

get Gritty

A MENTAL TOUGHNESS PROGRAM
FOR PERFORMANCE HORSE RIDERS



Discover Your
Signature Strengths
&
Transform Your
Horsemanship
Journey
From Good
To Meaningful

We all have character strengths that are unique to each and every one of us. Successful (and happy!) people find a way to weave these character strengths into everything that they do.

In this workbook, you will examine your Signature Strengths, and tie them together with your horsemanship journey. By connecting a greater personal meaning with your horsemanship journey, you increase your satisfaction and happiness as you reach for your goals.

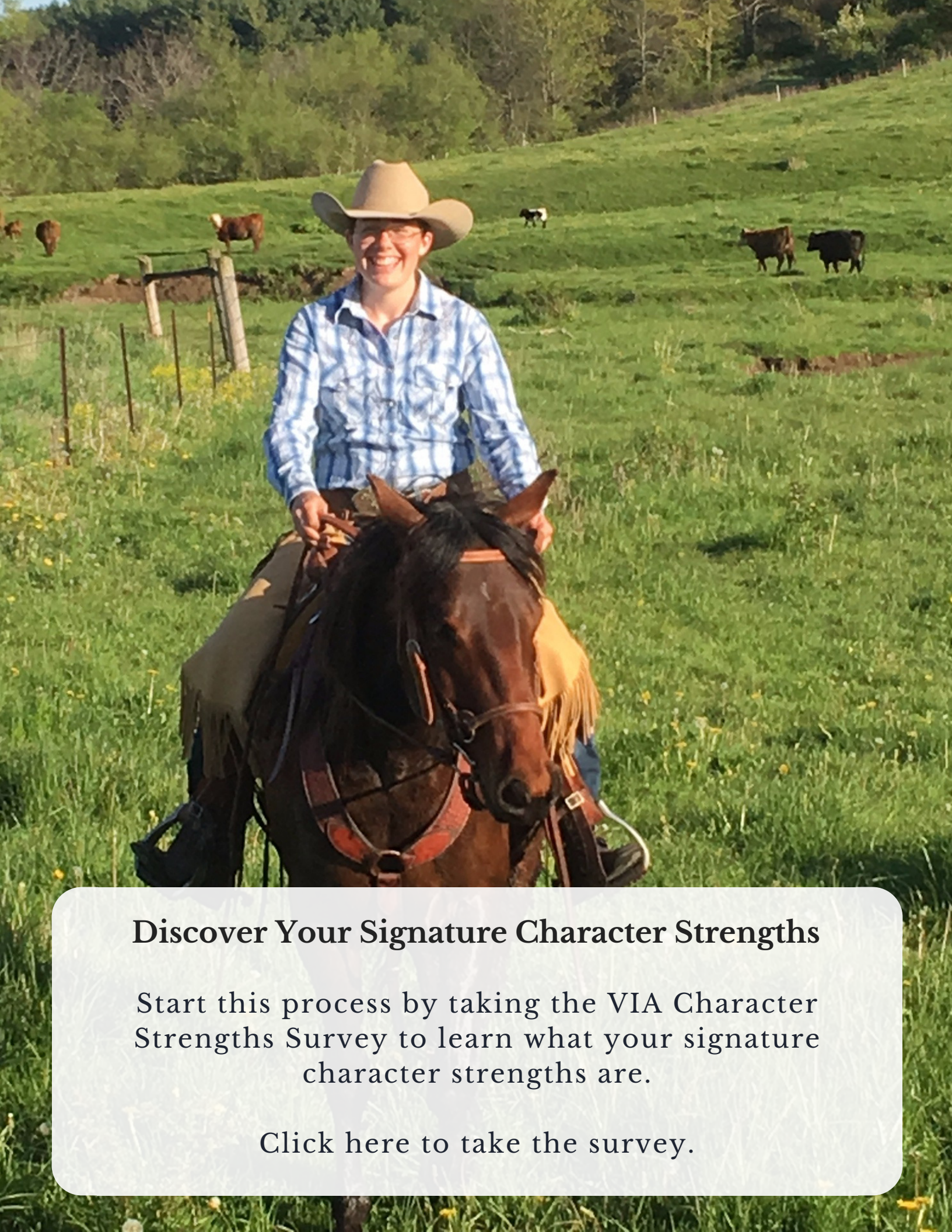
The exercises in this workbook is based on the research of Dr. Martin Seligman, the father of Positive Psychology. In his book *Authentic Happiness*, Dr. Seligman writes "There are three very different routes to happiness. First the Pleasant Life, consisting in having as many pleasures as possible and having the skills to amplify the pleasures. Second, the Good Life, which consists in knowing what your signature strengths are, and then recrafting your work, love, friendship, leisure and parenting to use those strengths to have more flow in life. Third, the Meaningful Life, which consists of using your signature strengths in the service of something that you believe is larger than you are."

Are you ready to connect your signature strengths with your horsemanship goals, and use your strengths in a way that transforms your passion for horses into a positive influence on your life and the lives of others?

Then Let's Get Gritty!

