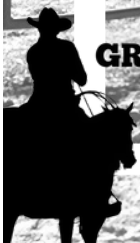


FIND YOUR BALANCE

HORSEMANSHIP LIFE COACHING LESSON



**GET
GRITTY**
Cowgirl

Balance isn't fitting everything in.
It's starting with what's important and
letting the rest fall as it will.

Erica Layne

Disclaimer: Horsemanship Life and Mindset 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.



WHAT IS BALANCE?

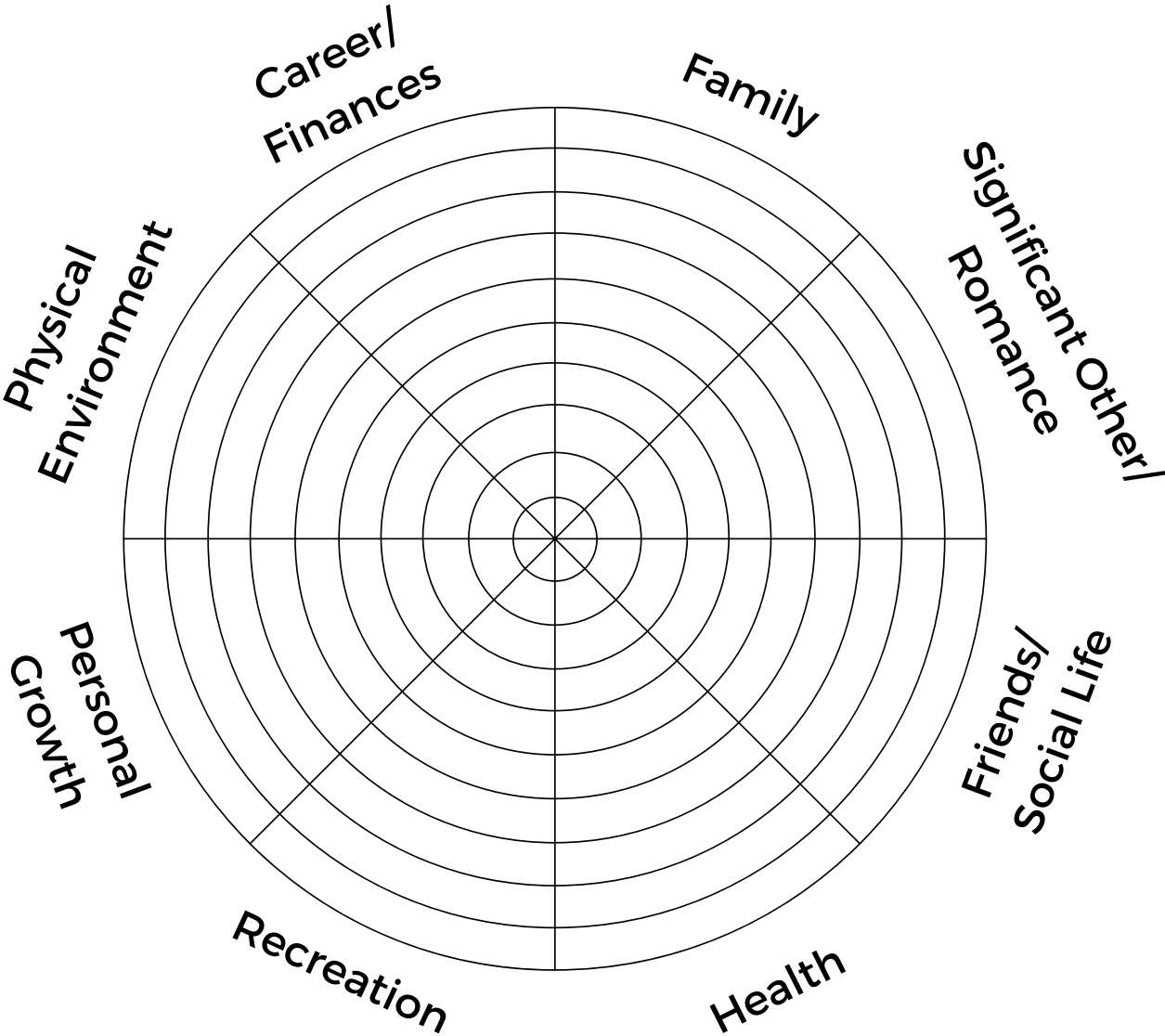
- Balance isn't about spending the same amount of time in all areas of our life.
- Nothing is a problem because of the amount of time we spend doing it.
- It's only a problem if the amount of time we spend takes away from other important aspects of our life and drains us.

A balanced life is when you are doing the things that feed your body, mind, and soul as well as doing the things that expend energy.

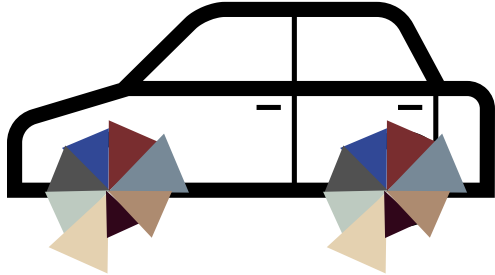
*Balance is about energy,
not time!*

Wheel of Life Exercise

Fill out the wheel by marking your current level of satisfaction in each area of your life.

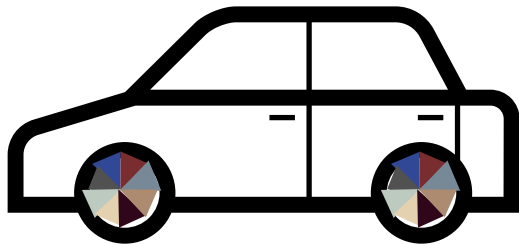


Wheel of Life Exercise

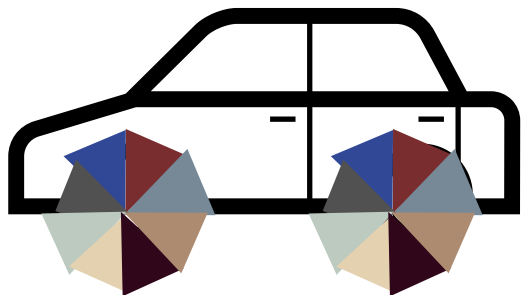


If your wheel was the wheel on your car, would it be a smooth ride?

Most people end up with an uneven wheel, where we focus more on certain areas of our life at the expense of others.



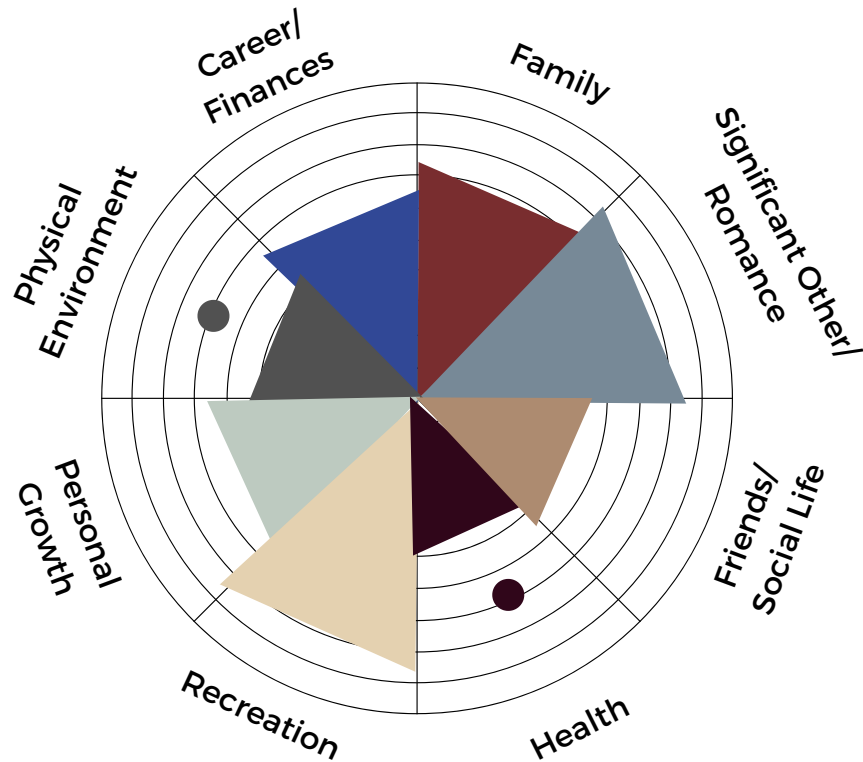
Sometimes people end up with small wheels. This would be a slow car, not living up to your potential.



The goal is to be rolling on large, smooth wheels!

Wheel of Life Exercise

So go back to your wheel. For the lower satisfaction areas, mark with a dot where you want that area of your life to be.



Imagine what it would be like if that area of your life improved?

Why is this area of your life important to you?

What are some things that would help you to be more balanced in that area?



Now, you might be thinking,

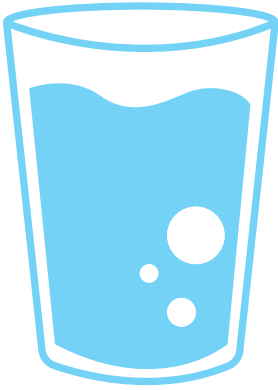
"But Chevy, now I have more to do! I already don't have enough time, that's why my life is out of balance!"

I totally get it!

I feel the same way!

Let's talk about Time Management.

How Full Is Your Glass?



Is the glass full?



How about now?



How about now?



I'm sure for all of us, our horses are a big rock, something that is important.

Have you ever not had room in your cup for your big horse rock?

What if we filled our glass differently?



What if we put the big rocks-
the most important, time
limited things-in our cup first?

Then we put in the little rocks-
the tasks we must do next.

Then we added in the sand-
those tasks that aren't time
limited.

Then we pour in the water-the
things that aren't as important.

You can fit a lot more if you are
intentional about how you fill
your glass!

Making Time for the Big Rocks

Awareness

Determine what is really important to you.

Know what gives you energy.

Know what you have to do that drains your energy.

Know what your time sucks are. (Netflix? Social Media?)

Share your priorities with your support system.

Making Time for the Big Rocks

Visualize to Motivate!

Visualize the payoffs of doing the activities.

Visualize what it will be like if you don't do the activity.

What will it be like if you binge watch Bridgerton on Netflix instead of going out and riding your horse in the snow?

Make a Plan

Put the Big Rocks in your schedule first!

Break down big tasks into more manageable, smaller steps.

Making Time for the Big Rocks

Take Action

What gets scheduled gets done.

Just do it already!

Make appointments with yourself-and KEEP THEM!

When you catch yourself in a time suck, ask:

Why am I doing this?

What would happen if I didn't do this? What would happen if I did X instead?

How does this activity support my goals?

Does this need to be done right now?

What is the best use of my time right now?

Hi, I'm Chevy, and I created Get Gritty Cowgirl because I needed it.

I'm Mama to two boys, a farm wife managing our herd of beef cows, and a lifelong horsewoman. I found that juggling the demands of a full-time office job, farm chores, raising my boys, and attempting to stay on top of the never ending pile of dishes and laundry meant that my horse time was put to the back burner. Add to that the struggles of regaining lost confidence after having kids, and I went from enjoying my horses to feeling afraid and nervous to ride.

And it was so frustrating! I wanted to be able to lope across a field to gather our cattle. I wanted to be able to relax and ride down the trail with my husband. I wanted to be able to compete with my horses again.

That is what led me to study mental toughness and positive psychology. Because I love horses, and imagining a life where I didn't ride was not an option! As I learned and practiced these mental skills, I realized that by focusing on what I needed to do to feel more positive with my horse, I also started to feel more positive with my life in general. It is a cycle-if our life is in balance, if we as a person are more positive, then our horsemanship will improve too.

Along my journey to confidence, I also discovered that I wasn't alone. Other cowgirls like me faced the same challenges and lack of confidence-whether it was due to injury, having a family, or being out of the saddle for awhile. And just knowing that I wasn't alone was so healing for me, and I knew that helping others regain their confidence was part of my purpose along my own horsemanship journey.

That is why I started Get Gritty Cowgirl. To share with you the strategies that helped me change from anxious and overwhelmed and uncertain about my horsemanship journey to confident and calm and excited to go on adventures with my horse!

If I can overcome these struggles to be more positive in my life, find the fun along my horsemanship journey, and be a confident cowgirl again, so can you! Because horses are more than a hobby. It's a lifestyle. And to succeed and be happier along this rough trail, we need to get gritty!



Chevy Allen

Cowgirl Mindset & Confidence Coach

www.GetGrittyCowgirl.com