

THE CONFIDENCE BLUEPRINT

9 Powerful Principles to
Rebuild Your Confidence

The background of the entire cover is a photograph of two people standing on a rocky mountain peak. They are silhouetted against a bright, low sun that creates a strong lens flare and a warm, golden glow across the sky. The person on the left is standing with both arms raised in a 'V' shape, while the person on the right is also standing with arms raised. The foreground shows the dark, jagged silhouette of the mountain rocks. The overall mood is one of triumph, achievement, and hope.

Elise M. Hittinger

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DEDICATION

To my husband, Dean, whose unwavering support and love have been my constant source of strength. To my parents, Tim and Ruth, for their guidance, encouragement, and belief in me every step of the way.

And to all the incredible people who have read my books, learned from my teachings, and trusted me with their journey toward courage—you inspire me every day. Thank you for allowing me to be a part of your growth and transformation. This work is for you.

In Joy,
Elise M. Hittinger

MEET THE AUTHOR

Elise M. Hittinger

“Filling up with courage leaves no room for fear”.



Elise is a seasoned equestrian expert and coach with a profound passion for empowering riders, especially those over 50, to overcome their fears and rediscover joy in horseback riding. With personal experiences that highlight her journey from a fearless child rider to confronting and overcoming significant fear following a traumatic incident, Elise has developed a unique approach to equestrian empowerment.

Through her podcast, blog, courses, and coaching, she offers insights into making better choices for both horse and rider, emphasizing the paths to courage and laughter. Elise's work has been recognized on platforms like Horse Network Radio and Transformation Starts Today. She has also authored books aimed at helping individuals turn fear into courage and incorporate laughter into their lives for better family dynamics. Her commitment to the equestrian community extends beyond personal achievements, as she has created a support group ([you can join here](#)) to help others facing similar challenges. Elise's mission is to share her process and support individuals in regaining confidence and joy in riding their horses.

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INTRODUCTION

For those of you who don't know me, my name is Elise Hittinger, and I've always had a passion for horseback riding.

After an accident in 2000, it took me nearly 20 years to find my way back to enjoying trail riding and hacking out on my horses. During that time, I felt incredibly alone in my fear. My friends, family, and trainers didn't truly understand what I was going through—it was a lonely and isolating experience.

As I figured out how to reclaim my courage and joy, a new passion began to bloom. I realized that I wanted to help others—just like me—find their courage, confidence, and love for riding again. I didn't want anyone else to feel as alone as I did. Support is vital, but often, the people around us just don't understand the depth of what we're going through.

This eBook is designed to guide you through the principles and actions you can start taking right now to begin filling up with confidence—both in your riding and in your everyday life.

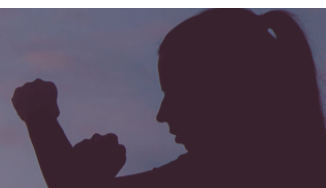
Principles:

1. Self-Awareness
2. Self-Acceptance
3. Confidence Mindset
4. Supportive Self-Dialogue
5. Action
6. Experience
7. Resilience through Failure
8. Embrace Learning
9. Support System

Filling up with courage leaves no room for fear! You will overcome your anxiety and fear and rediscover your confidence, if that is your desire. You absolutely can do this!

When you've finished this eBook, your journey will just be beginning. Let's chat (free!) to discuss the next steps on your path. **[Click here to schedule a time that works for you.](#)**

SELF-AWARENESS



I was going for a lovely ride on my mare when she stopped and raised her head. My nerves got the best of me, and I immediately jumped off. I stood there shaking and trying to get my breath. It was a wakeup call. This was not the first time, or even the 10th time. This was every time. I realized it was like *Groundhog Day*, repeating over and over. If I didn't make a change, this was going to remain my reality. This was my self-awareness moment.

Like many of you, we get into ruts, and we stay there. Whether it be with anxiety and fear, or just living our daily lives, we keep our head down and just keep marching along like we did the day before and the day before that. Nothing changes until we have a moment of self-awareness.

By choosing this eBook, you've taken the first step toward greater self-awareness. Take time to reflect on these key areas as you deepen your understanding of yourself.

