is still in la-la land.

I have been very anemic, my doctor now has me on iron, so between you taking care of the head and the doctor taking care of my blood and myself taking care of the effort to improve we have made a new person out of me. Yes!

Thanks, Barb, I think of all of you at CEP often.

Fondly,

B.J. Miller

Thanks, B.J., it's always great to hear from someone who's benefitting from Mentally Tough Training.

No Problem

I will explore tough thinking techniques in detail. You will discover how to write and use a script to control your thinking. You will find power and focus in using the phrase, 'no problem', and asking the two power questions:

1. What do I have control of, and
2. What's my job?

With practice you gain emotional strength through disciplined thinking.

Tough thinking is simply your ability to use words and images to control your ideal performance state. What this means is disciplined thinking and visualizing before and during your run. Tough thinking will keep you from panicking when things get crazy. You will feel connected with your horse and the situation at hand.

For example, a lump is rising in your throat because you don't feel totally prepared. Perhaps your kids are fighting or asking you for money for the concession stand, as the person in the alley is demanding that you be at the right place at the right time. Tough thinking will calm your tendency to get angry and lose your cool with yourself or anyone else when you make a horrid mistake.

For example, you are approaching the third barrel after knocking over the first two. If anyone even looks at you after you leave the arena you might lose your temper. Perhaps you already lost it within and told yourself what a poor rider you are. Tough thinking will prevent you from turning against yourself when all your efforts appear to be for nothing; you've had it. Certainly there must be some better way to spend a Saturday afternoon.

How does tough thinking work? The first strategy is to identify the words you'd use when you think. You will write a script with words and phrases to say to yourself at designated times before and during your run. The script serves two purposes.

1. Number one, to keep you focused positively on what you want to accomplish.
2. Number two, to help you handle errors and distractions.

The idea is to always talk to yourself in positive ways. It is critical to understand that you can never rid yourself of a negative emotion by remaining in it.

Don't you agree if you become frustrated that most of the time you stop being frustrated only because you've grown tired of being in a bad mood? In the past you've probably done nothing or very little to get positively energized again after an emotional bummer. What a joke to even think about feeling good when you're feeling rotten; however, with tough thinking a red flag goes up as you become aware of negative emotions.

Remember, negative emotions are physical too. They short circuit your ability to connect your body's physical movements with your real level of talent and skill. So, the most effective way to eliminate negative thoughts is to first recognize them and secondly, replace them with positive thoughts.

For example, when you're faced with an intense problem convert it to a challenge. Pull passion up from your soul and say to yourself I love it. When you feel tired, weak, negative

and burned out, think, today will be a great opportunity for me. I've got to get tough and get going. Yes, I can do it.

The whole idea is that you learn to love the pressure. Anybody loves competition when everything is perfect, great ground, great weather and horse is perfect, so now the tougher it gets the more you like it.

Top tennis stars at LGE are trained that when the match points and the linesmen are not going their way they think, I love this pressure more, come on. To be a top barrel racer you learn to handle stress. You can never eliminate it; instead, you invite the difficulties to become challenges. No matter how bad the ground is you replace the negative thought of this ground is terrible to I can handle this ground. I can help my horse through it.

Problems become opportunities to grow, which brings us to the next point. No matter what happens practice saying to yourself and believing no problem. Say your radiator gets hot on the way to the show and say to yourself no problem. I'll take whatever time I have and calmly work out the best way to warm my horse up in the time I have left.

Someone comes up to you before your run and says did you get your horse running again? He didn't look too good last weekend. You say to yourself no problem and immediately image your horse at his best.

Great competitors must be disciplined thinkers when the pressure is on. Do you think Nolan Ryan can fall apart when the ump makes a bad call? Don't you think he gets grittier? Aren't you the same?

Now, another scenario, you go around the first barrel too wide, say to yourself no problem on the second barrel I'll adjust. If you can say to yourself no problem whenever a potential negative comes up from within you or outside of you, you have just taken the negative punch out of the situation and recharged your soul with challenge.

Remember, problems never go away. It's your response to them that either weakens you or strengthens you. You're on a never ending path of getting stronger and more confident.

What Do I Have Control Of?

Tough thinking skills also include two power questions to ask yourself in any situation. These questions will always bring you back on target and keep your thinking focused.

I'd like to relay a story to you about one of my own experiences showing. I'll tell the story in its entirety, and then as I discuss the two power questions I'll show you how they applied to my situation.

I was in Augusta, Georgia for the Augusta Futurity. I had three horses to show in various open divisions. One horse was quite average in the talent department and was entered at the last moment on a whim by the owner. The second horse was a really cute Palomino mare that I liked a lot. The third horse was a super horse. I had just finished third on him out of several hundred horses at the NCHA Cutting Futurity three weeks earlier.

I had high hopes, if all went well, I could win Augusta on my futurity horse. Things started out weird and got worse. When I watched cattle for my classes I felt my friends and peers were critical of my cattle choices, so I decided to watch cattle either more quietly when I sat with them or by myself.

Then I lost a cow on my Palomino mare. The cow I cut was bigger than her of the same color and ran smack over both of us. She was out. Then on my futurity horse, right at the buzzer, I lost another cow. He was out. I was momentarily bummed, but I decided I would show the best qualities of my remaining horse, who was not my favorite.

I kept thinking through the go rounds in the semi finals about how to show his best. I did not compare him to the other horses and I worked on my confidence watching cattle. Miraculously it seemed, I made the finals and I was excited.

I worked last in the finals. When they announced my score I was thrilled to be second. Then, because of an addition error, they corrected the score and I was tied for first, too much. They did a coin flip for who worked first and that was me.

I was working my first cow and things were going great until, in a heartbeat, I lost it. I immediately thought to keep showing, because you never know what's going to happen to the other guy. To get to the point, my competitor lost a cow and I was the champion of the Augusta Futurity by a half point on my least favorite horse.

Now, let's get back to exploring tough thinking, which are the pieces of the conditioning process that apply to your mind. We're looking at the mental part of the training, which evokes highly energized, positive emotions. Your thoughts serve two primary functions in the heat of battle.

1. They program you for much of what happens during your performance for better or for worse.
2. They are also the mechanisms by which you cope with errors and mistakes.

There are two power questions you can ask yourself any time and any place, to remain focused and manage stress. They help you to have the best chance of clearing out the mental fog that tends to blur power thinking.

The first question is what do I have control of? In my Augusta story what did I have control of? Did I have control of my peers with whom I was watching cattle? No way. All I had control of was showing my horse to my and his best ability.

Here's another personal, real life example to familiarize you with the question, what do I have control of? Sometimes I make a suggestion to my husband of something he might like to consider doing. Depending on the situation, he either thinks it's a great idea and does it or he doesn't like the idea and gives me his own suggestion with words or facial grimaces.

