

MEGHAN HAMILTON

Constancy To Purpose Is The Secret To USDF Silver Medals

That is the recipe Meghan Hamilton employs in her daily training and coaching and you will often hear it said ringside. “It is one of my favorite quotes I repeat to riders” says Hamilton of the British quote “The Secret To Success Is Constancy To Purpose” by Benjamin Disraeli. Meghan Hamilton is a USDF Bronze Medalist, Maj. Anders Lindgren Scholarship recipient and recently earned her USDF Silver Medal at Mystic Valley Hunt Club, Mystic, Ct in October.

“I think this is the whole clue to life, constancy to purpose. If your purpose just happens to be dressage, be prepared to do hard work and never give up” says Hamilton. “To persevere, to have ignition and a tenacity to never give up are how you make goals happen” she furthers. There is a pattern that emerges, an old one, but a solid one that if we want something bad enough you have to go out there in the big bad world and snatch it up for yourself.

“38 years, 4 months and 3 days here I am. That’s what it took for me to have achieved some of these goals that I only dreamed of. But first you have to dream. I never doubted that starting with a dream, hard work, and constancy to purpose that this is exactly where I would be 38 years later.” says Meghan.

When riders possess the quality of being unchanging or unwavering in their path to their intended aim or goal they will always find achievement that is marked by success.



Meghan Hamilton and Stuart Little Vermont Dressage Days 2016. Photo: Connor Phillips Photography

5 Tips That Help Riders Achieve Big Goals

- **Don't Ask Permission-** Just do it! It is easier to ask for forgiveness than permission.
- **Suck It Up Buttercup-** Stop Whining! No one wants to hear self pity. Less whining, dream more.
- **Ask For What You Need-** Find a mentor. Ask for help. Be humble.
- **Practice Drudgery-** Struggle is not failure, it is a desirable difficulty. No pain, no gain.
- **Embrace Repetition-** It means changing your mindset. Instead of viewing it as a chore, view it as the most powerful tool.