Strengths and Weaknesses -

Start by writing down a list of your strengths. How do you identify your strengths? Strengths are the areas in life that come naturally to you—things you're good at, enjoy doing, and excel in. They're often the activities that fill you with confidence and courage, where you feel empowered and capable.

Next, write down a list of your weaknesses. How do you recognize your weaknesses? Weaknesses are the things you tend to avoid, tasks you don't enjoy, or areas where you struggle. They may feel challenging or overwhelming and often raise feelings of anxiety or fear.

Emotions and Emotional Triggers -

This is one of my favorite self-awareness exercises because it helps you pinpoint the roots of anxiety and fear. Focus on identifying 3 to 4 emotional triggers—the very first moments or situations that start to raise an emotion, eventually leading to anxiety or fear.

For example, when I make the call to schedule a dentist appointment, my anxiety begins to rise. That moment—the act of making the call—is my trigger. By the time I arrive at the dentist, I'm already experiencing full-blown anxiety.

Identifying these triggers is a powerful first step in managing your emotions. Keep this list handy, as we'll use it in a future exercises.

Behavioral Patterns –

Once you've identified your triggers, take the next step and write down the behavioral patterns that are second nature to you. These are the automatic responses you have when your triggers are activated. Understanding these patterns is essential because they reveal the outcomes you're currently experiencing and open the door to solutions you may not have considered before. Without examining these patterns, it's hard to know what to change.

For example, after my accident, when a horse reared and flipped over on me, I developed an anxiety trigger—when a horse lifts its head. My behavioral pattern is to jump off the horse.

Body Awareness –

When I was 5 years old, I invited my aunts to sit on the floor and play a board game with me. They declined, explaining they couldn't sit on the floor, they would be way too stiff to stand back up. That moment made a dramatic impact on me, and I vowed never to let myself get to the point where I couldn't sit on the floor to play a game.

Fast forward 50 years, and there I was, sitting on the edge of my bed, struggling to get my socks on. I was shocked. I had become exactly what I vowed I wouldn't. I had lost awareness of my body. Fast food and eating junk, not getting enough sleep, and inaction had taken their toll on my body.

Take a moment to reflect on your own body awareness. Perform a full-body scan and ask yourself:

- Are you stiff or flexible?
- Do you have good balance, or do you struggle with stability?
- How is your current weight compared to your ideal weight?
- Where in your body do you hold tension and stress?
- Where in your body do you hold anxiety and fear?
- How is your energy level?
- How are your sleep patterns?
- Anything else you need to be aware of?

Taking stock of your physical state is crucial when addressing anxiety and fear, especially in activities that require physical exertion, like horseback riding. Physical limitations, pain, or discomfort can amplify anxiety, making challenges feel even greater.

By understanding your body's current state, you can begin to find solutions that reduce fear and build confidence.

When we feel healthy, well-rested, and full of energy, confidence naturally follows.

There's a powerful saying: **"Your inner world creates your outer world."**

Self-awareness, our inner world, isn't just something to focus on while reading this book—it's a habit you can weave into your annual, monthly, or even daily routine. By prioritizing self-awareness, you take control of your life (I know, shocking!) instead of letting life control you. Through intentional reflection, you can shape your future and live with purpose.



SELF-ACCEPTANCE

Now that you have a complete list of who you are right now, it might feel daunting or even a little scary—it certainly was for me. But before diving into fixing or changing the things on your list, take some time to truly bask in love and appreciation for where you are right now, in this moment.

You've already taken a huge step. You're not just sitting on the couch, watching life pass you by. You're figuring out how to rebuild your confidence and reclaim the joy in your life. Celebrate this effort! You're doing the work, and just like in *Groundhog Day*, you're breaking the cycle and creating the life you truly want.

As you embrace this moment, practice self-acceptance by acknowledging your flaws and imperfections. Everyone has them—some just keep theirs hidden and never take steps toward the life they truly desire. It's not about striving for perfection; it's about embracing yourself as you are while actively moving toward the future you want.