The message may be I should mind my own business. On other rare occasions if I get real pushy, maybe twice in our lives together, well, maybe more, he proceeds to label me the

controller of the universe. After I finish enjoying the fact that he has finally recognized my position on Earth, I always realize that I can't control him. Darn, it is wasted, senseless energy for me to respond with any negative thoughts or words. Do I have control of him? No way.

In your showing experiences how many times do you spend countless minutes and hours fueling negative emotions concerning things over which you have no control?

Do you have control of the weather, a flat tire on your truck, some piece of equipment that breaks moments before your run, the ground, the person who fell in the run in front of you? Do you have control of what other people are thinking? First of all, how do you know what they're thinking or saying?

In my work with riders, in all disciplines, there is a predominance of worrying about what other people at the show are thinking. You cannot control any of these things any more than I can control my husband. Give it up. How?

- The first step is to recognize that you have a negative thought. Awareness of the thought by you is always the first step to becoming stronger within, on your own.
- The second step is to ask yourself, what do I have control of?

If you do not have control of whatever the current issue is, let it go. Tell yourself, I don't have control of that. Focus on what you do have control of, which are your reactions to the situation.

If the weather turns cold, figure out a plan to warm up in your truck every so often. Tell yourself, I can handle this or do both. Fix the flat tire on your truck happily, knowing you can stay up and focused. Borrow or buy a new tie-down or ride without one, this time. Believe that today, in this run, not having a tie-down will either be okay or it won't, but you're going to practice confidence in the face of difficulties.

As far as other people are concerned, say to yourself I have no control of her or him. I am going to stay focused within, which is the only place I have control. I assure you that you will feel a thousand pounds lighter. You've been carrying around suitcases of mental junk that have a direct bearing on your performance.

Remember, negative thoughts equal negative feelings, which equal a physical affect on your body. Begin by first observing your thoughts and secondly, ask the question, what do I have control of? What a great way to lose weight.

What's My Job?

When less than desirable things happen, remember to turn potential negatives into challenges and opportunities to get stronger. If you have no control of the situation, simply say to yourself let go. Remember, these are skills, it takes practice. Keep using this technique and you will grow emotionally stronger.

The second power question to ask yourself during crunch time is what is my job? Asking this question keeps you wonderfully focused. Think for a moment about the importance of focus, and clarify for yourself exactly what focus means. Why is it critical to your performance? It is one of the greatest secrets of peak performance for your barrel run. It is sustaining a here and now mentality during competition.

This allows the natural expression of talent and skill to be there moment by moment, frame by frame in your run. Your understanding of, and knowing, that we have only the present moment is a deep truth that suspends our natural destructive tendency to concern ourselves with the past or the future. The past and the future are literally in our minds only. All that exists is the here and now. Living moment to moment sets you free of more mental junk.

Consider what fear truly is, it is thinking about the future in mental words or pictures that are negative. If the words or images were positive you would feel confident. Before or in the middle of your run, thinking about the future lets fear beat you. Those thoughts block the real you, because you are mentally contriving a future time of dark shadows.

If thinking fearfully is a symptom of potential future fallout, thinking about the past lets anger and frustration beat you. If something less than optimum has happened either in the distant past, like a bad fall, or the current past, like a wide first barrel, that happening is over.

No amount of negatively based emotional thought can change what's done. In fact, that negative emotion takes you far away from your positively energized ideal performance state and is destructive to your run. The destruction occurs mentally, emotionally and physically. You do it to yourself. You may need to change how you do something to make sure what happened doesn't happen again.

For example, physically, after the first barrel, you might need to use your legs differently approaching the second barrel, but just make the adjustments and move into the now.

So, obviously, living in the past doesn't help you any more than living in the future does. If fear and anger are not productive, let's put them in the category of being a kind of useless time warp.

Let's move on to control of IPS by replacing the negative emotions with positive ones. Remember, no amount of time remaining in a negative emotional state brings you to IPS. You must replace the old nonproductive feeling with the new revitalizing, positive energy-based emotion. This is where the second power question, what is my job, keeps you focused.

During my experience at Augusta I kept reminding myself that my job was to show my horses best, not his worst. If I had compared my horse to the other superstar horses I would have ridden defensively and without confidence. This would have had a negative physical affect on my body and on my riding.

Because I had been studying Dr. Jim Loehr's first book, I focused on what I had control of, which was my job of making each cut, and showing my horse offensively. I let the results happen on their own.

The experience in Augusta singlehandedly convinced me of the power of mentally tough thinking. Your job when you race is essentially this, to call up IPS on demand before and during your run in order to ride your horse moment to moment around the barrels. That's it, you, your horse and the barrels. All the rest is out of your control and is not your job.

For example, does your horse need help in a particular manner in the alley? Focus on that and do what needs doing calmly and positively. Okay, now, that's done everything is set and ready to run.

Can you maintain IPS if someone suddenly walks right in front of you and you feel dangerously close to them? Do you get upset and lose your focus? Instead, try this, within an instant become aware of being upset, than know that all you have control of is your horse and doing your job. Your job for that moment is to regain IPS for you first and then for your horse.

Take a moment.

Sometimes in the heat of pressure it feels like time is going a thousand miles per hour or perhaps you feel there is no time to do what needs doing. Time is the moment. Remember, do what is necessary to do your job. Keep asking yourself, what is my job? Then, in your most confident manner, bring to mind your job in words and pictures, regain IPS.

When you master this skill you will feel that time feels slow, even when the alley person is screaming or you're running wide open toward the first barrel. When you ask the two power questions of, what do I have control of and what is my job, you are well on your way to letting go of unnecessary negative mental, emotional and physical baggage.

Combine those questions with, no problem, and you are exercising emotional strength. You are using the competitive secrets of performing in the moment. Your ability to focus on your job in the present grows with practice. As you improve you become emotionally calm, confident and energized on demand no matter what. You are becoming Mentally Tough.

Interviews with Sally Piper and Fallon Taylor

On each issue of Mentally Tough Training I will interview barrel racing competitors who are currently out there, laying his or her very best on the line. Some people's names you will recognize and some you will not, but I know you will find that they all have something to contribute to your competitive edge.

Our first guest this time is Sally Piper from Paducah, Texas. Sally has been running barrels from her teenage years to present. She finished in the standings of the West Texas Barrel Racing Association this year and serves as the WTBRA Vice President.

I had the great pleasure of meeting Sally when she was instrumental in organizing a clinic near Lubbock, Texas. She has expressed such great enthusiasm for Mentally Tough Training that I thought you might enjoy hearing from someone who has practiced and applied her new IPS skills.

Barbra: Hi, Sally welcome and thank you for taking the time to visit with me.

Sally: Hello, Barbra and thank you much.

Barbra: You're welcome.

- **What has been one of your biggest benefits of Mentally Tough Training?**

Sally: In my opinion, I think it was being able to tune out the external factors. There were always a couple of people that I came in contact with that were throwing up negative comments in an attempt to intimidate others and they usually were pretty successful.

Through the Mentally Tough Training I've been able to completely turn out their comments and actually their physical presence, either through the humor that you suggest or the process of controlling my own thoughts.