~Siobhan "Chevy" Allen, The Social Stockwoman

Disclaimer: Personal Performance Coaching is not a substitute for professional mental health care or medical care and is not intended to diagnose, treat or cure any mental health or medical conditions. By completing this workbook, I understand that Siobhan "Chevy" Allen is not acting as a mental health counselor or a medical professional.



Discover Your Signature Character Strengths

Start this process by taking the VIA Character Strengths Survey to learn what your signature character strengths are.

[Click here to take the survey.](#)

What are your Top 5 Character Strengths?

Your top 5 character strengths are your "Signature Strengths." List them below.

1.


2.

3.

4.

5.

Take a minute to reflect on these signature strengths. Do any of them resonate with you? Are there any that surprised you?

A person wearing a wide-brimmed hat and a plaid shirt is riding a dark horse through a grassy field. The horse is moving towards a stream in the background. The scene is bright and sunny, with a soft glow over the entire image.

Martin Seligman, the father of positive psychology and one of the creators of the VIA Character Strength Survey, teaches in his book *Authentic Happiness* that "The good life is using your signature strengths every day to produce authentic happiness and abundant gratification."

Next, write down how you can use your signature strengths every day as you move along your horsemanship journey. Make these statements in the present tense about how you use these strengths every day as your work towards your goals.

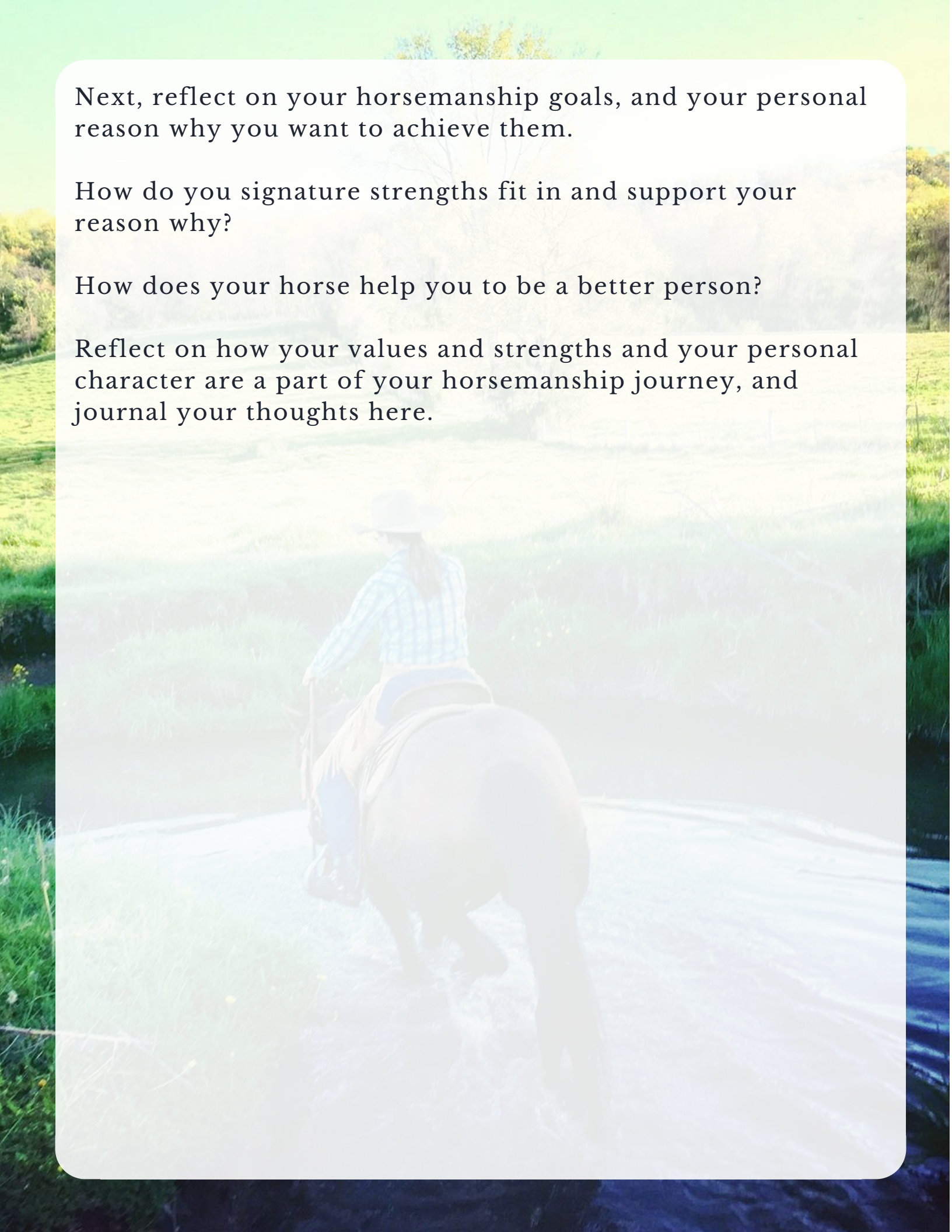
1.