Self-Acceptance in Action -

Here are some practical steps you can take to embrace self-acceptance and align with your self-awareness:

- **Celebrate Your Strengths:** Reflect on your list of strengths and recognize how they've helped you navigate life. Write down three things you're proud of about yourself today.
- **Reframe Weaknesses:** Look at your weaknesses as opportunities for growth. Ask yourself, "What can I learn from this?"
- **Acknowledge Emotions:** Sit with any emotions that arise as you reflect on your triggers and patterns. Instead of judging yourself, simply observe and name the feelings.
- **Practice Gratitude:** List five things you're grateful for about your body, your mind, or your journey so far. Gratitude shifts your focus from what's missing to what's present.
- **Engage in Self-Care:** Do something daily that nurtures your mind, body, or spirit—whether it's a walk in nature, deep breathing, or a favorite hobby.

Self-acceptance is the foundation for meaningful change. When you embrace yourself as you are, you create the space and energy to grow into who you want to become.



CONFIDENCE MINDSET

What is Mindset and Why Does it Matter?

You know the old saying, “You are what you eat”? Well, mindset is even more powerful: you are what you think.

There’s good news and bad news in this. The good news is that because you are what you think, adjusting your thoughts changes who you are becoming. The bad news? If you allow negative or limiting thoughts to dominate, that also shapes who you are becoming.

Your mindset is your future. It’s the foundation of who you are and who you have the potential to become.

This is especially true when it comes to confidence. Each day you intentionally work on building your confidence and courage, you move closer to truly being confident and courageous. The idea may feel daunting, but here’s the secret: by taking small, consistent steps, you’ll find it’s not only possible but faster than you might think.

Decision and Commitment -

Congratulations on taking this step! You bought this ebook, and that’s a powerful first move. It shows that you are committed to building your confidence.

But let’s pause for a moment. Sometimes, we think we’re committed when, deep down, we’re just sitting back, waiting for change to happen—especially when it comes to anxiety or fear.

After my accident, I told everyone I was committed to regaining my confidence. But the truth? I hadn’t fully made that commitment to myself. I was stuck in a cycle of hiding in my anxiety, and I didn’t even realize it.

One day, it hit me: if I wanted to change, I needed to stop waiting and start choosing. I began saying to myself, I am confident. Not “I will be confident” or “I’m trying to be confident.” Those words were too passive, too uncertain. Instead, I claimed it: I am confident.

And that simple decision changed everything. It opened a path for me to grow into the confidence I had been searching for. That commitment—made to myself, from within—was the foundation for everything I've learned and now share with you.

Right now, you've made the decision to invest in yourself and your confidence. Let's take it one step further. Say it with me:

I AM CONFIDENT!

Power of the mind -

Once you've made the commitment, you unleash the incredible power of your mind. I didn't fully understand how powerful our minds can be until one day; while taking care of my rabbits, I had an unexpected moment of clarity. My hands were freezing, and without thinking, I placed one under my jacket and onto my belly to warm it up. It felt amazing! What really struck me was this: I didn't feel the shock of cold. My brain chose to focus on the warmth, and that simple shift in perspective made all the difference. I went from the usual shock of a cold hand, to the warm feeling of my tummy.

Your mind is capable of so much more than you realize. It can stay stuck in anxiety or fear—but it can also bring confidence and courage back to the surface whenever you need it. You will be amazed at how the power of your mind if you let it show you.

Let's put that power into practice:

Bring Confidence Forward

1. Recall a Confident Moment

– Take a moment to think about a time in your life when you felt truly confident. Maybe it was a big achievement, a time you took a risk, or even a small moment when you surprised yourself by doing something well.

2. Relive It in Your Mind

– Close your eyes and imagine that moment as clearly as possible. Where were you? What were you doing? How did it feel in your body—your posture, your breathing, your energy? Notice how that confidence felt in every part of you.

Bring Confidence Forward (cont.) -

3. Anchor the Feeling

- As you relive that moment, bring it into the present. Say to yourself, “This is how confidence feels, and I can bring it with me whenever I need it.” Take a deep breath and let that feeling settle into your body.

4. Use It Now

- Open your eyes and take a small action—stand tall, smile, or take one step toward a goal—while holding onto that confident feeling. Remind yourself that this confidence is always within you, waiting to be tapped into.

Your mind is capable of so much more than you realize. It can stay stuck in anxiety or fear—but it can also bring confidence and courage back to the surface whenever you need it. You will be amazed at the power of your mind, if you let it show you.