Barbra: How did you do that, for example, did you use the questions like what do I have control of or what's my job?

- **How exactly did you block out?**

Sally: I did use the process of, what do I have control of? I cannot control the fact that they are there and I cannot control the fact of what they say, but I can control my thoughts, my actions and my feeling or emotions.

I turned to those steps to block them out and to be able to say that they do not have control of me that I have control of my own thoughts and actions and I can handle this.

Barbra: What about the idea of replacing negative emotions with positive ones.

Sally: Through that process I've learned to do that. If the competition is tough and the negative thoughts start to invade, I remind myself that I'm tough too, and I remain focused and focus on having and doing my job to the best of my ability.

If a negative thought starts to inch its way back in I think, no, I can do this, remain focused on what I have to do and that again blocks out the external factors which usually, in my case, start the negative emotions and negative thoughts anyway.

Barbra: Let me ask you then...

- **Have you found that the new *Toughness Training for Sport* book, the *Get Tough* or the *Love the Battle* tapes have been helpful as a way to keep you growing and learning your new skills?**

Sally: The book is tremendous. I've utilized the book and also the Love the Battle tape. The book I read daily. I've highlighted areas that I felt it's helped me the most in and I go back when I need to refresh the skills.

The tape, I used your suggestion, I have a headset and I put that tape in. Even when I'm warming up I've found that I'm using tape now and it does help me remain focused and calm. The jitters and the nerves don't set in when I have the tape going, so I can really remain focused on what I need to do.

Barbra: Talk to me a little bit about the whole idea of the ideal performance state as a skill and professional versus amateur or beginning person.

Sally: To me, when I first read the book, I related the IPS to Dan Jansen or the people that really did this as a profession. I found out now it is not a figment of someone's imagination and it's a learned skill to draw up the IPS on demand.

It's been incredibly challenging and rewarding to acquire this new skill and does take a lot of practice to do that, but as with any other skill it becomes easier. To be able to do it now on demand is incredible to me and that I've done it. I feel like I've accomplished that and also to be that disciplined to be able to do it.

Barbra: It's pretty exciting, isn't it?

Sally: It's wonderful!

Barbra: Another question I'd like to ask is...

- **Have these new skills carried over into your daily life?**

Sally: Tremendously so, not only in my personal life, but also as my job as a school counselor. I've carried it over to some students and it's been wonderful. You can remain so much more disciplined and in control of daily factors as far as stress, the stress we feel in our daily lives or in our job and to recover from that stress.

Barbra: Great. Sally, thank you so much for talking to us. Good luck with this training program and with your barrel racing.

Sally: That you much, Barbra and I enjoyed it.

Barbra: Bye-bye.

Sally: Bye.

Our next guest is 13-year-old Fallon Taylor of Ponder, Texas. It is particularly exciting today, because I will speak to her in Las Vegas, Nevada. She is preparing to compete in the National Finals Rodeo as the youngest competing member of the Women's Professional Rodeo Association.

She is currently ranked fifth in the world standings; a dream come true for her. She has four extra special horses who have been instrumental in helping her win close to \$50,000 this year alone. Now, let's join Fallon Taylor.

Barbra: Hi, Fallon, I appreciate you taking the time to talk with me today.

Fallon: Thank you.

Barbra: I know you're excited about the National Finals Rodeo. Fallon, so many people have been impressed with your success.

- **Tell me, what are your goals for this rodeo and for the future?**

Fallon: To do the very best I can and make sure that everything turns out right.

Barbra: You have a young horse named 'True Identity' who seems to be acting sometimes, a little inconsistent, like a true five-year-old.

- **How do you handle that mentally? What thoughts do you go through in your head if he's acting inconsistent?**

Fallon: I just act that much more toward making him behave and if he's getting antsy in the back, just to try to keep my head on my shoulders that much more.

Barbra: I see.

- **Do you have any particular rituals or things that you go through right before you run that help you get focused?**

Fallon: Just concentrating on the run, going through the run in my head and making sure that I know what's going to happen, what horse I'm on, to know what bridal I have on, to know not to pull too hard or pull a little harder and to make sure to get mentally prepared.

Barbra: I hear you saying that you go through in your mind your run and you think about your horse and what you have to do for that particular horse.

Fallon: Yes ma'am, because if you go up the alleyway thinking you're on a different horse than the whole run goes.

Barbra: You also mentioned to me that your seven-year-old gelding, 'Chickaree Bug', used to intimidate you.

- **How did you deal with that, how'd you get over that?**

Fallon: I had a trainer work with him, because I couldn't do anything with him at the moment. When we got him he was a great horse, but still he didn't have a real good handle on him.

His head was always in the air and I couldn't see over him. He was so big that that intimidated me. We got him worked on, got everything under control and getting him mentally prepared and he was good that way.

Barbra: You also talked about your five-year-old mare, 'Flow Joe', who you really love dearly, I could tell. In the alley sometimes she gets pretty excited, right?

Fallon: Yes.

Barbra: Tell us about how you stay calm and how you keep your horse calm.

- **How do you handle her differently than you do your other horses?**

Fallon: She gets more excited and riled up. I keep her away from the alleyway and I don't have to do a lot of warming up on her. I just stay away from the alleyway and think about what I'm going to do. You can't get nervous on her because that just makes it that much worse and just try to keep her really calm.

Barbra: With that said, let me ask you this.

- **What would you do if you had this plan and you were staying calm and you got in the alley and something happened in the alley, like someone walked in front of you or some distraction, how would you deal with that?**

Fallon: This has happened before. Back off, turn around, maybe lope a circle or two, think just like you were going back again, recoup and go, and not let it bother you.

Sometimes if you're running and you're ready to go and then you have to stop and back your horse off, your horse might think that you're going too slow through the pattern, so just regroup and try it again.

Barbra: You've learned to not let that shake you. You just kind of regroup and go with plan B.

- **What advice would you give to any barrel racer who is striving to be his or her best?**

Fallon: To be mentally prepared, don't get frustrated with the first time because it takes lots of experience and don't rush it.

Barbra: Then let me ask...

- **Would you say that learning the mental skills that you have of staying calm and focused has been a matter of practicing them, a matter of experience?**

Fallon: Yes, it's just many rodeos.

Barbra: Fallon, best of luck, I know that you're an inspiration to all of us. Thanks for taking the time to talk; we'll all be rooting for you.

Fallon: Thank you.

That's all for this edition.

Next time I will further explore tough thinking skills as related to imaging and visualization. You will also expand your training to include tough acting skills. Talk to you then.

Transcript of double CD set - disc 2

BARREL RACING WITH CONFIDENCE

By Barbra Schulte

Visit our Website:

www.barbraschulte.com

World-Class Imaging

You have been learning how to perform at the upper range of your personal talent and skill. Now you know you can, in an instant, mobilize your body's performance potential, if you can find a psychological and physiological balance of high positive emotions.

