



Emotional Mastery

Why is mastering your emotions so important?

Hey riding superstars!! Welcome to Emotional mastery! I trust you guys are smart enough to figure out that if you can master your emotions you can master your life.

If you want to be successful in anything - life, riding, health, career - then you need to learn how to master your emotions. Because if you think about how you have lived your life up until this point, and look at the goals you have achieved and the goals you have not achieved... you will realise that the goals you have achieved are because of your emotions, and the goals you have not achieved are also because of your emotions!

In the action workshop we talked a lot about how we can use the emotions for good and how we can use the emotions for bad, so I'm not going to go into that, we are going to talk about the 'how' instead.

How Do You Master Your Negative Emotions

When I think about emotions, most people need to learn how to master their negative emotions. We as humans feel really lucky and happy when we have positive emotions, rather than feel that we need to master them.

But what do we do when we don't feel like doing something? What do we do when we are scared and we don't want to take action? What do we do when we feel like lying on a couch even though our time tracker and our goal says that we should go out and go for a run.

The fact is - you need to just do it. **Operate on outcome and not feeling!**

Years and years ago I would just go about my day only doing things if I felt like it - if it was raining and I didn't want to ride - I wouldn't But I knew that was hampering my success. I knew that wasn't getting me the results I wanted to get.

Instead - I adopted the philosophy of operating on outcome not feeling,

where I would ask myself - will riding today make me a better competitor at the competition next weekend? And if the answer was 'yes' - I would ride.

Therefore I ride based on the outcome I want to achieve rather than based on whether I feel like riding.

Every decision I made and make has to have the emotion taken out of it - I am a very emotional person. I was and still am also a very passionate and emotion rider - when things were going really well I would be excited and happy, when things aren't going so well I got frustrated and cried a lot, I was very up and down.

Rather than just being the cold leader and just being a computer using an input-output model - the data coming in is that the horse has his head in the air, operate the get the horse on the bit strategy and get the horse back into the contact. I had to get rid of all the emotions of 'the horse has his head in the air which means I'm a crappy rider which means my horse is shit and I'm not going to do well at the competition'.

I had to get rid of all of that and just be a computer thinking - what is the data coming in, and what are the strategies the computer has to do to correct the data that is coming in. I master my emotions by being an input-output machine.

I am a very emotional person, I feel a lot and I always know my feelings are going to screw with me. This is what my mentor said to me - 'I never trust my feelings' - you should trust your gut and your intuition, you should trust yourself, but not your day to day feelings - the ones that tell you that you don't 'feel' like doing something. If we operate on a day to day basis indulging in those feelings, we are not going to anything done, we are not going to live a productive life, we are not going to feel good about ourselves.

Think about a time in your life where you did indulge in those feelings - eg. You didn't ride because you didn't feel like it, you didn't go to work because you didn't feel like it, you didn't go for a run because you didn't feel like it. How did it make you feel?

Now think about a day in your life when you didn't feel like riding, you didn't feel like going to work and you didn't feel like going for a run - but you did it anyway. How did it make you feel?

You know that in the latter you felt energised, satisfied, productive, fulfilled, you felt you were making a difference and you felt worthwhile, you felt awesome. So you do get your reward - it just comes a little bit later.

We talked about this in the action workshop also - you can do what feels good but isn't good for you: not riding, not going to work, not going for a run.

As opposed to what doesn't feel good but is good for you: go to the gym, go to work, ride your horse... and at the end of the day you feel good!

How I operate in the world is number 1 - I am an input/output machine and I don't trust my feelings and I don't indulge in my feelings.

The second part of that is - I get to feel later. When does the feeling of confidence come? Once you have done the scary thing. When does the feeling of satisfaction come? After you have gone for a run. When does the feeling of fulfilment come? After you have done it all.

I just need to postpone the feeling until later. Anything I don't want to do but I know I should from looking at it from an outcome point of view, just go and do it and feel it later. Because the you get to turn on the feelings when the fun part comes.

But How Do I Turn My Emotions On And Off?

From NLP we learn - we drive our own bus, we control our own brain, we control the thoughts it thinks, so it literally is as easy as saying... I will feel later.

In NLP we call it 'act as if'. So act as if you are motivated, act as if you feel like riding, act as if you want to go to work, act as if you want to go to the gym. And if you act as if you will go do it and that will be you.

When I am talking with my kids, we 'play the pretend game' and then feel later.