Small Shifts, Big Impact-

One year, as I was getting ready to make my New Year’s resolutions, I had a startling realization: I had failed every single resolution I’d ever set. Frustrated, I started asking myself a series of “why” questions. Why did I even want those goals? What was I really chasing?

After peeling back the layers, I discovered something simple but profound: what I truly wanted was to be happy. That aha moment changed my life.

Instead of setting another resolution, I decided to make a single, simple shift. I committed to laughing 400 times a day. Was it measurable? Not really. But it was big enough to keep me searching for joy in every moment. At first, it was hard. But over time, I learned to laugh at almost everything—small, silly things I’d once overlooked. That one small shift had a huge impact on the joy I’ve experienced over the years.

The same principle works with confidence.

I started visualizing courage as pennies being dropped into a beautiful piggy bank. Every little act of courage—no matter how small—added another courage penny to my bank. And with each penny I added, there was less room for fear. That tiny mental shift changed everything. Over time, my confidence grew by leaps and bounds.

The Confidence Blueprint: 9 Powerful Principles to Rebuild Your Confidence

You can do this, too.

Picture yourself adding a courage penny for every small, brave act you take. Whether it's speaking up in a meeting, trying something new, or simply saying, "I am confident," each penny counts.

(If you'd like more details, [**click here**](#) to get a copy of my Ultimate Guide to Courage Pennies—no charge!)

The power of the mind can be summarized as one of the most powerful tools we have to create the future we want. The thoughts you have today will shape who you become tomorrow.

Think wisely.



SUPPORTIVE SELF-DIALOGUE



Now is the time to bring out that list you made of triggers.

Paying attention to your self-dialogue around each trigger can be eye-opening. What are you telling yourself? What do you say when that trigger first pops up? What is your "Trigger talk"? Labeling it helps separate the thought from who you are, making it easier to change or let go of entirely. Since we are separate, we can change it and/or get rid of it altogether.

The most common self-dialogue for me around the triggers are "What If's". Here are a few examples:

What if I fall off?
What if I get hurt?
What if I'm not good enough?
What if people judge me?
What if I lose control?
What if I disappoint myself or others?
What if my fear never goes away?
What if I make the wrong decision?
What if I freeze in the moment?
What if I fail?
What if I let my horse down?

What if...what if...what if...

Now that you understand how powerful your mind is, it's time to take control of your "What If's" and your trigger talk.

Start by writing them down. You'll likely notice a few that repeat over and over—they'll reveal the themes your mind keeps coming back to.

Once you've identified them, it's time to flip the script.

Next to each fear-based "What If," or trigger talk, write down its confident counterpart—a positive, empowering possibility that replaces fear with confidence and courage.

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Here are a few examples to inspire you:

What if I fall off? » What if I ride with confidence?

What if I get hurt? » What if I stay safe, strong, and enjoy every moment?

What if I'm not good enough? » What if I embrace my progress and trust that I am always enough?

What if people judge me? » What if I focus on my own joy and fulfillment instead?

Your mind is incredibly powerful, and this simple exercise will help you start steering it toward courage and confidence. With practice, your confident 'What If's' and positive trigger talk will naturally replace the fear-based ones.

But don't stop here. Keep listening to the way you talk to yourself. Write it down. And then, when the self-talk isn't lifting you up and filling you with confidence and joy, flip those thoughts to something amazing. This is just the beginning. With these small steps, you'll be amazed at the incredible things you'll start telling yourself—just like you would tell your best friend. Imagine how much you'd encourage and uplift them—now start doing that for yourself.

Your words create your reality. The more you practice shifting your inner dialogue, the more confident, joyful, and fearless you will become. Start now—your future self will thank you.



ACTION

You're Already Doing Great!

You've already taken many important actions to get this far in the book.

Celebrate the shifts you've started and the steps you're taking on your journey. Regaining confidence can feel like climbing Everest, but it's not about reaching the summit in one leap—it's about taking one step at a time.

Here are just a few things you've already explored and should celebrate:

Strengths and Weaknesses

Emotional Triggers

Behavioral Patterns

Body Scan

Self-Acceptance in Action

Decision and Commitment

Bring Confidence Forward

What If and Trigger Talk Flip

Improving Your Self Talk

Looking back over the exercises you've completed so far, let's put your action plan together.

