

get Gritty

A MENTAL TOUGHNESS PROGRAM
FOR PERFORMANCE HORSE RIDERS



Get Genuine Grit

Group Coaching
Program Workbook

I'm so glad that you are here right now on your Get Gritty journey!

I know that you can achieve your horsemanship dreams, and my mission is to give you the mental tools and techniques to help you feel inspired, stay motivated, build your confidence and get gritty.

I created my Get Gritty coaching programs to help you along your personal horsemanship journey. Whether your journey involves competition, or if your dream is to trail ride with your horse, I want to help you turn your horse dreams into reality.

Before we get started, I want you to make a commitment to yourself to show up for your horsemanship dreams. Your horsemanship journey is yours alone, and making it happen is up to you. If you are ready to get gritty, commit to it by signing below.

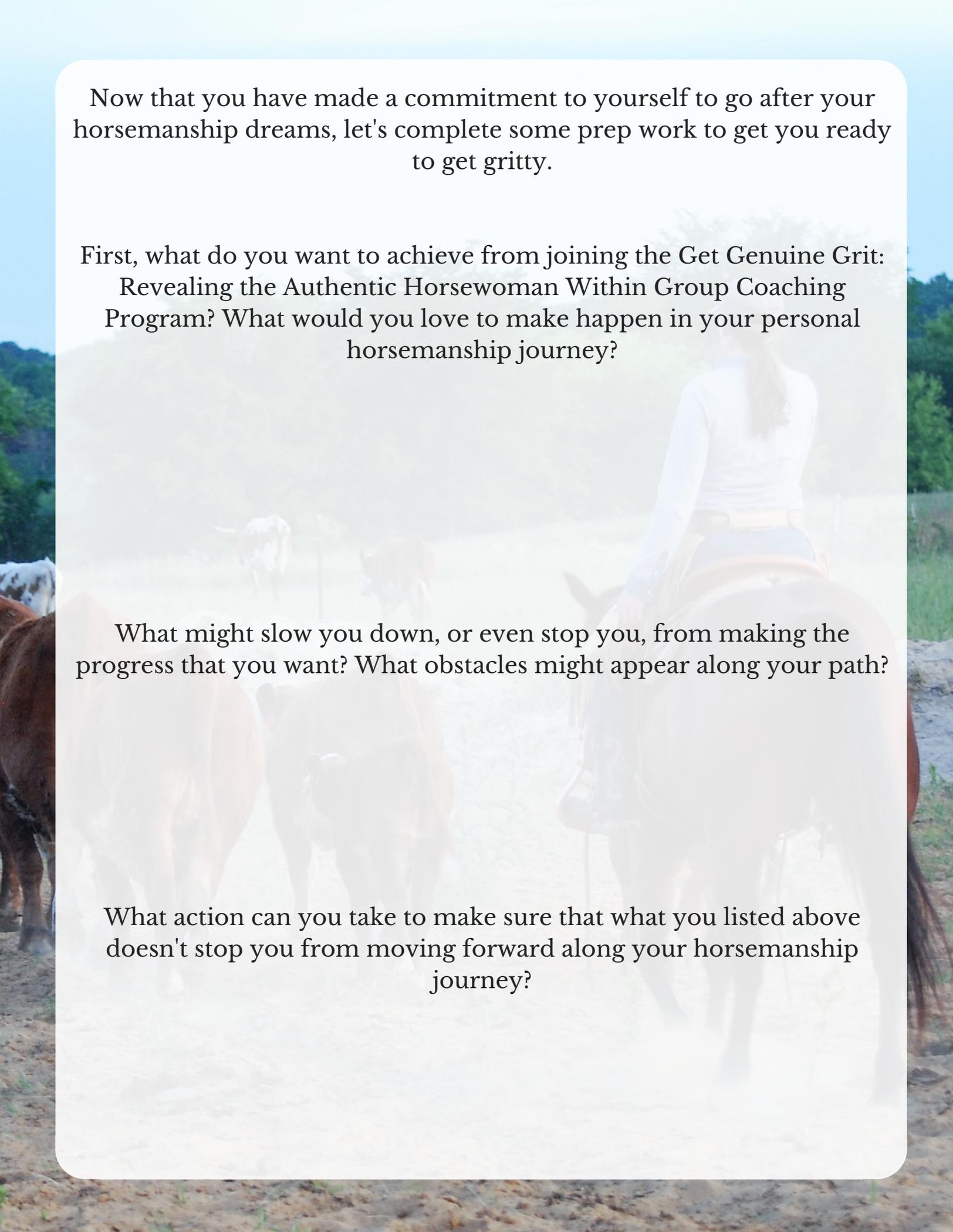
I _____ commit to turning my horsemanship dreams into reality and becoming a successful horseman/horsewoman. I am open and ready for success, happiness, and personal growth to enter my life and my personal horsemanship journey.

Signed: _____

Congratulations on taking that first step and committing to your own horsemanship dreams!

Now, let's get ready to get gritty!

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.