Calling up and maintaining this ideal performance state is what allows you to be your best. If you perform when feeling mostly negative emotions, you will dwindle when the competition is the most intense. You will be like a dud rocket on the Fourth of July, start out strong and fizzle.

What you're after when you go to a barrel race is for you and your horse to perform at your combined peak. Because your horse is directly affected by your ability to put it all together under pressure, your first job is to get yourself to be at your best. Then and only then can your horse run at his or her best.

In barrel racing placings are determined by hundredths of a second. Many times the question is not your horse's physical ability to run one or two hundredths of a second faster, it's a matter of you preparing and riding your horse correctly moment to moment so he can run under pressure.

Tiny errors can cause a loss of a hundredth of a second. The challenge becomes putting it all together consistently in the heat of battle. If you fall in love with the challenge the results take care of themselves. Focus on mastering the mental and physical tools of Mentally Tough and let your times improve on their own.

Although the training strategies are divided into mind -- tough thinking -- and body -- tough acting -- it is for the purpose of developing skills only. The foundation of Mentally Tough philosophy stresses that there is no separation of mind and body, ever, no matter what you do. Therefore, when you train to control the ideal performance state of high positive emotion, you actually condition your body chemically and neurologically.

In previous tapes I have given you the tough thinking tools of scripting, power questions and phrases; in this tape I will discuss imagery. When you vividly image you move your physiology in the same direction as if you are actually performing.

Images are a reality from a neurological perspective. It is logged in your mind as if it actually happened. Your brain is unable to differentiate something vividly imagined from reality. Visualization is an essential skill to perform consistently at your personal level of talent and skill. In fact, images are more powerful triggers of emotions than words.

For example, how would you call up the emotion of sadness? If I said to you right now I will give you a \$50,000 barrel horse if you can cry true tears of sadness in three minutes, what would you do?

I suspect that you would sit quietly somewhere and conjure up pictures that evoke extreme sadness within, like a family member's death or the passing of a favorite horse or pet. You would use vivid pictures to call up the emotion of sadness. You would more than likely talk to yourself, keep your eyes looking downward, etc., but the images might very well be the largest factor in your ability to cry on demand.

Now think about when you're feeling fearful, say the ground is bad. If you are feeling nervous, don't you have images in your mind of your horse falling with you? That may be followed with pictures of you getting hurt.

Maybe your horse is having some kind of problem on the first barrel, perhaps he's even run up the fence on more than one occasion. Don't you find it easy to replay those bad movies over and over in your mind? You're probably doing that without even realizing that it's happening. Those unpleasant images fuel negative emotions. They are devastating to maintaining positive emotions. Because of the mind-body connection you physically cannot perform.

The connection between thought and emotions works both ways. The way you're imaging affects the way you're feeling and the way you're feeling affects the way you're imaging. That's the reason great competitors are always disciplined visualizers, because they understand that sloppy, careless, negative images completely undermine IPS control.

Great actors and actresses, too, train themselves emotionally through skillful imagery. Although they are provided with a script to assess whatever emotions are called for in their character, they must use emotionally-charged mental pictures to give them the real feeling they seek. You are no different. Your script in barrel racing is always the same, to enter the arena strong, powerful, calm and confident and to maintain those feelings throughout your run.

In order to do that your first skill in calling up and maintaining IPS is to be aware of negative feelings. Because you can never get from negative to positive by remaining negative, we're after replacing the negative feeling with a positive one.

If you are in the alley and you are fretting over the ground, particularly if you are last before they plow again, try this. Use images of past positive experiences you had with your horse with bad ground. Perhaps you rode him in a certain way or perhaps you were able to trust and relax and it all worked. Keep replaying that image over and over.

Visualize yourself strong and confident. Put words to it. Say to yourself, I can handle this, or, anyone can be good when it's easy. I'm going to be someone who can make good decisions in all conditions. Imagine yourself fighting back, of being strong in the face of adversity and loving it, have fun with it. The idea is to love the battle.

Jimmy Connors was asked what he loved most about tennis and his reply was, "I love to play tennis and win. My second favorite thing is to play tennis and lose." He absolutely loved the fight.

Imaging is acquired with practice. You must experience victory and great achievement mentally before you can ever achieve it physically. Mental and physical practice together is far superior to physical practice alone. If you do not become disciplined in seeing clear pictures in your mind of what you want to happen, you take a rode to success that is 10 times longer than combining imagery skills with physical skills.

Remember, great competitors are always great visualizers. Being prepared mentally and emotionally is inseparable from visualization.

In order to become disciplined in imaging you must develop the following three skills:

1. The ability to recognize negative emotions and the negative images you are putting with those emotions.
2. The ability to have a clear positive picture of what you want you and your horse to do, which is the replacement.
3. The ability to call up and replace strong positive images in any situation.

To begin this phase of your training, let's get our own picture of the highest level of visualization. It is your ability to see clear pictures of your own high-level performance any time and under any conditions.

This includes seeing yourself riding your horse wonderfully during smooth fast runs, while you sit relaxed in a comfortable chair at home, to being able to see the same picture under pressure at the race. The very highest level would be seeing yourself calmly and confidently after you've seen someone fall, for example. That is the skill level of world-class competitors, undistracted, undaunted.

Imaging on demand is a skill acquired, just like any physical skill of riding. Practice is what strengthens you so that, eventually, nothing can wedge negative images into your mind. If the ground is bad and you need to make some riding adjustments to maintain safety, do it and stay positive.

To start training yourself practice when deeply relaxed. Training relaxation is a skill in itself. In our busy bustling lifestyles, most of us have a difficult time relaxing. To practice relaxing, I suggest slow instrumental, non-lyrical music, like Kenny G or some of Enya's songs.

Music can be a great aid in slowing down brainwave activity. Slower brainwave patterns suspend critical, logical, defensive thinking and open your brain to the strong images you are conditioning.

Numerous short sessions of five to fifteen minutes are much better than one long session. You could make your own tape of a favorite three or five minute song playing several times over so that your practice is not interrupted when the song is over.

Here's a fun experiment to illustrate the effect of color and size on positive and negative images. Close your eyes and imagine someone you don't care much for. Are your eyes closed? Can you see him or her? Where's the picture of this less-than-favorite person on your mental screen, middle of the screen, upper or lower corner? How big is it, large or small? Is it in color or in black and white?

Now open your eyes for a moment and look around. We're just taking a mini break. Now close your eyes again. Visualize someone who is near and dear to your heart, someone you love totally. Where is he or she on the screen, middle or corners, large or small, color or black and white? Now open your eyes again.

You see, positive images tend to be large, in the middle of the screen and vivid in color. You can take a positive image that you want to make emotionally stronger and actually add brightness, color and size to strengthen the picture and strengthen your skill. When you are in a pressure situation, you will find that the more vividly you have visualized the quicker it can be called up.

Now once you have become deeply clam, picture things so vividly real in your mind that you can actually hear, see, feel and touch them.