Focus on your strengths -

This may sound a little counter intuitive, but focusing on your strengths builds your confidence and courage. While you can work on your weaknesses, true confidence comes from amplifying your strengths.

Use them as a springboard to propel yourself forward! **"How you do one thing is how you do everything"** (T. Harv Eker). The way you approach one challenge is the way you approach them all. Lean into your strengths, and they'll carry you through every aspect of life.

Visualize Your Triggers -

Pull out the list of triggers you wrote down earlier.

For each trigger, visualize yourself in that situation. Picture yourself filled with confidence. Sit a little taller. Feel confidence flowing through you. Feel the anxiety or fear fade away. Take your time with this exercise. Truly feel confidence filling you up as fear fades away.

Stay with each trigger until confidence replaces anxiety.

Continue practicing as you uncover more triggers.

Change the Behavioral Patterns -

This one can sound daunting but really, it can be very simple and easy. Some people use extreme methods—like snapping a rubber band on their wrist—to change habits. But there's a simpler, more effective way.

The sample I gave was when a horse lifts its head -> my trigger -> my behavioral pattern was to get off.

The important question now is **"WHY"**?

For each of your behavioral patterns, write down why you have that pattern.

Then write down at least 3 ways to **solve the "WHY"**. For me, my why was I was afraid the horse was going to rear and flip.

Here are the 3 ways I solved this why:

- 1) I bought a neck strap that has a handle on it that I can grab if the horse goes up.
- 2) I learned how to prevent or stop a rear.
- 3) I worked on knowing the signs of when my horse is going to rear so I can avert the situation.

Create your behavioral pattern changes to alleviate your anxiety when you have your triggers.

Run Through Your Body Scan -

Go through your body scan again and pick one area of your health to improve.

As you focus on this improvement, remember that small steps lead to big changes.

Once you have the first one heading in the right direction, pick the next one to start incorporating changes.

Keep working through the scan and keep scanning for new areas of improvement.

You may not feel a complete transformation overnight, but small, consistent improvements will leave you feeling stronger, more energized, and maybe even like a kid again!

Keep Filling Up with Confidence and Courage -

Keep taking every opportunity to fill yourself with confidence and courage. With each little win, you'll feel the fear being squeezed out of you. Confidence in one area of life will spill over into every other area, building a solid foundation of strength.

Your plan is simple, yet powerful: Focus on your strengths. Work through your triggers. Change unhelpful patterns. Improve your health. Keep filling up with confidence.

One step at a time—because every step forward counts!



EXPERIENCE

“READY, FIRE, AIM”

READY - PREPARE - doesn't have to be perfect, just enough for the first step. This is key to overcoming anxiety and fear and gaining confidence.

FIRE - TAKE ACTION - this is just one step. This is where transformation happens.

AIM - MAKE ADJUSTMENTS - this is just fine tuning. This is where your future blossoms into something beautiful.

My biggest trigger was a horse raising its head in tension while I was riding. Now that I have my trigger identified, and I have my 3 new behavioral changes defined and implemented, (Ready), I have to get on and ride (Fire). I have to experience the trigger and trust that I will be fine—that I am calm and confident.

I stay sitting up tall and focused on where we are riding. I don't even notice the head coming up in tension. My horse feels my calm, continues walking, and I stay on. The first time this happened filled me with joy. I used that feeling of joy to anchor in more confidence and calm.

The key is doing. We have to do our triggers. If we need to make adjustments, we figure out those adjustments (Aim) and get ready to do the trigger again.

Your next step is to start "doing" your triggers, one step at a time.

Go through your list and prepare for the trigger to the best of your ability.

Word of caution: Do not get stuck in “READY”. Set a date and time to take action, and then do it! Soak up the courage and confidence from taking action, and then—most important—celebrate your success!

Once you are taking care of your triggers, it is time to "do" getting healthy.

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You have your plan for getting healthy so start implementing the plan.

READY - Preparation for health - Get healthier food, get your running shoes ready, get that yoga mat out of storage, whatever preparation you need to do to take your first step.

