

GET GRITTY COWGIRL



www.getgrittycowgirl.com



1-608-415-0891



chevy@getgrittycowgirl.com

WELCOME TO THE 2023 GET GRITTY WINTER HORSEMANSHIP CHALLENGE!

Hello and welcome! I am so glad that you have included me along your horsemanship journey by joining the 2023 Get Gritty Winter Horsemanship Challenge!

Here's what to do next:

1. Join the Challenge Facebook Group: To get the most out of this challenge, join the challenge's private Facebook group at <https://www.facebook.com/groups/2023getgrittywinterchallenge>. The Facebook group is also the best place to ask me questions, get assistance, and support your fellow classmates!
2. Schedule time to ride: The challenge is to work with your horse three times a week. Each week that you log three sessions with your horse earns you an entry in the weekly prize drawing. Get out your calendar and schedule your horse time, after all, what gets scheduled gets done!
3. Set aside time to complete the weekly lessons: Each Sunday a mental toughness video coaching lesson and workbook will be posted in the group. Set aside some time each week (about 20-30 minutes) to watch the video and complete the workbook. Post a photo of your completed workbook to earn an entry in the weekly prize drawing!
4. Complete the weekly groundwork and/or riding challenge exercises. Each Sunday a groundwork and riding exercise will be posted in the group. Video yourself doing the exercise with your horse to earn an entry in the weekly prize drawing (and I'll also be watching your videos and posting tips to improve!)
5. While not required to participate in the challenge, I strongly recommend that you purchase my Gritty Rider's Goal Planner & Horsemanship Journal to set goals and track your progress. Learn more at: <https://www.getgrittywithchevy.com/grittyridersjournal.html>

If you have any questions, please feel free to contact me! I am so excited to start working you!

Get Gritty,

Chevy Allen

