

get Gritty

A MENTAL TOUGHNESS PROGRAM
FOR PERFORMANCE HORSE RIDERS



CREATE YOUR
PERSONAL
COWGIRL CODE
TO GUIDE YOUR
HORSEMANSHIP
JOURNEY

CREATE YOUR
COWGIRL CODE



Cowgirl Code

I participated in a workshop led by Sandy Collier and Barbra Schulte, where they presented this exercise to create your own cowgirl code. I loved it! I modified the process slightly, and added two additional questions. To learn more about these amazing cowgirls, visit:

www.barbraschulte.com

www.sandycollier.com



CREATE YOUR COWGIRL CODE

In this activity you will examine the character traits that you want to improve, and create your own cowgirl code to guide your horsemanship journey. Your cowgirl code is your personal mission statement, your guiding purpose to riding, your code of ethics, your character that you want to be remembered by, the north star for your journey.

For sample cowboy codes to help inspire writing your own code, visit

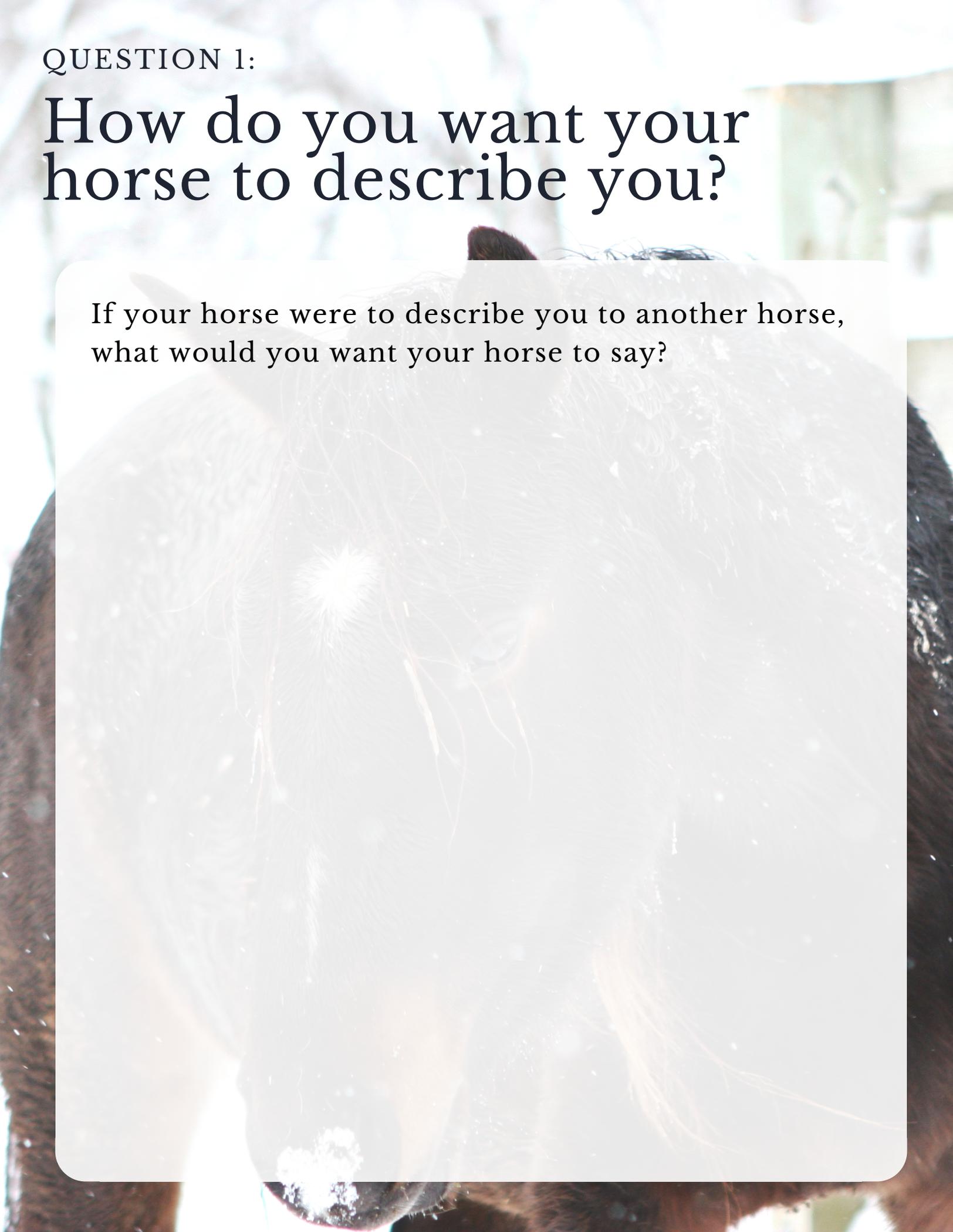
<http://elvaquero.com/cowboy-code/>

**LIVE EACH
DAY WITH
COURAGE
-COWBOY
CODE**

QUESTION 1:

How do you want your horse to describe you?

