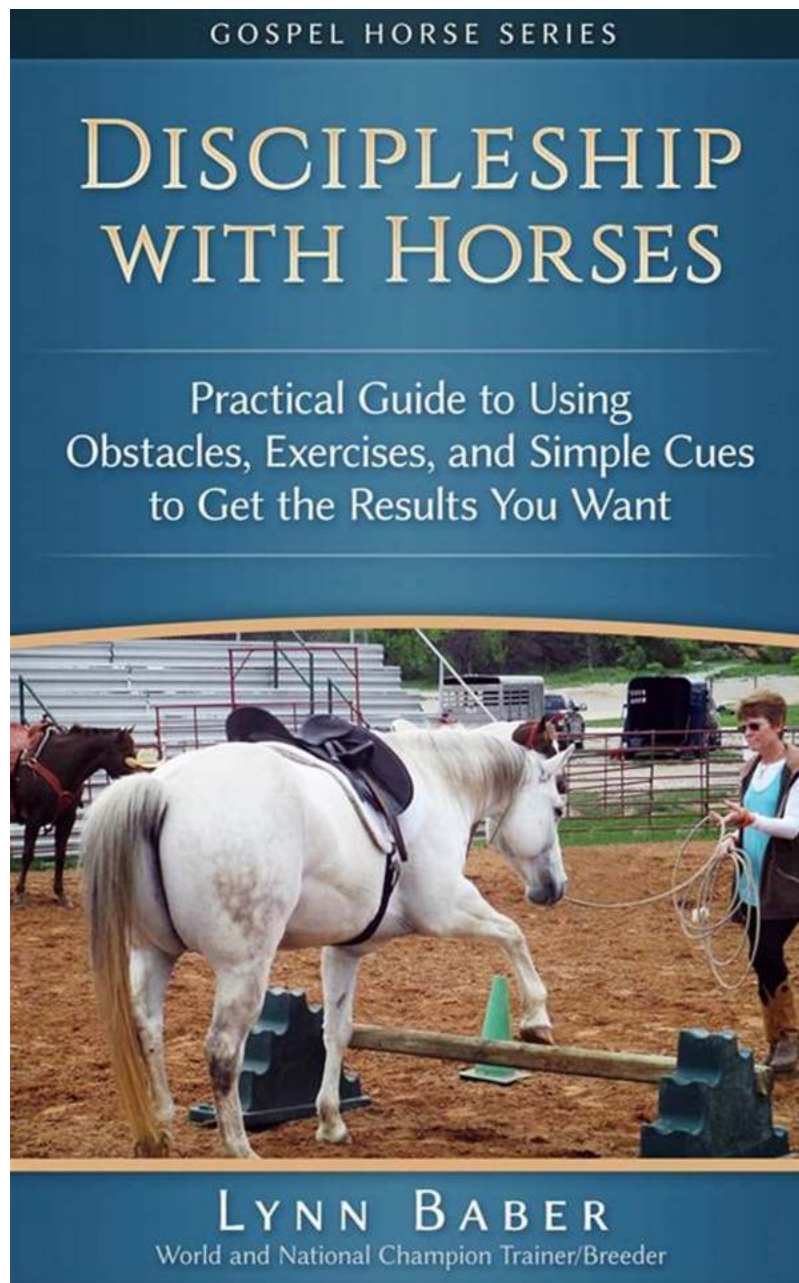


# This Simple Trick Will Help You Overcome Obstacles and Achieve Your Goals

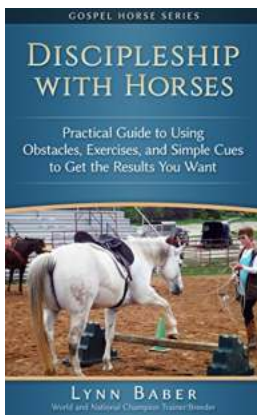


Life is full of obstacles that can hinder our progress and prevent us from achieving our goals. Whether it's a physical challenge or mental roadblock, overcoming obstacles is essential for personal growth and success. In this

practical guide, we will explore various exercises and simple cues that can help you overcome obstacles and get the results you desire.

## The Power of Obstacles

Obstacles are not meant to hold us back; instead, they provide an opportunity for growth. By embracing obstacles and viewing them as opportunities, we can develop resilience, problem-solving skills, and a growth mindset. So, instead of avoiding obstacles, we should learn to tackle them head-on.



### Discipleship with Horses: Practical Guide to Using Obstacles, Exercises, and Simple Cues to Get the Results You Want (Gospel Horse Series Book 3)

by Lynn Baber (Kindle Edition)

★★★★☆ 4.9 out of 5

Language : English  
File size : 5100 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 288 pages  
Lending : Enabled



## Identifying Your Obstacles

The first step in overcoming obstacles is identifying what they are. Take a moment to reflect on your goals and the challenges that are preventing you from achieving them. Is it fear of failure, lack of motivation, or a specific skill you need to develop? By understanding your obstacles, you can create a more targeted approach to addressing them.

## **Obstacle Exercise 1: Visualization**

Visualization is a powerful tool that can help you overcome obstacles. Close your eyes and imagine yourself successfully overcoming the challenge ahead. See yourself confidently navigating through the obstacle and achieving your goal. This exercise helps build belief in your abilities and boosts your motivation to take action.

