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From: Natural Solutions by Anke, LLC [info@naturalsolutionsbyanke.com]
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Natural News!

Helping YOU make positive changes in YOUR life at the walk, trot AND canter!

April/May 2011

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New and Newsworthy!



Welcome! Putting Principle to Purpose!

Theory's great, but if you never put it to purpose, it doesn't move you forward very much if at all. This summer I've been working on introducing clinics using the coaching information that I share with folks, and it's been a hit! Coupled with a trainer for the horse training and horsemanship focus, many riders have experienced more confidence and fun with their horse in and out of the saddle.

Back in the saddle again!

As many of you know, last year was very challenging for me. First, Murphy was recuperating from a sore back all summer, and then I tragically lost him to an accident in the fall. So there was no riding "my guy" at all last year.

I got Elvis (above) May of 2010 when he was only 2. As he approaches his 4th b-day on June 17th, I am proud (can you see the smile on my face?!?!) to have started Elvis all on my own, and now we're in the saddle!

In fact, Elvis and I had our first canter together in the saddle this past Monday; I asked for a trot, he then offered a canter and boy did I enjoy that! My instructor Emily Kemp was heard saying "bring him back down to a trot" repeatedly...did she say something?

Emily keeps me safe and gives both Elvis and I the best guidance as we grow together, thanks Em!



Check out our group with Dennis Auslam at Redwood Stables in Morton MN Memorial Day weekend. We had 13 riders in attendance, and everyone walked away with tools for their confidence in the form of their horsemanship as well as tools for themselves! Some of the biggest discoveries were made on learning tools and skills that would take away some of the "what if's" and fears that we can have because we don't know what to do in a given situation. We focused on correct confident breathing, the ability to focus on one task that impacted many things, and giving yourself permission to say "no", or "wait a minute" and readjust so that the situation became a learning experience that was fun and not fearful.

Dennis helped each participant with the horses training and their horsemanship, so that the horse had clear and concise direction which helped the horse recognize that their partner was their confident leader ("phew!" said the horses!). This allowed the horses and riders to navigate and have fun in a wonderful trail course that Dennis has at Redwood stables. More pictures to follow in the June newsletter!

If you would like to gain confidence through horsemanship and De-Spooking You, join us at [Redwood Stables June 18 and 19th](#), don't miss you chance to prepare yourself for the summer riding trails!

Giddyup! Anke:)

Our recipe for success? Small steps, rhythmic breathing, giving myself permission to do what feels right, clarity and consistency, imagery and all the other wonderful tools that I learn and pass along to those who wish to listen and have fun too!

Thanks Elvis, for getting me back in the saddle on one of "my boys". And thanks Kucha, Phantom and Casey for lending me your "backs" when I didn't have one to sit upon!

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Health Tips

How external Cues Make Us Overeat

When asked "why did you overeat?", 12% respond because of something emotional, 51% because they were really hungry and 37% because the food was spectacular. So what happens is you're not hungry and the food isn't good, do we get the same answers? The simple answer is "no", and here's why. What really influences how much we eat is as follows:

Big servings~the bigger the serving the more we tend to eat. If we portion out a smaller serving on a smaller plate, it was found that people's hunger was satisfied and they didn't miss the larger serving! In fact, many people didn't realize they had eaten 37% less food!

Name game~What's in a name? A lot apparently! Would you rather eat Italian Pasta or Succulent Tuscany Pasta? Apparently 27% would rather eat the latter, even though it's the same dish! So careful out there with marketing, you may be eating more just because the name of the dish sounds much more exotic and "special" than it really is!

Presentation~A brownie served on a napkin apparently does not "taste" as good as a brownie (the same brownie) served on a Wedgwood plate. Because we 'assumed" that the brownie on the plate was more special, we tended to eat it all just because it was really considered a rare "treat".

Health Halo~Beware Jared and the perceived healthy choices at Subway (or any other sub shop). We have been conditioned to believe that just because subs can be healthy, that ALL subs served at a shop are the same. They are not. When leaving a sub shop, most folks were asked how many calories they thought they had just consumed. The average patron underestimated their calorie consumption by at least 200 calories!

There are many more examples, but let's focus on what we CAN do to help ourselves to eat more

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balanced and well portioned meals.

Exercise~yup, there's that word again! Those who exercise tend to "measure up" what they eat before they eat it because it's important to them to stay fit and healthy. Exercise also releases good feeling endorphins which make you have a better feeling about yourself. And lastly it also helps curb your hunger; so exercise sometime in the morning to get the most benefits of energy, fitness and a higher metabolic rate all day long.

Repackage~Instead of taking the whole bag of nuts or raisins to your chair, make small 100 calorie servings packages of your favorite snacks and have them easily available to your family. Not only will you be less likely to reach for less than desirable snacks, you'll also control your portion sizes to boot!

Pantry Raid~go through your pantry and donate or get rid of all the foods (or non-foods) that don't serve your goals. Set yourself up for success by filling your larder with nutrient dense foods that satisfy even the most fickle of appetites! Find new foods that you can crave that have the added benefit of being good for you as well.

Eat Mindfully~Enjoy what you eat. Turn off the TV, video games and noise. Enjoy your meal outside in nature listening to all the sounds it has to offer. Enjoy conversation with your family. And when you do decide to eat the nougat nugget, take your time and enjoy every morsel, make it mindful, make it fun!

Coaching Corner

The Road to Success

As your horses leader, it's important for you to understand what makes a true leader what they are. Failure, to a true leader, is a wonderful opportunity for success!