FIRE - Take action - stretch, work on your balance, eat healthier, whatever your first step is, make it happen. I can't do it for you!

AIM - See what is working, what isn't and make adjustments. Keep learning how to improve your health.

Being flexible, balanced, at a healthy weight, energetic and strong were my health goals and I made them happen, one step at a time and you can too.

Everyone is different, so you might have to play around with different approaches, but it is worth it. I feel better now than I did in my twenties, and I am stronger now at 60 than I was in my teens! It didn't happen overnight, but I feel great. You can, too. Make it a priority to take action.

As you are doing your triggers and getting healthy, you will feel your confidence starting to blossom.

Look for things every day that you "do" that are courageous or confident. You will find more than you could ever imagine if you look for examples in your everyday life.

Are you confident brushing your teeth, doing dishes, combing your hair, driving a car, or so many other things? (One of my funniest ones for me was putting earrings in after I got my ears pierced. My dad had to do it for the first 6 months!) These are all things you didn't have confidence in when you started. Think back to when you learned them and how far you've come.

Confidence builds when you take consistent action and recognize your progress. Keep going and celebrate every courageous step! If you would like to track your progress, check out my [Ultimate Guide To Courage Pennies](#), it is free and a great way to help you build your confidence.

RESILIENCE THROUGH FAILURE

After my accident, which happened on my very first horse camping trip in the mountains, I continued jumping horses but was terrified of setting one foot on the trail with my trusty steed. I felt paralyzed by fear, and every invitation from friends to join them on the trail felt like a reminder of my failure. I often found myself in tears, overwhelmed by the sense of defeat.

But resilience isn't the absence of fear or failure; it is facing these challenges head-on and pushing through them. It is the courage to try, fall, and try again. I realized that I had been like a rubber band, too afraid to stretch and take risks, preferring to stay in my comfort zone, floppy and unchallenged.

The Rubber Band Analogy

What is the definition of resilience? For me, it's that rubber band. It stretches and stretches and then returns to its original state, over and over. If it doesn't stretch, it just sits there, floppy. At that time, I was that floppy person, not even trying to stretch.

However, since then, I've built up a lot of resilience. I try things—some work out, some don't—but all of them have been worth it. Fear and anxiety have lost their hold on me. I have stretched and stretched over and over, and I am no longer just lying there, floppy.

Building Resilience: Practical Steps

Here are a few ways to STRETCH your rubber band and build your resilience:

Embrace Challenges -

Every new experience, whether successful or not, builds your resilience. The more you take on, the more confident you become in your ability to handle life's ups and downs. Just starting with your plan, taking the steps on that plan will stretch you. The more you do, the more you stretch. Pick the thing on your plan that is the one you don't even want to face. Don't let that become the floppy rubber band. Take one step toward that goal right now. Whichever one seems the most daunting. START.

Learn from Failures -

Use setbacks as learning opportunities. Each failure is a step towards growth and greater resilience. Failures are a gift. The more we can be comfortable knowing we will fail, and knowing we can learn from those failures, the more excited we become to try things.

After my accident, I realized that one failure had so many gifts for me. That failure was 60 seconds. Here are just a few of the blessings that have come out of that failure: I support a group of over 1500 people who also have fear and anxiety. I created a pre-ride checklist for myself and for the horse, so I don't miss the signs that caused the accident. I made those checklists available to help others. I wrote a best-selling book about my journey back to courage. I became a courage coach. I became a certified hypnotherapist, and I help others overcome anxiety and fear (the fast way). These are just a few of the blessings from those 60 seconds. Start dreaming of what can become of your fear and anxiety. That is resilience.

Take Care of Yourself -

The more you lean into your health plan, the better you will feel, and things will become easier. Resilience is overcoming the aging process and feeling like a kid again. Keep looking at how you feel and how you could feel better. Don't let your body and mind become that floppy rubber band!

Confidence and resilience go hand in hand. Every step you take to build confidence also builds resilience. The more you experience, the more you prove to yourself that you can handle challenges. The key is to trust in your own ability to adapt and grow.

Living Resiliently - Enjoy the Stretch

I believe that with your plan, taking the steps to experience life again, you too will build your resilience. It isn't about perfection or being great; it is about taking the steps to enjoy life to its fullest. To love the little things and the big things and do the things you want to do. Don't save up a bucket list—do the things before they ever make it onto the bucket list. Being afraid of failure and letting that hold you back is the worst kind of failure.

