

GET GRITTY GOAL SETTING PROGRAM

Lesson 4: Motivation & Accountability



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LESSON 4: MOTIVATION & ACCOUNTABILITY

In the last lesson you identified action steps and identified resources to help you and your horse make improvement towards your goal.

In this lesson we will talk about how motivation works together with accountability to keep you on track towards your goals.

In the next lesson we will discuss relationship building and communication with trainers/coaches/riding instructors to help you towards your goals.

Get Gritty,

Chevy



MOTIVATION & ACCOUNTABILITY

Motivation is the driving force that inspires you to take action, persist in your efforts, and strive towards the accomplishment of your goals. It involves the internal or external factors that stimulate enthusiasm, energy, and commitment towards a specific objective. Motivation is deeply rooted in personal desires, aspirations, and the emotional connection you have to the outcome.

Accountability is the responsibility and answerability for actions, decisions, and outcomes. It involves acknowledging and accepting ownership of one's commitments and the consequences that arise from those commitments. Being accountable means honoring promises made, meeting expectations, and actively working towards the fulfillment of agreed-upon objectives.

HOW MOTIVATION & ACCOUNTABILITY WORK TOGETHER

1. Motivation Propels Action:

Motivation serves as the initial spark that propels you into action. It ignites the passion and desire to pursue your horse goals.

2. Accountability Ensures Consistency:

Once motivated, accountability steps in to provide the structure and consistency needed to sustain efforts over time. It turns motivation into a commitment by holding you responsible for the steps and actions required to achieve your goals.

3. Motivation Fuels Resilience:

In the face of challenges or setbacks, motivation acts as a wellspring of resilience to help you bounce back from obstacles, learn from failures, and stay focused on the ultimate goal.

4. Accountability Creates Discipline:

Accountability instills discipline by setting expectations and deadlines. It establishes a framework that guides you in consistently working towards your goals, even when motivation may wane.

HOW MOTIVATION & ACCOUNTABILITY WORK TOGETHER

5. Motivation Reinforces Commitment:

As you progress and succeed along your journey, motivation is reinforced. Each achievement becomes a source of renewed commitment to your goal.

6. Accountability Provides Support:

A robust accountability system includes a support structure—whether it's through personal networks, mentors, or tracking mechanisms. This support bolsters motivation during challenging times.

7. Motivation and Accountability Adapt Together:

Goals may evolve, circumstances may change, and new aspirations may emerge. Motivation and accountability work together to adapt goals, ensuring they remain relevant and achievable.

8. Accountability Amplifies Achievement:

Accountability amplifies the sense of achievement. When you are accountable for your actions and witness progress, it reinforces the positive cycle of motivation and success.

In essence, motivation and accountability work together in pursuit of goals. Motivation initiates the journey, while accountability sustains the momentum and ensures a committed, disciplined approach.

MOTIVATION & ACCOUNTABILITY ACTIVITY

What are some of the routines that you currently have that keep you on track?

What routines can you add to your life that will help you maintain balance?

What are some songs that give you a boost or inspire you?

What are some movies, videos, and documentaries that can inspire and motivate you?

What are some books, audio books, and/or magazines that inspire you?

Who in your life keeps you on track and motivates you?



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