If this doesn't work for you (and it doesn't always work for me). I have shared with you a little but how I talk to myself. I am horrible to myself in a beautiful way. I'm not negative to myself telling myself I'm useless. I have become very good and tuning out that radio station, turning down the volume (it's still there, I just can't hear it anymore).

I do have self talk - I will say "don't be a f**king pussy - just go do it!" "Is that the f**king pathetic life you want to live? Get off your arse and just go do it!" - to motivate me to do the things that I don't really feel like doing but I know that I need to do to get the outcome or goal I want to achieve.

I am motivated by swearing, I am motivated by pain, I am motivated by telling myself I'm pathetic and I should go and take action I don't want to do. I am really hard on myself and I am really rude to myself and I am really good at putting the future consequences right in front of my face.

So when I want to eat junk food I am good at telling myself that I won't fit into those white breeches and I won't be able to ride my horse. In terms of work, I tap into my desire to help you guys and to give you everything you need to live a great life. Because how dare I put my personal wants over helping you... because that would make me a pathetic horrible person. If I don't want to ride my horse in the rain - I tell myself to sell the horse because it's clear that I don't want to ride and work towards my goals...

I'm not saying that is all going to work for you. You might not be motivated in the same way I am. There is so much mind stuff going on, I am just sharing with you what I tell myself. Do I believe I am a beautiful person? Absolutely. Do I believe I am a successful person? Absolutely. Do I believe I am a great person. Absolutely.

So then when I am doing a lazy, useless, pathetic behaviour that harms my psyche, that harms my identity - then I need to do something else.

What is your identity? You have to really tap into your identity - if you believe at a core level that you are useless pathetic and stupid and you start talking to yourself like I talk to myself, then this won't work. Because I am so fearful of becoming useless, pathetic and lazy, I am motivated to get away from that and therefore go and create really great results.

This is where you have to do the work and work out at a **deep core level** what motivates you. When you know that, that is how you master your emotions.

Your emotions will block you from the success you want to achieve. Your emotions will stand in your way. If I had to pick one reason why people don't get the success they want. It's not because of lack of resources, it's not because of lack of time, it's because of themselves. It's because they haven't mastered their emotions.

Please don't think that I have mastered my emotions all the time. My emotions still cause blocks in my path, still cause problems when there shouldn't be problems.

Have a think and a brainstorm now about what really motivates you at a deep core level.

Another part of this is outside influences or people hurting your feelings, upsetting you or making you feel inadequate. I am very proud of the way I have mastered my emotions around what people think or say about me. I can smile, think about it and decide whether or not I can take that in.

The biggest way I do that is by creating a mirror. I have a really strong armour that reflects back anything someone says to me - unless I decide that I can trust you. And if I can trust you I can take off all my armour and I will be vulnerable and open. If you say anything about me it will enter. So I have to be so careful on how I allow myself to be vulnerable with. Because if I am not, I will not be able to master my emotions and not be able to function as a human being. Because the minute you allow people to tell you who you are, it the minute you are in big trouble.

If someone I don't know writes something negative on one of my videos about my riding - their opinion of me and my riding ability has no impact on me and my riding ability, unless I choose to care, that I value their opinion and trust that person.

Protecting and Separating Out Your Ego

When we talk about emotional mastery we are also talking about the ego. The ego is a tricky little thing isn't it?! The more you can dissociate the ego from yourself and dissociate hurt feelings and pain and all the things that upset you and hurt you as opposed to the essence of you - the real you - the happier and more peaceful and more in control of your emotions you will be.

When someone says something that is perceived to be hurtful - the ego might get upset, but the essence of me knows that it has nothing to do with me.

No one likes to have their ego hurt and things to not go well in their life. But when that happens, that's when the essence of you needs to think about where the lessons, journey and usefulness in that. Whereas the ego thinks about how horrible it is and how much it hurt your feelings.

You have to really understand - to master your emotions at the deep core level, this is all coming back to the same theme - knowledge of self, acceptance of self, love of self. Nothing that can happen and no one around can actually hurt you because you are a fortress of love, you love yourself.

When I say love yourself - please don't think that I love myself in an ego way because I think I am so awesome. It's not that love. And please don't think that because I love myself I love myself all the time no matter what am I am always nice to myself - you have heard how I speak to myself. There is a lot of my that I still haven't reconciled and hate. There is lots of me that is still broken and bruised due to part hurts, dysfunctional strategies. That's the fun of being human - we just grow and grow!