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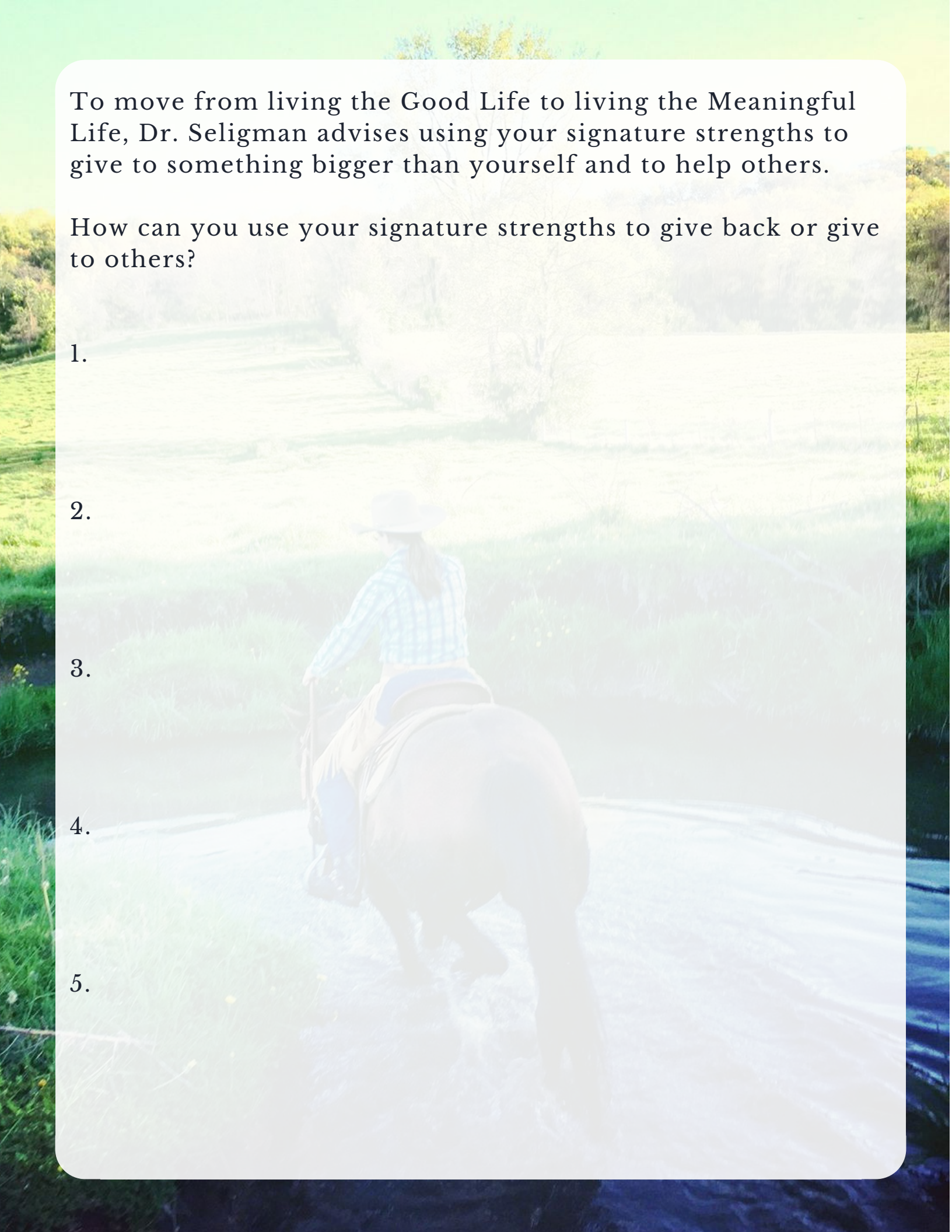
A person wearing a wide-brimmed hat and a plaid shirt is riding a dark horse through a shallow stream. The horse is splashing water, and the rider is looking back over their shoulder. The background shows a grassy field and trees under a bright sky.

Next, reflect on your horsemanship goals, and your personal reason why you want to achieve them.

How do your signature strengths fit in and support your reason why?

How does your horse help you to be a better person?

Reflect on how your values and strengths and your personal character are a part of your horsemanship journey, and journal your thoughts here.

A person wearing a wide-brimmed hat and a plaid shirt is riding a dark horse through a river. The background shows a lush green landscape with trees and a fence. The scene is captured from a rear perspective, showing the horse's legs splashing in the water.

To move from living the Good Life to living the Meaningful Life, Dr. Seligman advises using your signature strengths to give to something bigger than yourself and to help others.

How can you use your signature strengths to give back or give to others?

1.

2.

3.

4.

5.

Thank you for including me in your horsemanship journey!

I am Siobhan "Chevy" Allen, a Personal Performance Coach and Certified Master Life Coach, and I help competitive western performance horse riders "get gritty" and master the mental aspects of competition to be more successful with their horse and reach their horsemanship dreams. Please feel free to contact me with any questions or feedback-I would love to be able to help you and your horse along your journey!

~Chevy

Learn more at www.socialstockwoman.com