## **Obstacle Exercise 2: Break it Down**

Large obstacles can seem overwhelming, but breaking them down into smaller, manageable steps can make them more approachable. Identify the key actions you need to take to overcome the obstacle and create a step-by-step plan. By focusing on one step at a time, you'll avoid feeling overwhelmed and increase your chances of success.

## **Obstacle Exercise 3: Seek Support**

Don't be afraid to ask for help when facing obstacles. Seek support from friends, family, or professionals who can provide guidance and encouragement. Sometimes, having someone to lean on or bounce ideas off can make a significant difference in overcoming obstacles.

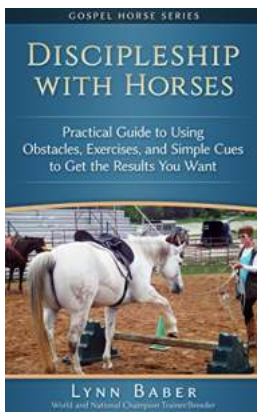
## **Simple Cues to Overcome Obstacles**

In addition to exercises, incorporating simple cues into your daily life can help you overcome obstacles and stay focused on your goals. Here are a few cues that can make a big difference:

- **Positive Affirmations:** Repeat positive statements to yourself, such as "I am capable of overcoming any obstacle," to boost your confidence and belief in yourself.

- **Self-Talk:** Talk to yourself in a supportive and encouraging manner. Replace negative and self-defeating thoughts with positive and empowering ones.
- **Visual Reminders:** Place visual reminders, such as motivational quotes or images, in your workspace or home to keep you focused on your goals.
- **Reward System:** Set up a reward system for yourself. When you overcome an obstacle or make progress, treat yourself to something you enjoy. This positive reinforcement can motivate you to keep pushing forward.

Obstacles are an inevitable part of life, but they don't have to hold you back. By following this practical guide and incorporating obstacle exercises and simple cues into your routine, you can overcome challenges and achieve the results you desire. Remember, obstacles are opportunities for growth, so embrace them and keep pushing forward!



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**Horsemanship. Leadership. Discipleship.**

Transformative relationship with a horse is possible if you know how to offer it, guide it, and deserve it. Horsemanship means you understand how horses think, how they learn, and what they need. Leadership offers horses options that let them be right, teaches them confidence, and creates reflexive obedience because the horse wants to do as you ask.

Discipleship is knowing what you know well enough to teach others how to get the same results you do.

The parallel between your relationship with a horse and your relationship with God follow similar paths. Christian author Lynn Baber ties the two together in inspiring and practical ways. She explains why your horse doesn't do as you ask and how to change both the question and the answer.

Horsemanship is the process of earning your horses faith. The process of building faith is systematic; the same one God uses with us also works with horses.

From the practical to the inspirational, and the round pen to the prayer closet, Lynn provides specific how-to's and concepts to help you develop the right program for your horse based on timeless gospel principles.

For example, Jesus used four basic commands with His disciples:

1. Come
2. Follow
3. Go or Send
4. Yield

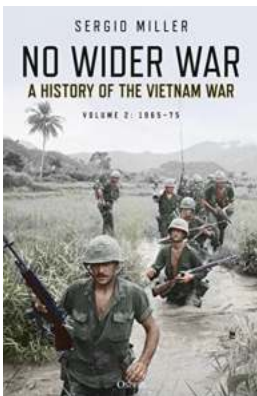
Every request you make of your horse falls into one of those four categories. When you don't get the result you want, which of those four did your horse say "No" to?

Christian Horse Training (CHT) is simple, systematic, and a labor of love. "Discipleship With Horses" is the guidebook to help you connect with the heart of a horse in a way many only dream of. This is a journey of joy.



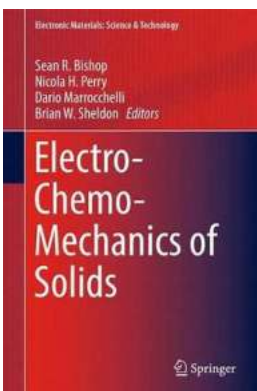
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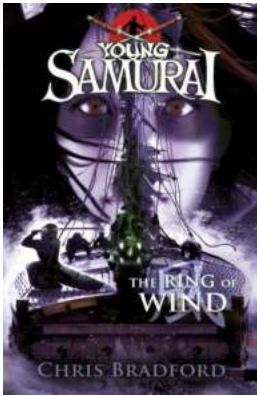
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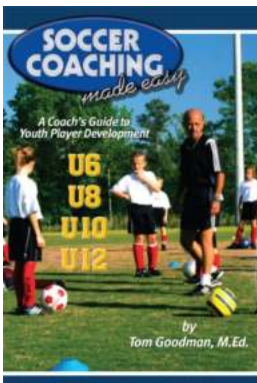
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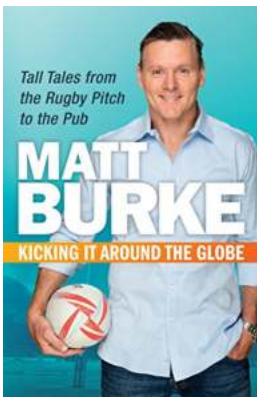
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