For example, image a super run. If you have trouble seeing yourself in that run, picture someone you admire and, when you are totally relaxed, just slip into that person's saddle and then, with time, change the image to you with your own unique style. To strengthen your skill, make the picture more colorful and larger.

Be sure to mentally rehearse difficulties also. Review those nightmare happenings two ways. The first exercise would be to mentally practice running so well that the problem didn't occur at all. The second exercise would be to have the difficulty happen, but you respond calmly, appropriately and let go to return to the moment.

You wouldn't want to rehearse this last case beyond getting comfortable with it, but the point is to attack your weaknesses. Get to the point in your mind that you can perform effortlessly and handle anything that comes your way.

When you create tough situations in your mind and overcome them you are empowered. Those weaknesses become your greatest sources of new strength, because the triumphs take you to new heights. Love the battle, personal triumph will be your greatest joy.

In your practice, relax with four to six minutes of calm music. Then, with some different upbeat music that makes you feel empowered, see, hear and feel yourself competing calmly and assertively. Feel like superwoman or superman. Get into feeling IPS. Go for it. Condition those strong, high, positive feelings. Are you having fun or what?

Dr. Jim Loehr's Get Tough audio tape, the IPS Music Workout, takes you through those very steps. It is the very same kind of mental conditioning daily exercise cassette he uses when working with athletes. It is one of the most important parts of the LGE Mentally Tough Training Program.

Research has shown that if you relax, using slow tempo music and then visualize with powerful music, you will become a world-class visualizer. It's the finals and you're last to run. To become the year-end champion, you must win this race. Although the tension and excitement are everywhere, you see yourself move confidently from the warm up area into the alley.

The sun is warm against your face as you move your horse into position. You can hear the announcer saying the previous person's time. The noise of the crowd, the feel of the reins in your hands and the excitement of the moment are all very real. In spite of the pressure, you feel confident, alert and eager. This is a great challenge for you not a threat.

You've carefully studied the arena and the ground and you have a plan for your run. Your name is announced, now you feel yourself in the ready position. Your eyes look down the alley, your chin is up, your right hand goes up your horse's neck and in a flash you're off to the first barrel.

This is an example of visualization you could do, which would strengthen strong, positive mental images. You are programming yourself for success. Mentally touch the reins, your horse's sweaty neck or the rawhide braid of the saddle horn. Try to feel your seat in the saddle, the chill or warmth of the air, your legs spurring your horse.

Attempt to hear the announcer, the crowd clapping, people shouting somewhere in the distance. Smell the oil on your saddle, the rain in the air or the sweat on your horse. Now visualize your best moment as a barrel racer. Recapture the joy and the thrill of a smooth great run. Now, to further build your visualization skills, go into the practice arena and try them out under live conditions.

Before doing whatever you are practicing on at home, take some deep breaths to relax. Again, in your mind see, hear and feel an exercise or maneuver before you actually do it. Use scripting at specific places in the exercise to keep you on track, then tell yourself to let go and actually do the practice exercise.

When you finish, stop for a moment and reflect on how well it all went. Was it smooth? What were the sounds? Did your horse respond? Did you stay loose during tough spots that would have caused you to be tense in the past?

In your reflections notice places that were unclear, these are spots to improve. Relax and know you are on an endless journey of learning. Simply let go of anything unclear and vividly imagine again what you desire. Bypass internal lashings by simply replacing unclear images with clear ones.

After you have become skilled with this routine of before and after imagery and practice, try it at a barrel race. As you practice these skills you will become more and more efficient, until soon you become skilled in vivid imagery, you become aware of areas to improve, you provide yourself automatically with replacement images and you have the ability to be mentally in tune with programming what you want in any pressure situation.

Don't forget to mentally rehearse positive physical, mental and emotional responses to difficult situations. Select ones which have frequently troubled you and rehearse how you will respond to that same situation next time it occurs. You will develop tremendous confidence, because you will be focused on your job and be prepared for any problem areas.

Never abandon daily practice and quiet. If you practice in a relaxed place daily and before and after at home and in competition, you will see your performance soar. Visualization does not take the place of physical practice, but physical practice is only half of the equation. Remember, our minds and bodies are inseparable. Thinking in positive mental pictures completes the other half of the equation.

As I close this tape, I would like to remind you of the most powerful image of all that serves as a backdrop for all you do, that is your self image. If you expect to change fear into challenge or disappointment into determined hope, you must work daily to make your self image strong and courageous.

When you do that then all the distractions, people complaining around you, bad ground or equipment breaking will have no affect on you, because you have the reserves of strength that come from within not from outside of you. The more you practice the stronger you become.

Interviews with Sharon Daling and Kristie Peterson

On each issue of Mentally Tough I will interview barrel racing competitors who are currently out there laying his or her best on the line. Some people's names you will recognize and some you will not, but I know you will find that they all have something to contribute to your competitive edge.

It is a tremendous pleasure for me to introduce my first guest, Kristie Peterson. Kristie has been winning world championships since 1968 and 1969 when she was the Little Britches World Champion.

In 1993, she was Reserve World Champion of the Women's Professional Rodeo Association. In '94 she was the WPRA World Champion and NFR Average Winner. In 1995 Kristie was the WPRA Reserve World Champion and won the National Finals Rodeo Average where she received the most money ever won in barrel racing at the NFR.

She is quick to recognize and appreciate her family of three wonderful children and one super husband.

Barbra: Hi, Kristie, thank you for taking time out of your busy schedule to visit with us today.

Kristie: It's a pleasure to talk to you.

Barbra: When you and I talked on the phone the other day and you were explaining to me how you've used visualization in your preparation for competing, I was just really excited. Can you tell us a little more about that?

Kristie: I was reading the articles that you had written in the Barrel Racer News and was real surprised that some of the information that was in there was a lot of the things that I do.

I do a lot of visualization practice, especially at a place that I've already been because I can visualize it better. It really works. It helps you be calm when you get there.

Barbra: Great. You mentioned the other day about an experience you had at the NFR.

Kristie: Yes. The NFR is kind of different than any place else. That first barrel is a blind barrel until you get out in the arena. Visualization practice for that run especially helps, because there's no other way you can prepare yourself, you just pop out there and there it is. If you practice mentally in your mind of what you're going to do before you get there it sure helps what you react to.

Barbra: You told me about a year ago when you were at the NFR that the first barrel wasn't exactly the way that you wanted and then you worked on it for a year.

Kristie: I kept running past it, I couldn't get my timing down right. I brought the tape home and watched it and then, almost every day before the finals, the whole year, I practiced that first barrel.

When I got there for the practice runs, before the NFR started, it really helped. I could tell that I was more relaxed and calm because I had prepared myself for what would happen and it was just exactly as how I mentally prepared it.

Barbra: Do you ever notice, when you're out there on the road and going constantly to races, that negative thoughts or images come into your mind?

