

# Ten Ways to Find More Time to Ride or Play with Your Horse

- ❑ Pre-mix feeds for the day or week and pre-fill [hay nets](#) so you're not rushing after the ride. Store dry mixed feeds and [minerals](#) in named stackable plastic containers.
- ❑ Stock up on feed – get enough storage for a fortnight so you don't have to run to the feed store so often. Book feed delivery if it's available in your area.
- ❑ Install automatic water – a ball valve in a trough saves you standing there while it fills. All you need to do is check daily and clean weekly.
- ❑ Simplify your tack – use a [bitless bridle](#) as a halter, and a [bareback pad](#) instead of a saddle for those days you are short on time. Quicker to put on and light enough to carry out to your horse!
- ❑ Reduce or get rid of rugs – they are time consuming to get on and off and monitor with weather. One rug like the [Coolheat](#), for cooling down and cold, wet nights is usually enough.
- ❑ Re-think your expectations about how long you need to ride for – unless you're training for competition there's no pressure. Any time with your horse is a bonus!
- ❑ Write up a monthly schedule for hoof trims, treatments and your training/horse play time. Insert that into your weekly calendar and add a reminder on your phone.
- ❑ Invite a friend to join you or to babysit so you can get out – involving someone else helps you commit. You could also swap times with someone so it sticks.
- ❑ Make some 'me' time – get up early & book in a regular time to get into the habit.
- ❑ Find someone who wants to earn some pocket money to pick up manure for you. They could bag and sell it if you're not recycling for your own use.



## **Bonus Tip!**

- ❑ Look at the 3 P's – Procrastination, Priorities and Patterns – is there something you can change? We often put things off because of a fear – or its become a pattern.

For more information click on the links highlighted in the text, and join me for regular news, ideas, tips and all things for the horse at [Naturalhorseworld.com](http://Naturalhorseworld.com) 'Helping you care for your horse...naturally'.

By Cynthia Cooper.

