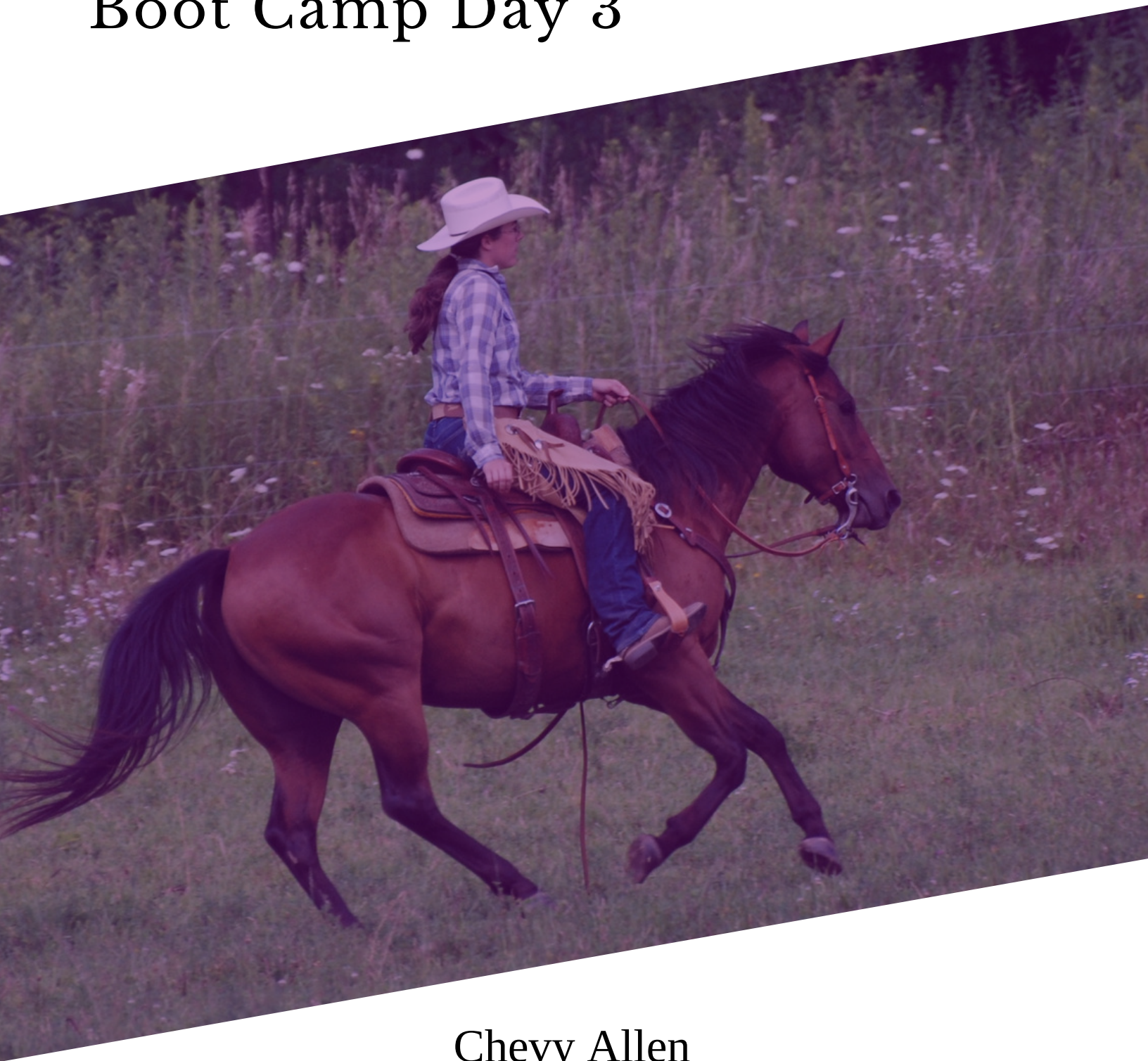


get
Gritty

Boot Camp Day 3



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A photograph of two horses in a field with a rider silhouette on top of the text.

GET GRITTY BOOT CAMP

Create confidence. Ride with grit.

Welcome to Day 3 of the Get Gritty Boot Camp!

Take a few minutes to reflect back on your previous notes, and remind yourself again what sparked your passion for horses.

Reconnecting with your passion for horses is the first part of Grit. Next you are going to work on the second part-Purpose.

Your purpose goes beyond your love for horses. For most horsewomen, their horses are more than just something that they enjoy. Rather, being a horsewoman, cowgirl, equestrian-whatever you call yourself-that is part of your identity, it is who you are.

Let's get started uncovering the personal purpose of your horsemanship journey!

Chevy

A photograph of several horses in a stable. A silhouette of a rider on a horse is positioned at the top center. The text 'GET GRITTY: PURPOSE' is overlaid in white, bold, uppercase letters. Below it, the subtitle 'Create confidence. Ride with grit.' is written in a smaller, italicized font.

GET GRITTY: PURPOSE

Create confidence. Ride with grit.

Uncover the Personal Purpose of Your Horsemanship Journey

What purpose does your horse bring to your life? What benefits do you get from your horses each day? Is it connecting with others? Sharing what you've learned? Passing on your values and lifestyle to your children? How does your horse help you to be a better person? How do you want to be remembered as a horsewoman?

Journal your thoughts below:



IT'S YOUR HORSEMANSHIP JOURNEY

Create confidence. Ride with grit.

Quit the Comparisons-It is YOUR Horsemanship Journey

Comparison. We all do it-and very rarely is it helpful. By comparing your horsemanship journey to another's you are taking away from your individual achievements. When you start the comparison game, you are noticing what others have that you don't. By engaging in comparison, you start a negative thought spiral, that saps your motivation and stunts your ability to get gritty and go after your dreams. See, when you start comparing your horsemanship to another's, what you generally are doing is comparing their best to your worst. You tend to think that it is so easy for them, look at what they can do, that make seem so simple and effortless. You don't often see or acknowledge all of the hours of hard work, the struggles, the sacrifices that the other person had to put in to achieve what they did.

So instead of focusing on comparisons and what you can or can't do with your horse, instead focus on your purpose for your horsemanship journey. When you notice yourself starting to play the comparison game, shift your thoughts to who you want to **be** as a horsewoman. Do you want to be remembered as the person that was kind and caring, that shared her love of horses with her friends and family, who always had a positive word to encourage her friends? Whatever your personal purpose is for your horsemanship journey, strive to live that purpose everyday and be the best you that you can be! After all, it is YOUR horsemanship journey-not anyone else's. Reconnect with your passion for horses, live your purpose, get gritty, and go for your dreams!