Kristie: Definitely, especially if the ground is bad or something to that affect and you've heard that other girls have fallen down. It really affects your mental attitude, so you just go back and mentally practice how you ride on ground that's not perfect.

You might set your horse a little more and it just helps to be prepared in that manner so that you are prepared if your horse does take a slip, that that was going to happen and you knew how to react to it.

Barbra: What about excuses for not performing well, do they ever come into your mind?

Kristie: No, I don't like excuses and I don't really appreciate other people that use them, because we all just do our best. Things are going to happen, but the best way you can prepare yourself against that is to mentally practice your runs and then you're as prepared as you can get.

Things are going to happen, everything is not going to go your way every time, but you just put those out of your mind and concentrate on the positive runs that you've had. You just go on with a good mental attitude instead of a bad one.

Barbra: One of the things that I have noticed in my travels and giving clinics is that so many people are threatened by other people who enter the competition. Have you ever had those thoughts and how do you handle that?

Kristie: Sure, I think everybody has had those thoughts. I think the worst thing that you can possibly do and I know this from experience is to set your goals to beat someone else. Your goal should always be to do your personal best and nothing else. If you go out to beat someone else then you're making their run and not your run.

Barbra: Okay. How important to your success has your mental and emotional preparation been? What part has it played?

Kristie: A large part, especially in a short round, that's when people beat themselves. The tension is high, you know what you have to do to get the bigger checks and at that time is when you really have to mentally prepare yourself to just make your own run and not run against the clock or for a belt buckle. You just do the best you can.

That's when people beat themselves, when the tension is high in a short round. If you can calm yourself and talk yourself into the positive thoughts and your positive runs, that's when it helps you get the big check.

Barbra: Can you give us some examples of some of the positive things you would say to yourself?

Kristie: Oh, in Houston this year, just last week. The ground had been pretty bad all the time and there were a lot of people that had some bad runs and some good runs. The girl in front of me had just fallen down and I had to really mentally prepare myself for the challenge of slick ground and it helped.

I helped to prepare my horse for the turn where he might have run past it, like a lot of other people were doing.

If you just mentally and visually practice and talk your positive talk to yourself, you just do a much better job. If you go in there thinking I can't do this because of this or this or this person has too good a time I can't outrun, you've just beat yourself before you start.

Barbra: What advice would you have for aspiring barrel racers?

Kristie: I would say to stay at a competition level where you're successful or feel good about it. Don't go right out and get your WPRA Card, start at Jackpots or, if you're younger, the Little Britches and stuff. Make runs that you're proud of and that you can compete at.

Barbra: Okay. Thanks so much for taking time out of your busy schedule. I know you have been on the road, so I appreciate it and good luck to you.

Kristie: Thank you very much.

Barbra: Okay, bye-bye.

Kristie: Bye-bye.

My next guest is Sharon Daling of Waterville, Washington. She is a long-time member and competitor in the Washington Barrel Racing Association. She is a past Reserve Champion of the Washington Rodeo Association. Her first love is training and selling barrel horses, so she is often seen racing in the novice classes.

Sharon has been so enthusiastic about all she learned at a Mentally Tough Barrel Clinic last November that I decided to ask her to join us today.

Barbra: Hi, Sharon and welcome to the interview portion of this audio program.

Sharon: Hi, Barb. I don't mind telling you it was really hard for me to even start this, this morning. It's 10 above, blowing and snowing and this Saturday there are three really good races to go to, so I am trying.

Then I also really had to get a hold of myself when you said oh, by the way, Kristie Peterson is also on the tape. The impulse to draw out was overwhelming, so for all you listening, I'm applying, once again, my Mentally Tough Training, facing the challenge not to chicken out.

Barbra: Why girl, good job. It's been about four months since you attended the Mentally Tough Clinic in Washington, so what have you gained from it in your riding?

Sharon: The thing I realized the most, Barb, was that the line of communication between my horse and I had become so badly clogged, because of my lack of the ideal performance state.

I have read every positive thinking book there is, I think, and I would do everything right before I went to race. Riding a very good horse, correct shoeing, new supplements for muscle soreness or joint soreness, balance, feed, correct exercise, correct training, had my horse massaged, even lased it with a laser.

Read my books again, attended all the clinics that I could go to and believed I was going to win and didn't and was really shocked when I didn't win. After the first day at your clinic I could see the difference and why I was having this problem, it hit me like a ton of bricks. It was right there, but I just didn't have the ideal performance state.

I could not transfer that positive feeling to my horse, because there was so much in the way within myself. Emotionally I had personal problems at home that stressed me out continually. I'd go to a barrel race and be thinking this will make me feel better and I'll do alright.

Then, physically, I had problems with my back. I wasn't exercising and had horrible eating habits. Mentally I let my mind roam wherever it wanted to at freewill. These things really bothered me and I thought why am I not winning? Again, it was because I was not in the ideal performance state.

Through the steps at your clinic, I learned that I had to obtain that state of mind. I've seen really good results and I've gotten a check in every race I've attended since the clinic. The tools are great, they apply to every-day living and I can't say enough about that, really.

Barbra: Exactly what tools can you relate to all of us listening that have helped you? What do you do when you go to a race to get into the ideal performance state?

Sharon: First of all, when you get that gnawing feeling in your stomach of like, why am I here? I've learned to be able to take a hold of that through the way you taught us to be calm and become focused.

The other thing that was really important was to learn to show your horse to its best ability. You have to have the killer instinct to win, but it doesn't have to be overpowering. I think that stops you from riding your horse correctly and being able to visualize more and see the pattern of where you're going.

I've seen this in all the people that attended your clinic with me. This last weekend there was a race and it is real exciting to see how it works with different kinds of horses and different kinds of people.

Barbra: I see. I know that you really love to train and sell horses, have you found it has affected your training?

Sharon: Yes, I'm much more aware of myself than I was before. Before I knew I had the good caliber horse to be able to sell and train and I just expected to happen, because the horses are good. Now I've learned that the horses are only as good also as I am myself and in taking care of myself.

Barbra: Great. What advice would you give to someone interested in learning about Mentally Tough skills?

Sharon: I would advise them to take any of your tapes to start with or to call anybody that attended a clinic. It seems like the word of mouth is working really well, too, amongst people. I think that would be a really good way to learn.

Barbra: Okay. I hope that you can stay warm today and that you can make it out of your driveway to get to the barrel race this weekend. I really appreciate that you talked to us today. Good luck to you.

Sharon: Thank you, Barb.

Barbra: Bye.

Sharon: Bye.

World-Class Acting

How are your scripting and imagery skills? Are you gaining some control on feeling more calm and focused? Great! The next strategy, world-class acting, is the second phase of your performer self-development. This is simply your ability to use your body to call up IPS.

You are a performer and your stages are the alley and the arena. Your script is IPS before and during your run to keep high positive emotions rolling. Confidence, calm, focus, aggressiveness and fun in all situations, put some major emphasis on the word fun.