It looks like the road to success goes in one direction and the road to failure goes in the opposite direction. This can create what we call the "sucker's choice". Either you have to choose success OR you have to choose failure. The sucker's choice is rarely the correct perspective.

It's another one of those myths which won't add value to your life. It is simply not the truth and will probably take away value from your life. If you continue to believe this IS the road sign of life, you can unintentionally create a sabotaging mental habit or mindset that keeps you from your success, your goals, and your dreams.

The road to success is paved with failures (hurray!). Failure is the price that you pay for your success. If you spend your time trying to avoid failure, you will get what you pay for. You will probably be standing still or going in the same vicious circle you've been going in for years.

The course you take to success WILL have failure stops along the way. The real question for you is: how effectively do you manage those failures?

As I work with my colt Elvis, I have to remind myself that my fumbling around at times with ropes, reins and other tools are not going to "ruin" him. In fact, it helps us to build a better relationship because after doing something "wrong" on my part in regards to training (a failure), I learn so much not only from the situation at hand, but also WHY it didn't work, and what I can do in it's place that may work better. Success!

I believe that even if you make a wrong turn you can still get there... it just may take a little longer, but you can still enjoy exploring the new areas on your journey. And then the next time that you go down this road again, you'll know exactly what works and what doesn't.

Our minds have been programmed to believe that failure is the final step. Remember in school, if you failed your test, you failed. Might as well paint the big loser "L" on your forehead. Oh, and remember those kids that were "held back". They were branded failures for years. Really? They were failures? NO! Of course not. But as we go through life, we see examples of this everywhere.

Lose and you must be a loser. Fail and you must be a failure. Leaders who see failure as the opposite of success aren't leaders at all; they are critics, judges and autocrats. This mindset in a leader is very dangerous for those whom they lead. A leader who believes failure is not part of success will have a team that is slow moving if moving at all. Team members will be idling in park afraid of moving forward. If they are idling in park, do they really need a leader? I mean, you can't steer a parked car, can you?

Success is not an "either / or" scenario. (We call that systemic in the world of axiology.) Success is rarely systemic. The real secret of success is that there is no secret!! It's an "either / and / and" scenario. You can fail AND succeed. You will become a success AND fail. The difference between success and failure simply lies in your response to the inevitable failures you encounter along the road of life.

How do you respond to these "inevitable failures"? Do you avoid them at all costs? Does your mind tell you that if you fail you are a failure? Are you so focused on perfection that you are sometimes paralyzed from taking a

chance? Do you spend hours/days/months beating yourself up when you make them? Do you escape and imagine what life will be like when you are a success? These choices can all be dangerous and derail you from your path to success.

You can choose to think differently. You can choose to look for challenges even if you may fall short.

You don't get stronger by looking at the weights; you get stronger by picking them up. You get stronger through the challenge. Leaders don't fear the resistance, they embrace it. It's the "getting back up" despite how far or how hard you have fallen that builds your strength and leadership. Leaders help others to learn! They don't just tell them what to do. Leaders allow others to think and grow in the direction of THEIR talents to achieve THEIR success. Leaders help others to prepare for failures and give them tools for reaching their success. Leaders help others to overcome their failures. They don't point fingers and blame. Leaders are not afraid to be the example of overcoming failure on their road to success!

I wish you many challenges and failures because I am certain they will lead to your great success, joy and happiness!!

From the "Horses Mouth"!

Thanks to Linda C. in MN for your testimonial from the last Dennis Auslam clinic!

"It meant a lot to me to have Anke here at the clinic. She brought a softness and a very practical approach to getting relaxed, but focused and ready to work. She teaches us to take control at the level we are at and work within our comfort zone and adding to our successes. Anke, you have a beautiful and calming presence that helps to take the anxiety out with simple but profound ideas."

Featured Guest



Holly Glasscock~Artist

After the passing of Murphy, a wonderful friend of mine Sharon asked if she could enter Murphy's picture in an art contest, and he won! Holly Glasscock painted a beautiful picture of Murphy which now hangs on my bedroom wall, reminding me each and every day of our special relationship together.

I can't thank you enough Holly, you are so gifted.

If you have a special someone in your life, please consider contacting Holly; she paints in several different styles and is a joy to work with!

To contact Holly or see more of her work, call 803-389-3586

www.hollyglasscock.com

holly@hollyglasscock.com

Upcoming Events!

- Confidence and Respect Clinic with Dennis Auslam and Anke Johnson, Morton MN June 18th and 19th, 2011
- Becoming Confident Through the Eyes of the Horse with Juli Lynch (Epala) and Anke Johnson, Hayward WI August 5th and 6th 2011 ~ details to follow. Contact Anke at 608-467-0008 for questions
- Horse Days Boone County Fair Grounds Belvidere, IL August 19th, 20th

and 21st 2011. Speaking on "Confidence for the Trail"

- Self Directed Coaching for "**De-SpookYou!**" ~ Confidence Coaching that will take away the fear of the unknown, and make "what if's" a thing of the past!
- **Group Coaching Schedule** for Winter 2011 posted now!
- **Midwest Horse Fair**, April 20, 21, 22 2012 Madison WI. Booth #5010 in the Exhibition Hall-Mendota Atrium. Look for our banner "For Riders Who Want More!" Speaking on "Confidence for the Trail"
- Funny true life stories and a "kick back and have an adult beverage" kind of attitude at my blog **Why I Ride Horses!** Please come and visit and leave a comment or two!

"A Quick Curry"

"If you wish to learn something really well, come from the position of the teacher, and teach someone what you wish to learn"

~Anke Johnson:)

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