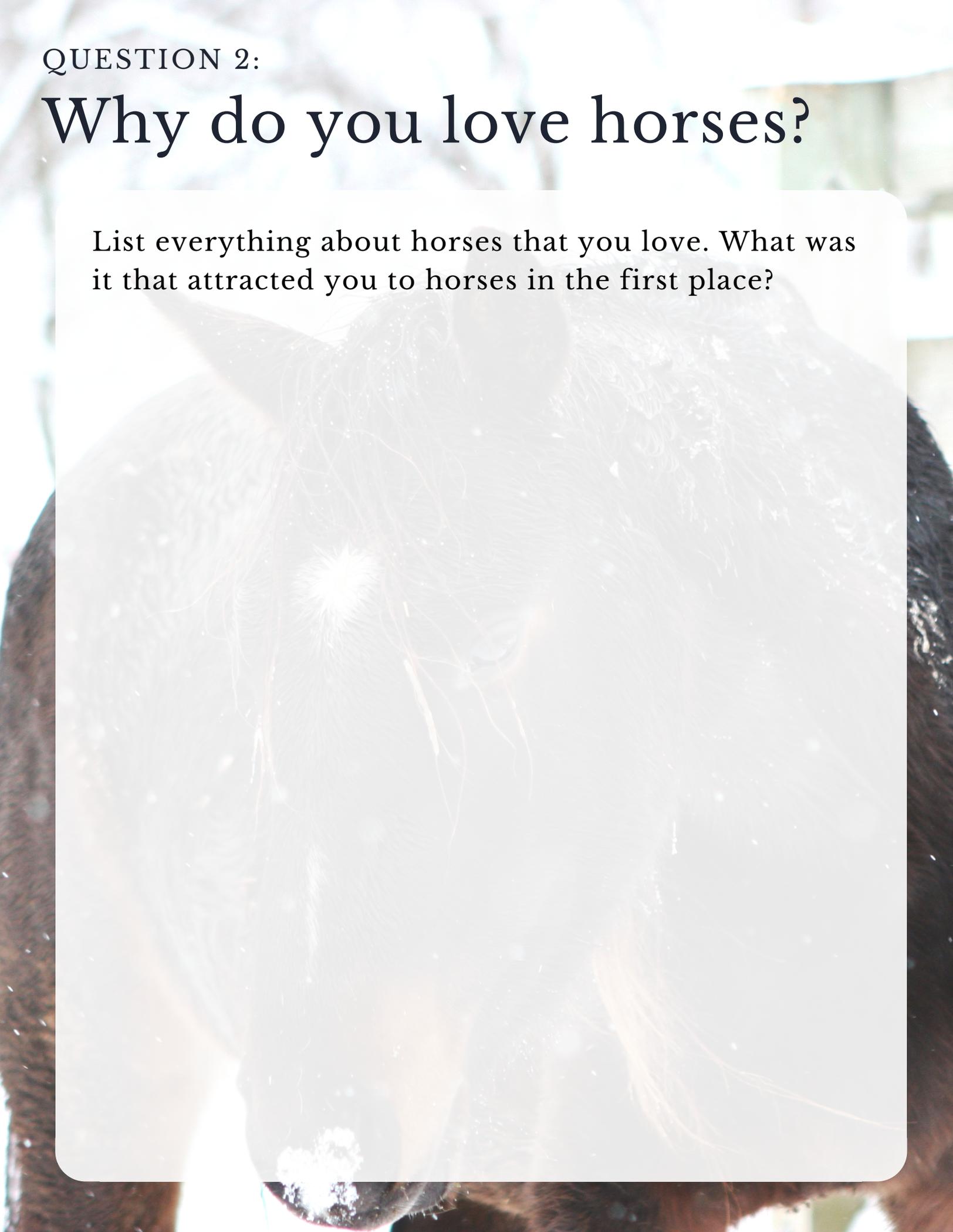
If your horse were to describe you to another horse, what would you want your horse to say?