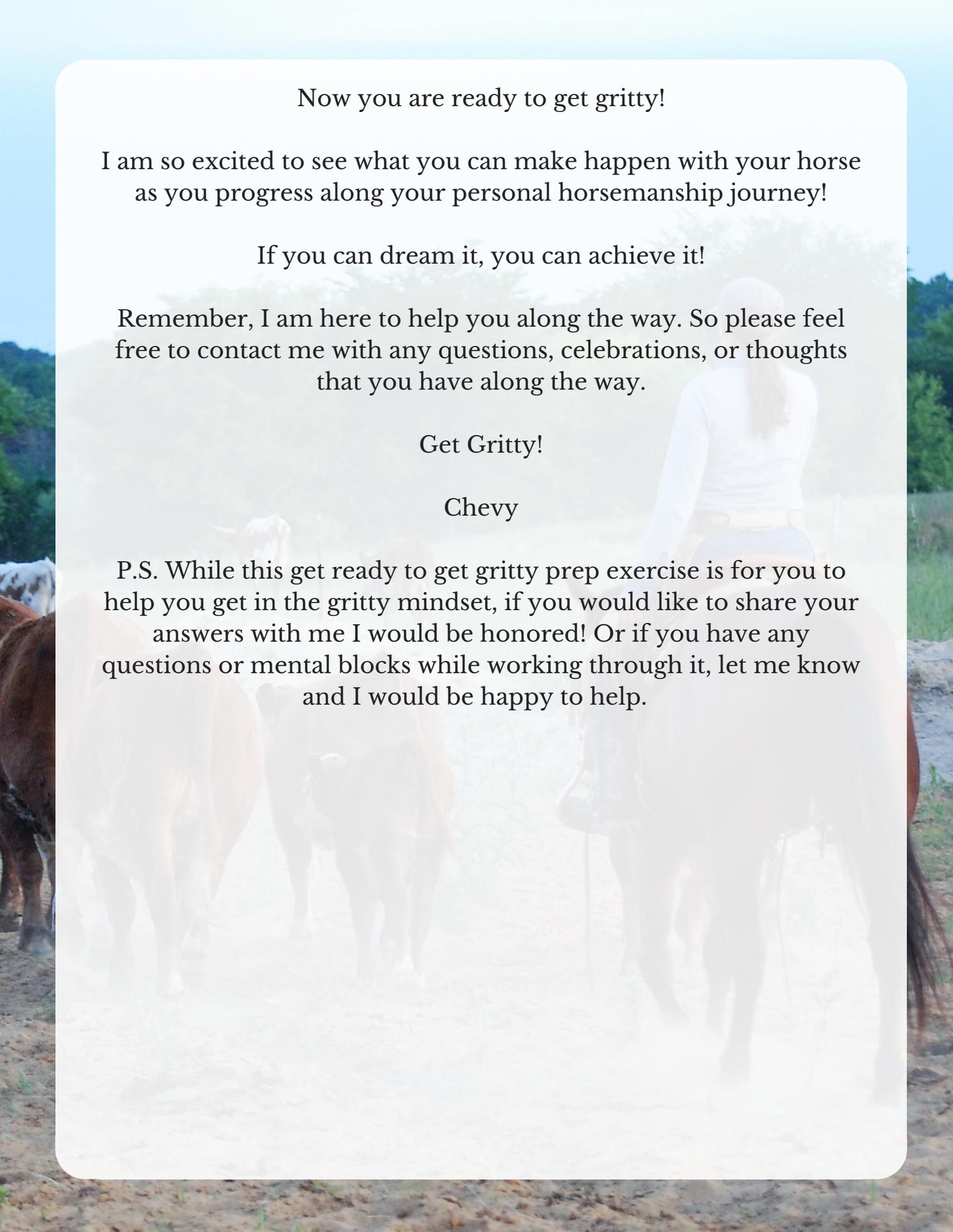
A woman in a white long-sleeved shirt and blue jeans is riding a brown horse. She is seen from behind, looking out over a field. In the background, there are several other horses and a cow. The scene is outdoors with trees and a clear sky.

Now that you have made a commitment to yourself to go after your horsemanship dreams, let's complete some prep work to get you ready to get gritty.

First, what do you want to achieve from joining the Get Genuine Grit: Revealing the Authentic Horsewoman Within Group Coaching Program? What would you love to make happen in your personal horsemanship journey?

What might slow you down, or even stop you, from making the progress that you want? What obstacles might appear along your path?

What action can you take to make sure that what you listed above doesn't stop you from moving forward along your horsemanship journey?

A woman in a white long-sleeved shirt and blue skirt is riding a brown horse in a field. In the background, several other horses are grazing. The scene is set in a grassy field with trees in the distance under a clear sky.

Now you are ready to get gritty!

I am so excited to see what you can make happen with your horse as you progress along your personal horsemanship journey!

If you can dream it, you can achieve it!

Remember, I am here to help you along the way. So please feel free to contact me with any questions, celebrations, or thoughts that you have along the way.

Get Gritty!