Every single time that I take that step I discover another layer of understanding of that is the essence of who I am and that's what makes me who I am, and I accept that and I love that about myself.

That's why it is really important when someone gives you an opinion about something that you do, you giggle - because do you know yourself? There are so many layers and things you can discover about yourself. So when someone else wants to have an opinion about you and what you should do and who you are and what you need to do in the future - you should be laughing out loud!

Do they know you? Do they know more about you and your journey and your life than you do? And you should therefore listen to what they have to say? And of course they don't know you better than yourself. They are just projecting their own messed up beliefs and systems and have decided to lash out at you because of something that they don't like about themselves.

There is no one on this planet that knows you better than you. There is no one else on the planet that can know love and be you more than you.

That's what makes everything and everyone else dissolve. You are alone in this world - this shouldn't frighten you. It's just you.

We might tend to and want to share this world with other people and create partnerships and connections and relationships with other people. Sometimes we walk on this path with other people for a day, a year, 10 years - but there is just one constant factor and that's you.

Your journey on understanding, loving and championing you has to be there. You have got to be your champion, your number one fan, supporter and confidant. I think this is where I see the disconnect with people who have not mastered their emotions. They are operating and reflecting and reacting to their world and not having any discussions with themselves, except the stupid radio station that tells them how pathetic and useless they are. That's the only connection they have to themselves.

They are searching externally for people to tell them what to do, when to do it, when they are ok, when they should do something. If this is you - you need to tap into your own power, tap into your own love, tap into your own knowledge of you, go out and get your dreams and let everything external disappear.

Fear exists. It's common, it's useful and it is in humans. I feel fear all the time. There is always fear in my life, some big step to take. This is scary but is also really exciting, because pushing yourself out of your comfort zone is the only way you are going to get anywhere.

I have been told by my mentor to make 100 decisions in your life each month. You will make wrong ones, and they might impact you and your life and they might be bad. But if you made 3 wrong decisions out of the 100 - 97 of them were right! With that much power and forward trajectory you are going to get to where you want to go even with the bad ones.

So I have really taken this on, because what happens if you only make 3 decisions in the month? And if those decisions are the 3 wrongs ones... then your life is going to be a mess! So I am always swimming just about out of my depth but I just keep swimming.

Write down some of the decisions you have made in the last month - good or bad - this is an awareness exercise. If you can't think of many, think about why you haven't made any decisions. Are you just playing it safe?

For you to handle your emotions and therefore master your emotions and therefore be able to make our choices based on your goals or a computer based on what you feel:

1. **Awareness** - which we have covered today.
2. **Move you and get you to make the choice based on a computer** - you can talk to yourself and remind yourself of all the bad things that will happen if you don't. You need to work out what is going to motivate you, what is going to work the best for you. How do you become a computer? Stand up and start thinking like a computer. If you were a computer and the schedule said at 5pm you go ride your horse - what would the computer do? Get up, get in the car, drive to your horse, saddle your horse and start riding! You just do it. Stop wasting all the energy and emotions on thinking and procrastinating - it's really exhausting! Just get up and go do it!

Remember - you are not a robot. You are a complex beautiful living breathing being that has thoughts and emotions and strategies and emotions - your job is to figure that out and make it work for you.

Exercise: Next time you feel an emotion you don't want to feel

Step 1: Ask yourself what is the purpose of this emotion? (if negative there will be no purpose ie. purpose of fear is to keep you safe, procrastination is to not expend energy - pathetic purpose because you are actually not in any danger, doesn't matter if you expend the energy)

Eg if you go up to the cute guy at the bar and say you are gorgeous here is my phone number, call me sometime - there is no danger but you will still be scared to do it. But you should do it because you could just meet the man of your dreams!

Realise the purpose of the negative emotion isn't usually for your long term benefit!

Step 2: Take action anyway!

Step 3: Enjoy the feeling after the action - if you went and gave your number to the guy you will have a feeling of elation 95% of the time - and remember, there is still learning if the action taken doesn't result in a desired outcome... in 95% of cases it will be favourable

Summarising Mastering Your Emotions

Be a computer - put off the feeling until later when the feeling is going to be good.

How do you do this - practice!! Just go and do it. Then feel later.

Act as if - play the game of pretend.

I can't impress upon you enough that it isn't more complicated than that. Flick a switch, go and do it and let the rush of satisfaction, brilliance feeling and excitement come after you have done the thing.

Enjoy and I will see you next time!