QUESTION 2:

Why do you love horses?

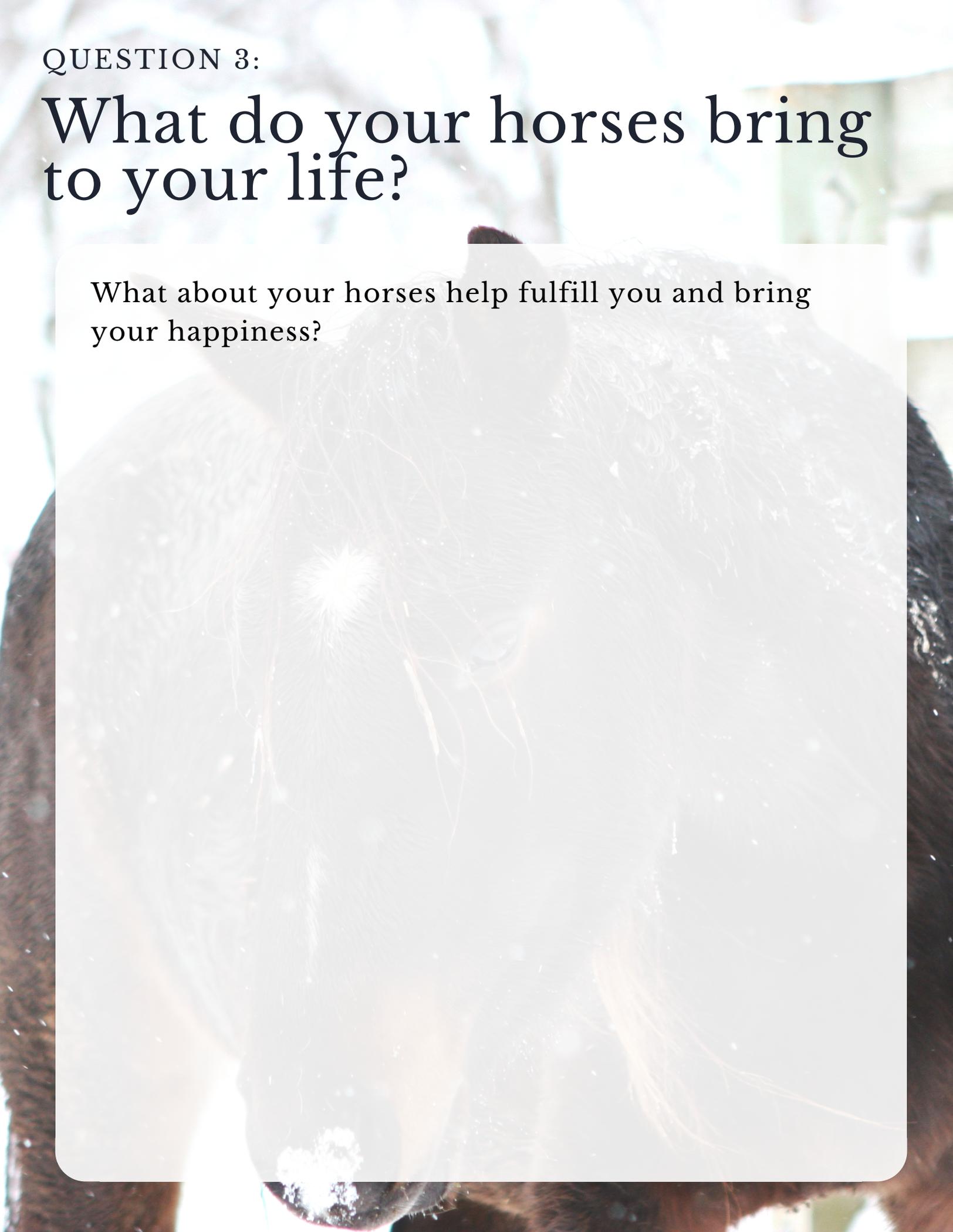
List everything about horses that you love. What was it that attracted you to horses in the first place?



QUESTION 3:

What do your horses bring to your life?

What about your horses help fulfill you and bring your happiness?