EMBRACE LEARNING

Now is the time to buckle up, buttercup! Your journey is only just beginning. There's a saying: You are either growing, or you are dying. I truly believe this sums up life. Now that you have the tools to regain and grow your confidence, get curious about what else you can learn.

As I built my confidence, I found myself doing things I would have never dreamed of. I stepped out of my comfort zone more and more. I became a best-selling author and an international speaker. I studied, practiced, and earned my Hypnotherapy certification. So many things I have done now would have been unimaginable 20 years ago. Back then, I would have just been sitting on the couch or bebopping along on my horse like Winnie the Pooh. But when I grew my confidence, I became who I was always meant to be—helping others and truly enjoying life and riding.

Now, it's your turn.

Your Dream List

1. Make a list of all the things you dreamed of doing as a kid.
2. Think about the things you've had an inkling to try since then. That book-writing idea, traveling the world, riding jumpers—whatever dreams and desires have been calling to you.
3. Prioritize them by what excites and inspires you the most right now, present day.

Turn Learning into Action

- Pick ONE dream from your list and research your first step.
- Find a mentor, coach, or community that can support your learning.
- Dedicate small, regular blocks of time to practice or study.
- Award yourself courage pennies for each step you take.
- Track your progress—keep a journal, create a checklist, or set milestones.

Celebrate and Keep Going!

Each time you check something off your dream list, celebrate! Share your success, reflect on your growth, and then pick the next thing to learn. Learning is growing, and growth will keep you feeling young, inspired, and filled with confidence.



SUPPORT SYSTEM

The hardest part of my journey back to confidence and courage was the overwhelming sense of loneliness in my fear. When I took lessons or rode with friends, they didn't truly understand the depth of my fear. Their advice— “just go do it” or “make her listen” —only pushed me further into my anxiety, making me withdraw even more. Eventually, I stopped trying altogether, sinking deeper into isolation.

It wasn't until I reclaimed my confidence and emerged from that loneliness that I found the support I had been missing. Looking back, I wish I had a support system throughout my journey—someone to cheer me on, offer guidance, and simply reassure me that I wasn't alone. Fear and anxiety can be incredibly isolating emotions, making us feel as if we are not enough for those around us.

By picking up this book, you've already taken a crucial first step in building your support tribe! And remember, I am always here for you too.

Now, it's time to actively create your own circle of support. Here are some steps you can take:

- Find that one friend who truly listens and supports you unconditionally.
- Join communities (like my Overcoming Anxiety and Fear group) where members understand your struggles and can offer encouragement.
- Communicate with your spouse or family about how they can support you. Though it may not always be easy, involving loved ones can strengthen relationships and create a more supportive environment.
- Seek professional guidance from a courage coach or hypnotherapist (like myself). A professional can provide personalized strategies and tools to help you overcome fear and build confidence.

You don't have to go through this alone. The right support can make all the difference in transforming anxiety and fear into confidence and courage.

YOUR JOURNEY TO CONFIDENCE IS JUST BEGINNING

You've taken a powerful step toward transforming fear and anxiety into lasting confidence. Through this journey, you've learned that courage isn't about waiting until fear disappears—it's about taking action despite it. By stacking your courage pennies, you've built a foundation of strength that will continue to grow.

You've explored **self-acceptance**, **faced your fears with action**, **embraced mindfulness**, and **committed to lifelong learning**. Every small step you take **fills you up with courage** and helps you move forward with confidence.

But remember—you don't have to do this alone.

Your Next Step: A Free Courage Coaching Chat

Building confidence is easier with the right support. If you're ready to take the next step toward feeling more secure, courageous, and at ease in the saddle and in life, I'd love to help. Let's chat in a free Courage Coaching session, where we'll:

- ✓ Identify what's holding you back
- ✓ Create a clear plan to move forward
- ✓ Give you an instant confidence boost
- ✓ Explore how I can support you on your journey

Your journey to confidence and courage is just beginning, and I'd love to walk alongside you as you continue filling up with courage.

👉 [Click Here to Book a Chat](#)