

Podcast Intro

Welcome to The Cowgirl Code. The podcast about how to get unshakeable confidence in the face of any audacious obstacle. You're the cavalry that's gonna save you. I'm your host, Lorrie Morgan.

Episode 1 - What is The Cowgirl Code?

I decided on New Year's Day of 2023 to do this podcast. It had been brewing inside me because 2022 was so transformational for me. I discovered an inner strength and leadership ability I didn't know I had.

And it all started with the death of a horse.

On March 6th Scott, my partner in crime's 15 year old horse passed away unexpectedly. His name was Solitude. We called him Tude.

Tude was a stunning black Friesian mix with a flowing mane and tail. We have 5 horses. But I always called him the supermodel of the herd. And his personality was more friendly like a dog than a horse.

But he was the undisputed herd leader. And his death caused a domino effect that forced all of us to grow.

My horse Han Solo is not a leader. He's a follower. He's insecure, slow to trust, and has no interest in being in charge.

So with Tude gone, I needed to be Han's leader. I failed at it miserably. And I got bucked off.

Which led to a serious case of PTSD around horses.

Even though I've ridden horses my entire life, suddenly I didn't want to ever ride again. Because as graceful as they are, they are effing powerful!

That's when the journey began for me to cowgirl up and be a leader.

Han was sent off to a trainer 22 miles away. I had to be committed to this training too. So every weekday, I got up before the sun and drove to our lessons for 7 months. Each lesson lasted about 3 hours.

The first month was easy because my trainer, Agapito, was working with Han. All I to do was watch.

Then came the day I'd dreaded. It was time for me to get comfortable riding Han again. And it was terrifying.

On this day, Agapito wanted me to put my foot in the stirrup of the saddle and lift myself up. Not even get up on Han's back, mind you. Just put my foot in the stirrup.

I started having a panic attack. I was hyperventilating, walking in circles, crying. Agapito just stood there waiting for me, not saying a word.

That was when I knew there was no way out of this. I had to dig deep and overcome my terror.

So I put my foot in and hoisted myself up with my heart beating in my throat. Agapito told me to keep standing for 3 seconds then get down. It seemed like forever.

Then he asked for 5 seconds, then 10.

I did it. I didn't like it. And I knew it wasn't over yet. **I was gonna be pushed outside my comfort zone again.**

When I came back the next day, Agapito didn't disappoint.

He increased the time up in the stirrup to 20 seconds. I really had to concentrate on not panicking. Again, I did it. But I still didn't like it.

The next day, I did more stirrup stands. Then he had me lay across Han's back while he held him with a rope.

The following day, while I was doing my stirrup exercise, he told me to swing my right leg over Han's back.

What the hell?! I would be sitting on a horse again. The PTSD started kicking in again. This time it was less intense though. And I did it.

Agapito led me around like a kid on a pony.

And I remembered how good it felt to be on a horse.

Eventually it got where I could steer Han by myself. We walked around the arena. Then I actually trotted. Soon we were riding on trails with Agapito and I was loving it again.

It didn't happen overnight, but it was worth it.

The point is, this evolution was terrifying at first. But over time, I was able to wrangle it in.

Yes, I learned a lot about horses and riding. But more importantly, I learned how to face my fears and manage my energy. And I discovered how to stay calm in any tense situation which is really a valuable skill when you're around horses or in business. A calm mind gets things done.

I figured that other people might benefit too.

Because it's not about horses. It's about how you show up in the world.

Anyway, I'll be sharing some of the insights I discovered about being more confident. And I'll have guests too! They don't have to have horses. They don't even have to be cowgirls. Or cowboys.

They just have to have that cowpoke energy.

Let me explain what I mean by that...

A cowgirl isn't someone who herds cattle or rides a horse necessarily. It's up to her to handle things in her life. No whining. No ewwww factor. No hand-wringing. Does she feel fear? Hell yeah. But she saddles up anyway. A cowgirl is a resilient woman who gets sh*t done in a practical way. These are the principles of the The Cowgirl Code.

1. Saddle your own horse by taking charge of your decisions
2. Rein in your fears (Fear keeps you alive but if it controls you, you're not really living)
3. Get back on if you fall (there's a silver lining to even the worst circumstances)
4. Recharge your cowgirl spirit (You need to be fiercely protective of your energy)
5. Give others a leg up (be a good person)

What does the Cowgirl Code have to do with you?

Your mind is a powerful tool. Taking charge puts you back in control, no matter what challenges you've faced in the past. Yes, you'll feel fear. Push through it.

Horses were the path to the cowgirl code for me. They're graceful and strong. But their sensitivity is what woke up my inner strength.

They have a heightened awareness of their world in order to survive. So they are a mirror to whatever is in close proximity to them.

They are like a giant biofeedback machine. They feel the slightest emotional change in you. So it's important to bring your energy to a calm zero when you're around them.

Through practice, I was able to bring that calm zero state to the stress of my work. My anxiety. My fears. And slowly become an observer of what was going on around me so I could be efficient.

The Cowgirl Code is about focusing on what's positive in your life.

Forgetting about the "what if" anxiety. Live in the now. Because that's what you have control over.

When you embrace your inner cowgirl, the rest of the BS falls away.

It took me time. And it might take you time.

But the change can happen in an instant if you're willing. Once you make the decision to be the confident leader of your life, you will be.

You CAN do hard things.

That's it for this episode of the Cowgirl Code. Please like and subscribe wherever you're listening to this podcast.

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