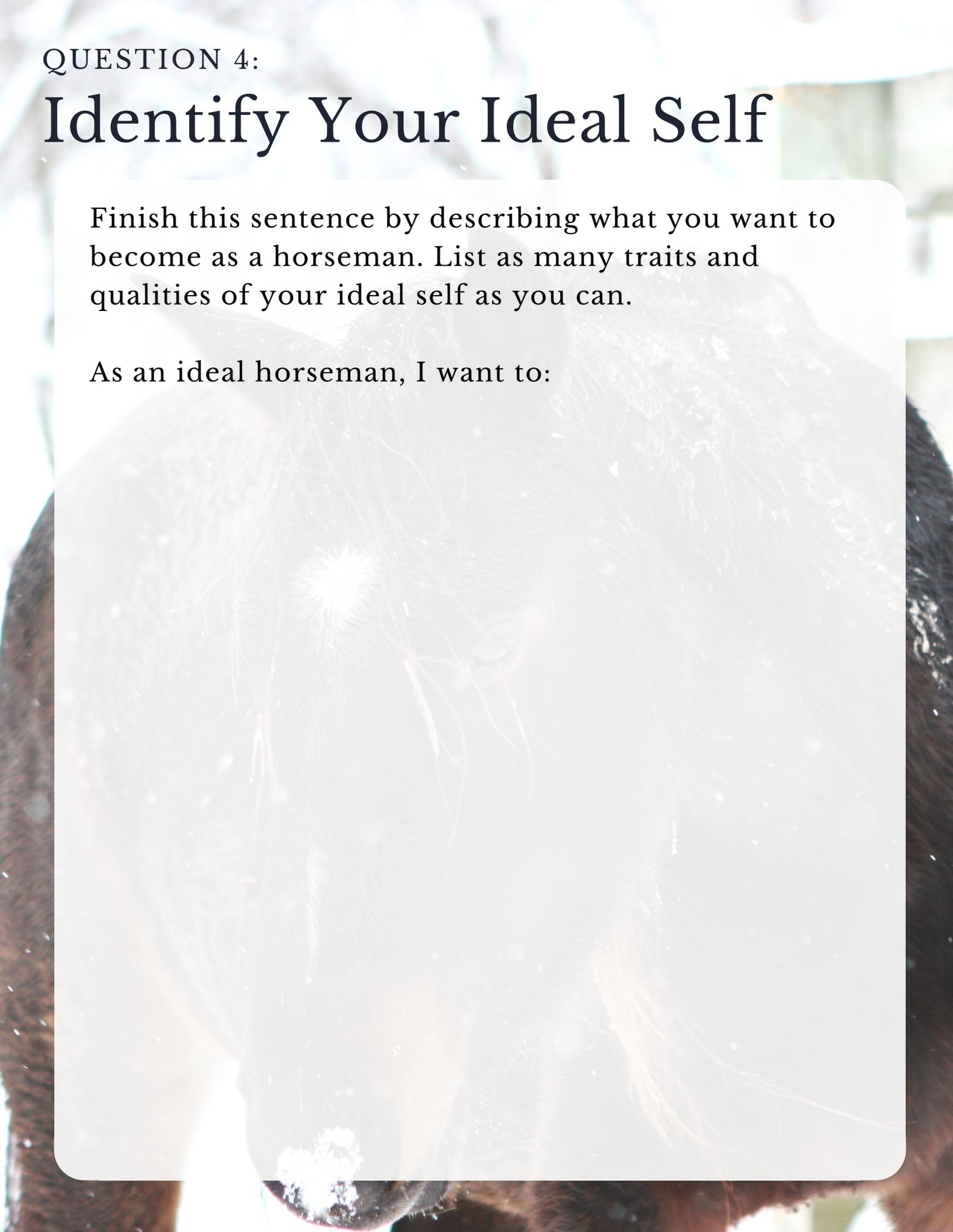


QUESTION 4:

Identify Your Ideal Self

Finish this sentence by describing what you want to become as a horseman. List as many traits and qualities of your ideal self as you can.

As an ideal horseman, I want to:



QUESTION 5:

How Do You Want to be Remembered?

Finish this sentence by writing down what you want your horsemanship legacy to be. How do you want people that you admire to remember you? What legacy do you want to leave to your friends and family?

I want to be remembered as:

Find your values

Look over the lists from Questions 1-5.

What character traits or values appear most often?

You have probably noticed a theme of character traits or values have come up more than once. These are the character traits and values that you want to have in your life.

Pick 1-3 of these character traits and values that are most important to you and list them below.

Create Your Cowgirl Code

Reflect on the character traits and values that you identified on the previous page. Now, create your Cowgirl Code by putting these values together into a personal mission statement.

