

# CONFIDENT & COMPETITIVE COWGIRL



Mental Skills for Cowgirls that want to Get Gritty, Face their Fears, Live their Dreams and Be Confident in the Competition Arena.

# **WEEK 1: COMPETITION GOAL SETTING**

*"A Dream without a Plan is just a  
Wish."*

*-Katherine Paterson*



# **YOUR HORSE DREAM**

What is your horse dream?

What do you want to achieve with your horse?  
Describe in detail what you and your horse will do together. What will it feel like? What will be better about your horsemanship once you achieved your dream?

# **CHECKING THE FIT**

Checking the fit of your horse dream:

Before we go further and break your horse dream down into goals, let's take a closer look at your dream.

One of the biggest reasons that riders don't go after their big horsemanship dreams is that those dreams don't fit with their current life, leading riders to have to choose between their horse dream or maintaining their current life circumstances.

Either choice is fine-it is entirely up to you and your priorities. It is also common for horse dreams to change over time.

However, if your heart is set on a particular horse dream, but you aren't willing or able to make the changes in your life to make that dream a reality, you could end up feeling dissatisfied and unhappy.

We'll start by checking how your horse dream fits into your current life.

# **CHECKING THE FIT**

Do you currently have the resources (such as time, financial support, access to trainers/instructors, supportive friends/family) that you need to make your horse dream a reality?

If you don't currently have the resources you need to make your dream a reality, what needs to change in your life to access those resources?

What do you need to change or improve about yourself to make that dream a reality? Is this something you are willing and able to work towards?

In what areas does your horse need to change or improve to make this dream a reality? Is this something you are willing and able to work towards?

# CHECKING THE FIT

Review your answers from the previous page. Does your horse dream fit into your current life circumstances? Are you willing and able to make changes to your life to fit in your horse dream?

If yes, great! Move on to the next page. :)

If not, that's ok! Just because it may not fit into your life now, doesn't mean that it never will. Here are some more ideas for you to think about:

Can you adjust the timeline for your horse dream?

Are there pieces of this dream that you can start to work on?

Do you have other horse dreams that you can focus on for now?

# TYPES OF GOALS

Now that you've checked the fit of your horse dreams, let's transform your dream into concrete goals. After all, you can't get gritty without goals!

Proper, effective goal-setting is a mental skill. While many riders set goals, it is common for them to set the wrong kind of goals.

There are three types of goals:

Process Goals

Performance Goals

Outcome Goals

We'll start with Outcome Goals since they are the most common and usually align with your big horse dream.

Outcome Goals tend to be big goals, and are generally attached to a specific result, like winning a championship award.

Outcome goals are exciting and motivating. However, if you only have outcome goals, or if you set the wrong outcome goals, you could set yourself up to fail.

# **OUTCOME GOALS**

Why aren't Outcome Goals Enough?

There are many cases where you do not have control over outcome goals. Many outcome goals are subjective, that depend on someone else's evaluation of your performance. Maybe the judge at the big show doesn't like the color of your horse. Or maybe the judge sneezed and didn't see your big sliding stop so they marked you a 0 instead of a +1.

Also, as COVID has proven, sometimes you have little control over whether events will even be held! There were many discouraged riders in 2020/2021 because their goals had become impossible to achieve due to canceled events.

If you have set Outcome Goals, it's ok-you are not alone! We're going to break them down into Process and Performance Goals, so that you can still achieve your big goals-it will just look a little different.

First, write down your big outcome goal below:

# **WHAT KIND OF RIDER DO YOU WANT TO BECOME?**

Next, let's think a little differently about your outcome goal. Who do you need to become as a rider to achieve your outcome goal? What skills do you need to learn?

Can you still become this kind of a rider and learn these skills even if you don't achieve your outcome goal? (I bet the answer here is yes!)

Go back to where you wrote down, in detail, what it would be like for your horse dream to come true. Specifically, look at where you wrote about what you and your horse would do together, and what it would feel like. Can you still achieve those things without achieving your outcome goal? Can your outcome goal be re-written?

# **PERFORMANCE AND PROCESS GOALS**

In this next section, we are going to go over performance and process goals so that you can still do the things with your horse that you dream of, even if you don't achieve your outcome goal.

Performance Goals are goals where you set a standard for you and your horse, and should help you know if you are on track to achieving your outcome goal. Performance goals could be things like consistently picking up the correct lead 9 out of 10 times, being able to hold a balanced 2 point position at the trot for 3 minutes, or your horse willingly loading into the trailer when you ask.

Process Goals are the small steps that you need to take to achieve your Performance and Outcome Goals. They are things that you have 100% control of. This could be riding three times a week, attending a clinic, taking a lesson, getting your horse body work, etc.

# **PERFORMANCE AND PROCESS GOALS**

Setting Performance & Process Goals:

Performance Goals:

How will you know you are making progress? What will help you become the kind of rider that can achieve your outcome goal? For this course, choose three performance goals. Hint-for those of you that compete, read the rule book! If your Performance Goals match the rules and requirements of the event you want to compete in, you will greatly improve your show pen scores!

Process Goals:

For each Performance Goal you set, list 2 or 3 process goals (or tasks) that you will need to complete to make achieving that Performance Goal possible. Remember, Process Goals are things that you have 100% control over.

Fill out the goal setting worksheet on the next page with your outcome, performance, and process goals. I highly recommend that you post this goal setting sheet someplace that you will see it everyday.

# **Get Gritty With Chevy Goal Setting Worksheet**

My Big Horse Dream/Outcome Goal:

The Kind of Rider I Want to Be:

Performance Goal 1:

Process Goal 1A:

Process Goal 1B:

Process Goal 1C:

Performance Goal 2:

Process Goal 2A:

Process Goal 2B:

Process Goal 2C:

Performance Goal 3:

Process Goal 3A:

Process Goal 3B:

Process Goal 3C: