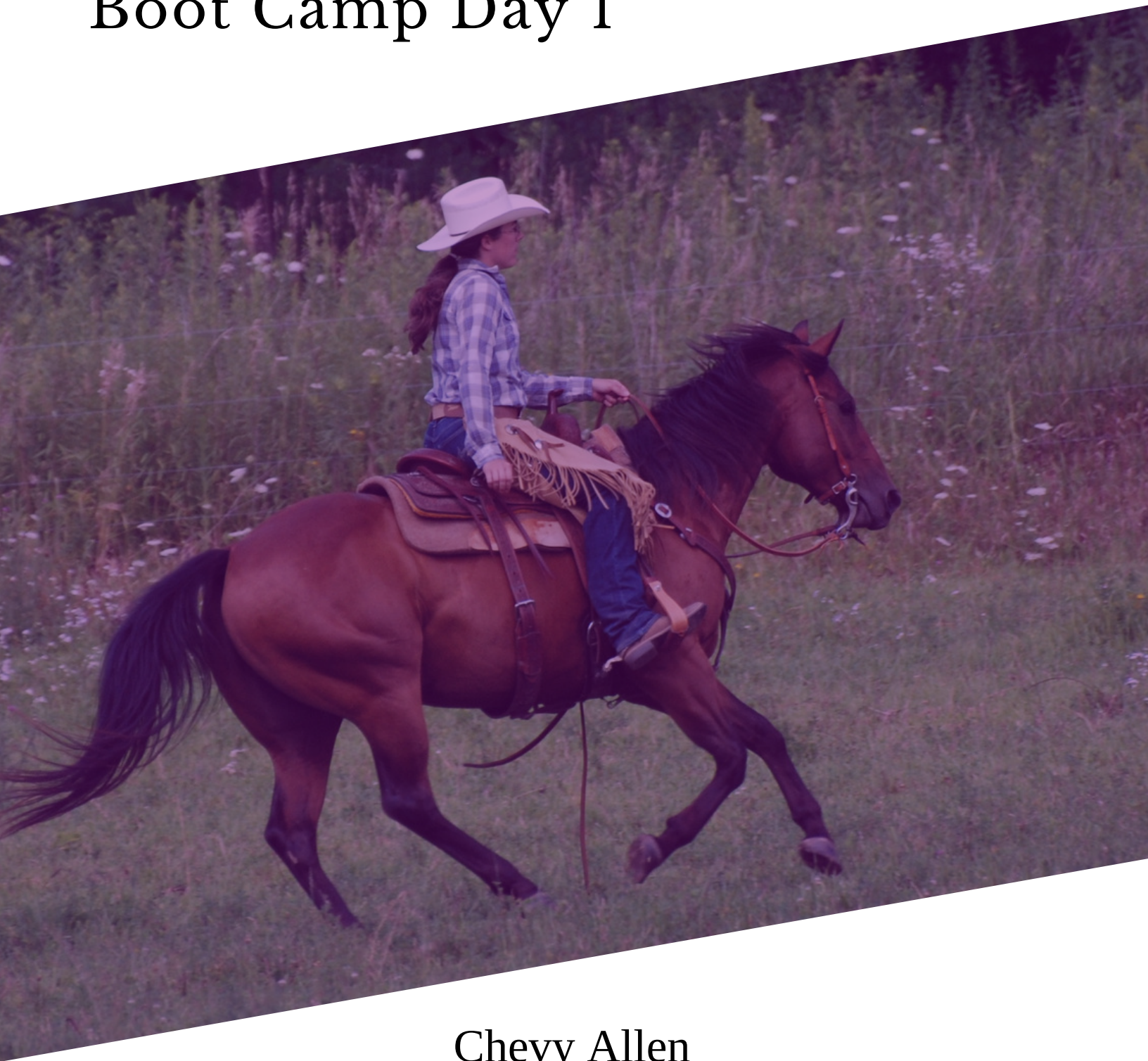


get  
**Gritty**

Boot Camp Day 1



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# GET GRITTY BOOT CAMP

*Create confidence. Ride with grit.*

Welcome to the Get Gritty Boot Camp!

What exactly is Grit? Grit is defined by leading positive psychologist and grit researcher Dr. Angela Duckworth as "passion and perseverance for long term goals."

And that is what our horsemanship journey is, isn't it? To be successful and happy along this wild ride, we need a passion for horses, and the perseverance to get back in the saddle. It takes more than just a love for horses-for those of us that want to be the best horsewomen that we can possibly be, it becomes part of our life's purpose-because we just can't imagine a life without horses in it. It takes dedication to practice, always seeking to improve our skills and abilities to communicate with our equine partners. Gritty horsewomen go after those big dreams. They believe in themselves and their horse. Gritty horsewomen do not take the easy road and stay in their comfort zone. Gritty horsewomen reach for greatness, striving to learn more every day, and embrace their unique horsemanship journey.

Getting Gritty doesn't happen overnight. Developing the Grit necessary to be confident both in and out of the saddle, to be calm under pressure, and to be focused to achieve your dreams is a lifelong journey. We are all works in progress. We all have the ability to improve our horsemanship, to learn and grow and strengthen our bond with our equine partners.

It just takes a little grit. Let's get started and get gritty!

Chevy



# GET GRITTY BOOT CAMP: WHAT YOU'LL LEARN

Here is what you will learn during the Get Gritty Boot Camp.

Taking the next step and putting this knowledge into practice is up to you!

Day 1:

Talent or Grit? Which is the key to success?

The Four parts of Grit

Visualization/Journal Exercise: What would you do with your horse if you had all the grit and confidence in the world?

Day 2:

Reconnect with your Passion for Horses

Create an inspirational Vision Board

Day 3:

Uncovering your Personal Purpose for Your Horsemanship Journey

Quit the Comparison Game

Day 4:

Regular Practice vs Deliberate Practice

Focus your Practice to Improve your Horsemanship

Day 5:

Cultivating Perseverance

No Grit, No Pearl

You Can't Get Gritty without Goals



# TALENT OR GRIT?

*Create confidence. Ride with grit.*

Have you ever watched a great rider and thought, "Wow, they must have been born with that talent, that feel for a horse. They must just be a natural."

Sure, they may have talent. They might be naturally athletic, it might be easier for them to learn riding skills or they might just notice the subtle cues from their horse.

But no matter how naturally talented with a horse that someone is, we all need to put in the effort and climb the learning curve. There are no shortcuts in horsemanship! If your goal along your horsemanship journey is to be the best horsewoman that you can be, then you are looking at a life-long, challenging yet rewarding journey where you never stop learning.

Grit, or passion and perseverance and effort for long-term goals, is a proven predictor of success. Notably, in most research studies, grit and measures of talent and IQ are unrelated, suggesting that talent puts no limits on the capacity for passion and perseverance.

In fact, in Angela Duckworth's book, *Grit*, she states: "Talent is how quickly your skills improve when you invest effort. Achievement is what happens when you take your acquired skills and use them."

Or, to put it more simply:

Effort x Talent=Skill

Skill x Effort = Achievement

A photograph of a horse farm with several horses in a field. A silhouette of a rider on a horse is overlaid in the center. The text 'THE 4 PARTS OF GRIT' is written in white, bold, uppercase letters across the middle of the image. Below it, the subtitle 'Create confidence. Ride with grit.' is written in a smaller, italicized font.

# THE 4 PARTS OF GRIT

*Create confidence. Ride with grit.*

So, if Grit is a key indicator for success, how can you get grittier along your horsemanship journey to achieve your horsemanship dreams? You can get gritty by focusing and developing these four parts of Grit-and that is exactly what we are going to do in this Get Gritty Boot Camp.

Part 1. Passion-Love of the horse must come first. And not just an interest in horses, but a true, burning passion. It isn't just falling in love with horses-it takes staying in love with horses for the long haul.

Part 2. Purpose-For gritty horsewomen, their passion for horses is more than something that they enjoy-it becomes a part of their life purpose, something that is a part of their self-image, their identity.

Part 3. Practice-Gritty horsewomen practice differently. They don't just repeat the same things over and over. They are deliberate about how they practice. They seek feedback, to test if they have improved. Their focus is on mastery. They have their own scorecard, judging themselves based on their effort, instead of comparing themselves to others. Remember, Effort counts twice towards Achievement!

Part 4. Perseverance-Enthusiasm is common. Endurance is rare. Gritty horsewomen get back on the horse, and have a never quit attitude.



Over the next four days of this Get Gritty Boot Camp, we will go deep into the four parts of grit and how to develop them. For today, let's get started by visualizing what the grittier you could do!

Take a few minutes to reflect on the following questions. I highly encourage you to jot down your thoughts in the space below or in a journal!

If you had all the grit and confidence in the world, what would you do with your horse? How would you act? What big dream do you have that you want to go after?