I don't know about you, but as I grew up I was conditioned to believe that I could only act confident on the outside after I had earned that right by winning something. Right now I'm telling you to throw that out the window. That is the longest route possible to positively conditioning your emotions.

Acting skills keep positive emotions high because of the way the mind and body are so intimately wired. How you think on the inside influences how you feel and how you act on the outside also influences how you feel. Training your thoughts to keep the positive feelings high is called inside-out training. Controlling your physiology or acting to keep the emotions strong is called outside-in training.

If I ask you to bring up the emotion of sadness by crying for me within the next five minutes, could you do it? If you could, what would you do with your body? Probably not dance. In all likelihood, you would sit in a chair somewhere in a quiet place, drop your eyes, drop your chin and shoulders, slump down and think about a sad event with images and words. Your breathing would probably not be deep and the harder you cried the more shallow your breathing.

If you had cried a lot in the recent past, tears would come fast because you have been practicing calling up the emotion of sadness. If you had not been crying lately, it would be more difficult.

By contrast, call up the emotion of excitement. Act on the outside how you would feel on the inside if you had just won Las Vegas. You could win the National Finals Rodeo or the million dollar slots. How would you act?

Your chin would be up, shoulders way back, eyes looking confidently ahead and your breathing deep. You might even give a little hand pump and say, yes! Again, the more you had been feeling this way in the recent past, the easier it would be for you to get into the spirit of excitement.

Notice the opposites of how you acted for sad and for excitement, the chin, shoulders, eyes and breathing were exactly opposite. For competition your job as an actress is to act confident, clam, energized and focused on the outside no matter what might be really happening. Here is a key point. You never show any weakness on the outside no matter how bad it gets.

At LGE when tennis players are trained in mind and body skills, they are precisely choreographed whenever they are not hitting the tennis ball. No matter what the score or

what the situation, when they are on the tennis court, the player's project only strength on the outside.

Many riders are simply bad actors. They just can't bring the script of feeling positive to life on demand. If you are a bad actress running barrels, it means that you act however you really feel when it's time to run. If you feel tired, nervous, frustrated, angry or helpless you show it and guess what you get when you run, a poor performance or one that is less than your best. Your horse's performance suffers, too.

I can hear you silently wondering if all this acting might mean you are a phony. Here is the distinction between phony and acting. In order for you to be a skilled performer, regardless of circumstances, because the clock doesn't care if you're having a bad day or if you're tired, you must be able to call up IPS on demand, it is a skill.

When it's time to run it is not the time to wallow around in negative feelings. Remember, the physiologic chemistry of negative emotions throws your riding off. It may be very important to deal with negative issues after you ride, but never immediately before or during your run.

Becoming a skilled actress is essential to a brilliant performance; it has nothing to do with being phony. Become disciplined in acting to help you call up IPS. If you go with your real feelings instead, your times will take rollercoaster rides.

Here's another distinction. What's the difference between great acting and being cocky? There's a huge difference. Great acting skills are highly-disciplined ways of controlling your body to control positive emotions. Acting is for control of IPS within, being cocky is usually a display for others.

Be aware of where you are getting your positive emotion. If it is from others on the outside you will feel empty when there's no one there to pump you up or acknowledge you. The unlimited source of your strength is always within.

Now let's talk about very specific acting skills before your run and then during your run. In the alley, right before you enter the arena, you should have an acting script. Chin up, shoulders back and they stay up.

Take control of your breathing; breathe rhythmically and into your abdominal area. Breathing is one of the most powerful tools you can use to remain calm, focused and poised. Keep your eyes up at all times looking forward. Your eyes reflect your thinking. Eyes go down, feelings drop. Eyes stay up, feelings stay up. By taking control of your eyes you automatically make great strides in controlling your mind.

There you are, in the alley, ready to go for it. No matter how you are really feeling, call up the ideal performance state by what you do with your body, act. Then pair the acting skills of chin, shoulders, eyes and breathing with the thinking skills of visualizing and scripting. Take control. Stay calm, focused, confident, energized and having fun. Be dramatic in the alley, but for yourself not others. Okay, now, you're ready to go.

Let's talk about acting during your run, but to learn that I am going to take you out of the alley for a moment and into the stands. Are you ready to watch the race one person at a time? Okay, but instead of watching the horses go around the barrels, concentrate on something new. Observe the physiology of the rider as she enters the arena, does she look confident and ready to take on the challenge? Does she enter the arena with a look of determination?

Now observe what happens with the rider's body as she approaches the first barrel, the second barrel, the third barrel and as she's coming home. If she initially entered the arena with confidence, did she maintain it throughout the run? If something happens, say on the first barrel, did the look on her face change? In other words, did she look on the outside the way she wanted to keep feeling on the inside.

Watch closely and you will begin to have the ability to observe the competition skill level of a rider by how well she maintains the look of physical confidence. The highest-level competitors never show any weakness on the outside during their run. In fact, a super competitor may have some type of bobble in their run, but because of her supreme acting skills you might wonder if what you think you saw really happened.

Here is how you become very skilled in acting. First and foremost, you live by this simple creed. The hotter the competition and the problems the better, I never show negativism or weakness on the outside. Say that to yourself over and over and believe it to the very depths of your soul. The hotter the competition and the problems the better, I never show negativism or weakness on the outside. Passionately believe it.

You know controlling your body on the outside links to positive body chemistry on the inside. That chemistry affects your riding. If there's no weakness outside there's little chance of weakness inside. Here's the next step. Take control of your eyes; choreograph them for every moment in your run.

For example, exactly where is the spot you look to when you approach the first barrel. At what point do you look to a new spot and exactly when.

If your horse goes by the first barrel further than you planned, do you keep your eyes up? When do you turn your head and look up into the second barrel with drive and conviction? Be specific, adding motion to your looking; crave control of your eyes.

Continue to choreograph where your eyes will be for the second and third barrels as well as coming home. Here are two key points. Always look to the place where you want to go and never drop your eyes if you begin to feel a pang of frustration or panic.

To become super skilled at video yourself, set the video camera up near the second barrel at the arena fence; video the entire run, but from the waist up. At clinics, in the beginning, riders are unaware of when their eyes go down. They would bet money that their eyes stayed up until the video is played back. The video shows you exactly when and where you need to train eye control.

Your chin should stay up for the entire run as well. Again, when your chin stays up your confidence stays up. When you round the third barrel and come home your chin is really up.

Shoulders are back and the expression on your face is intense determination. Every cell in your body is alive with the will to put it all on the line.

Last, but not least, a word about breathing during your run. Exhale at each barrel, just prior to the time when you want your horse to shutdown before turning. When you exhale at that time you naturally release the tension in your body. This is a great signal for your horse to rate; it also keeps you focused within.

That split second of breath exhalation gives you a sense of inner control, even if you and your horse are performing wide open. It's like an automatic centering device to keep you from getting frenzied mentally, emotionally or physically.

So there you have it, great acting skills for you during your run. Eyes choreographed, chin up, shoulders back, breath exhalation. Try them out, experiment to see what works for you. Never abandon eye and breath control, video yourself, keep your chin up. You never knew how important that phrase was, did you?

Physical Toughening

Someone came to me and said, Barb, I only want to do one thing to get emotionally and mentally stronger, what should I do? I would say get physical. When you ride you need energy, when the energy is gone the fight is all but over.

Great coaches have always understood the connection between fitness, energy and confidence. Because your mind, body and emotions are intimately linked, when you increase your ability to handle physical stress you improve IPS control. Deepen your belief in yourself, start knowing you can bring things back your way when all seems to be going against you.

There are five elements:

1. Abdominal and oblique strengthening
2. Interval aerobic training
3. Overall muscular strengthening
4. Muscular flexibility
5. Rebuilding strength and confidence after injury

Abdominals are critical and are the number one priority of physical toughening. Does that surprise you? Would you have guessed aerobic training? The reason is that your abdominals and oblique's, which are the muscles on the side of your lower abdominals, represent the very core of your entire body strength.

If your abdominals are weak you cannot be physically fit. If you do not maintain strong abdominals, as you age you will get problems with movement in general, low back pain and poor posture. Poor posture causes faulty breathing. That causes difficulties with other internal functions due to decreased oxygen supply.

For riding, strong abdominals give you a sense of connection with your center of balance and the horse's center of balance. Because you are strong in the core of your body, you are able

to keep your balance better in the saddle when you're going fast and things get unpredictable. Strong abdominals and obliques also help you change your seat position in the saddle quickly.

Your training goal is to build the number of abdominal curl repetitions to 100 per day. Did I hear you groan? You do not have to do all the abdominals at one time; you may begin by doing five or 10 several times a day. The idea is to build your strength and endurance systematically so that you can do the 100 curls per day.

The more repetitions in a row the better, but the priority is to build the number per day first. Do not rush through the curls, one curl after another.

The second physical fitness priority is cardio respiratory fitness. This brings your energy up and increases endurance. Do a wide variety of heart and lung activities, such as walking, cycling, swimming or jogging. The ideal length of an exercise period is 20 to 30 minutes a day, three to four days a week.

Eighty percent of your workout should be up and down in cycles within your aerobic zone. It's called interval aerobic training. Your aerobic zone is between 65% and 80% of your estimated maximum heart rate. To find it, subtract your age from 220, then multiply that number by 65% and then 80%. Twenty percent of your workout should be in cycles above and below your aerobic zone.

If you are unaccustomed to exercising, first, have a medical exam. Avoid exceeding your aerobic zone for the first two months of regular exercise, use interval training instead of continuous exercise. Interval training, as opposed to steady state training, is more in keeping with live stress.

Let's say you're a 30-year old exerciser in excellent physical condition, subtracting your age from 220 yields your estimated maximum heart rate of 190. Interval exercise calls for moving you heart rate up and down between 65 and 80% of maximum, in your case, that's between 124 and 152.

Warm up until your pulse is about 124; 12 in six seconds, then exercise until your pulse hits about 152, which is 15 in six seconds. At that point, ease off on the exercise until your heart rate recovers to about 124 and you've completed one cycle of stress and recovery. In each interval exercise session, pulsate between your high and low limits as often as you can. That is, do as many intervals as you can.

Obviously, it's easier to do intervals with a chest monitor that gives you instant readout. Actually, since the monitors average your pulse, they are about five seconds behind. This means that for maximum benefit and safety you still have to anticipate a little as you approach either your upper or lower limits.

The stress of interval exercise comes in waves that are more specific to the demands of every-day living. Nothing in life mirrors the stress of a marathon. Running 15 to 20 miles at a steady pace prepares you to handle the stress of a marathon. However, life stress is not like

that. Nothing in life demands a heart rate of 140 to 160 for three to four hours without a break. Life stress is intermittent.

The third priority, general muscle strengthening, is a must. The ability to generate and resist physical force translates to emotional and mental strength. Become physically stronger and experience increased IPS control automatically. Free weights, weight machines and flexible tubing and bands, like the Dyna-band, can all be used to achieve greater body strength.

Whatever body strengthening system you use and do each exercise five to seven times as a set. Be sure to hold each repetition for five to 10 seconds. Do at least two sets of upper and lower body exercises per session. Upper body and lower body strengthening has a direct effect on your ability to ride with control.

The fourth physical fitness priority is flexibility. Stretching routines vary; yoga is an excellent stretching program. The Dyna-band I mentioned earlier has a booklet with strength building and flexibility exercises. Do your stretch routine at least five times a week, stretching daily is best.

So there you have it, the LGE Physical Toughening Program. Remember to get a medical exam before beginning, start slow. Some professional supervision would be recommended for weight training and most of all make it fun.

Interviews with Sharon Camarillo and Carol Caldwell

I have two very special guests. The first is a lady I know you are already acquainted with. As I travel coast to coast and talk to barrel racers, I never hear anything but the highest compliments concerning her professionalism, knowledge and ability to relate with everyone; her name is Sharon Camarillo.

Sharon is a four-time National Finals Rodeo Qualifier in the Women's Professional Barrel Racing Event. Among her many accomplishments she has been intercollegiate champion and a woman's professional rodeo champion.

She is the author of *Training, Tuning and Winning* and has produced a bestselling video on barrel racing and horsemanship. Sharon also designs and endorses her signature line of saddles, tack and clothing.

In addition, she has the distinction of being one of the only women to hold a PRCA Announcer's Card. Her commentary has been heard at major rodeos around the country, including the prestigious Houston Livestock Show and Rodeo. Her Barrel Racing Horsemanship Clinics have given her international acclaim as a barrel racer as well as a talented, multifaceted horsewoman and highly-motivational instructor.

Barbra: Hello Sharon, welcome, I know you're a busy lady and I appreciate your time with us. What are some of the common mental or emotional blocks that you see in your students and how do you help them?

Sharon: Barbra, you know that's a very common question that I get from my students. I notice right off, the first thing in the morning at a clinic, that my students are tense and nervous.

Many times they're not sure what I'm going to be asking them for and they're very cautious in themselves to know whether or not they'll be able to perform what I request of them, so right off the bat we go into some music therapy.

I try to get my riders in touch with themselves and once we free the blocks up that they have in their mind, get them to forget the pressures of home, that they've just juggled their children around, juggled their families around. Some of them maybe had a flat tire or a mechanical problem coming to the clinic. Their horses are nervous, they're nervous.

I want to get them to just let that go and teach them that it's alright to focus in on themselves and their horses. We do a lot of that through music therapy and just talking to them where they one by one start to release the pressures they feel in their life and also in their contests.

Barbra: Okay. How do you do the music and could someone do that at home?

Sharon: Absolutely. This is something I stumbled on. I was at a friend's riding and they had some wonderful classical piano music playing on their broadcasting system in their arena. It was very sophisticated; however, with just a Walkman or with just a music box