Chevy

P.S. While this get ready to get gritty prep exercise is for you to help you get in the gritty mindset, if you would like to share your answers with me I would be honored! Or if you have any questions or mental blocks while working through it, let me know and I would be happy to help.

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Get Genuine Grit

Part 1: Write Your Horsemanship Story



The Power of Writing Your Horsemanship Story

What's Your Story?

The act of writing your story is a great way to learn things about yourself. It is so easy to get caught up in our day-to-day busyness, and lose sight of what is truly important. By taking the time to write your horsemanship story you will clarify your hopes and dreams, reaffirm your values, and get your priorities back in line.

Journaling is a great way to start writing your story. It is private, a place to get your thoughts and feelings down. And the best part-paper doesn't judge you!

Are you ready to write your horsemanship story?

Let's get started!

~Siobhan "Chevy" Allen,
The Social Stockwoman

Journaling Exercise #1: The Short Horsemanship Life Story

In this activity we will get started with a simple journaling exercise-the short life story. It is an exercise that I found in the book "How to Write a Memoir in 30 Days", by Roberta Temes, PhD.

For this exercise, we will focus on your horsemanship. The goal is to summarize your horsemanship life story into a few sentences. Like any good story, it should have a beginning, a middle, and an end (or a now, in our case.)

I found it easier to work backwards, starting with who you are as a rider today. Then, think about how you got there, that is the middle. Then think about where you started, the beginning. Then put your sentences together. If you are feeling especially inspired, you can add another sentence about the future of your horsemanship journey.

Chevy's Short Story:

Horse crazy kid cleaning stalls for riding lessons. Hung out my shingle as a trainer and riding instructor, learned from the horse. Busy mom and farm wife, horses are my escape. Aspire to help horsemasters develop the mental skills to get gritty and perform at their best with their horse.

Journaling Exercise #1: My Short Horsemanship Life Story

My Short Horsemanship Life Story:



Journaling Exercise #2: Milestones Along the Trail

In this activity you choose one of the journaling prompts below to write about milestones along your horsemanship journey. These journaling prompts work great to reflect on events that have had an impact on our lives. Think about positive things that you have accomplished, or even unexpected events that had a positive outcome. Write as much as you want. And remember, this is for you. Don't overthink it. Just write!!!

Milestone Journaling Prompts:

I was just a kid, but...

I tried my best, and...

In that moment everything changed...

It was the proudest day of my life. I couldn't stop smiling when...

Journaling Exercise #2: Milestones Along the Trail

Chevy's Milestones Along the Trail:

I was just a kid, but I felt like he understood me.

He had big brown eyes, he was tall and muscular, with short and fuzzy black hair on the top of his head.

No, it wasn't the cute boy that sat behind me in math class.

He was my first horse, and his name was Tank. He understood me. He listened when I talked to him as I cleaned his stall. He looked at me with those big brown eyes, and I felt accepted. He never told me how I should feel when I vented and complained about all the things that teenage girls complain about. He never told me that my hand-me down clothes weren't stylish, or that my haircut wasn't cute. He didn't judge me for not wearing makeup like the other girls at school. He was patient, and forgiving and kind.

Journaling Exercise #2: Milestones Along the Trail



Journaling Exercise #3: Me at My Best

For this journal exercise, write about a time when you were at your best. This could be a really good experience with your horse, a lesson or show. It could be a turning point when a riding skill that you had been struggling with finally clicked. It could be a moment when you felt like the real, genuine horsewoman within really shone through.

By writing about yourself at your best, it helps you to create a trail map about what works for you to naturally be at your best. This will also help you to uncover your own strengths and how you naturally use them. We often take our own strengths for granted, and don't recognize them.

To get started, finish this sentence:

I was at my best when...

Journaling Exercise #3:

Me at My Best

Chevy's Me at My Best Story: I was at my best when the waters were high and we were due to get more rain that night. The cattle were on the far west side of the pasture, and I had to move them across the rising creek waters to the higher ground on the east side of the pasture. It was just me and Molasses. We had 20 pairs on that pasture, and a washed out fence. Failure at this task was not an option.

As Molasses and I long-trotted to the west side, the mud in low spots sucked at her hooves. I knew I could trust her, she is tough and sure footed. As we approached the creek, I started to get nervous. The water was over the banks. Usually the creek at its deepest part is no more than cowboy boot high-in fact, if you pick a spot where the rocks are, you can even cross it on foot without getting your socks wet. I picked a spot where it usually was pretty shallow, and gave Molasses her head. She splashed through, and the water went over my boots.

As we came up the bank on the other side, I could see the cattle. My heart was racing-could I get all of the calves across the rushing water? Molasses had already broken into a lope, she knew her job. I took a deep breath, dropped my rein hand to her neck, and got out of her way. "We can do this. We have to do this." I realized I had spoke the words out loud.

Gathering the herd was easy, and we pushed them to the creek. The older cows splashed right across, then looked back and bellowed for their calves. Their calves paced at the bank, then plunged into the water. Leaping, splashing, one by one, they all made it across. We had done it.

Journaling Exercise #3: Me at My Best



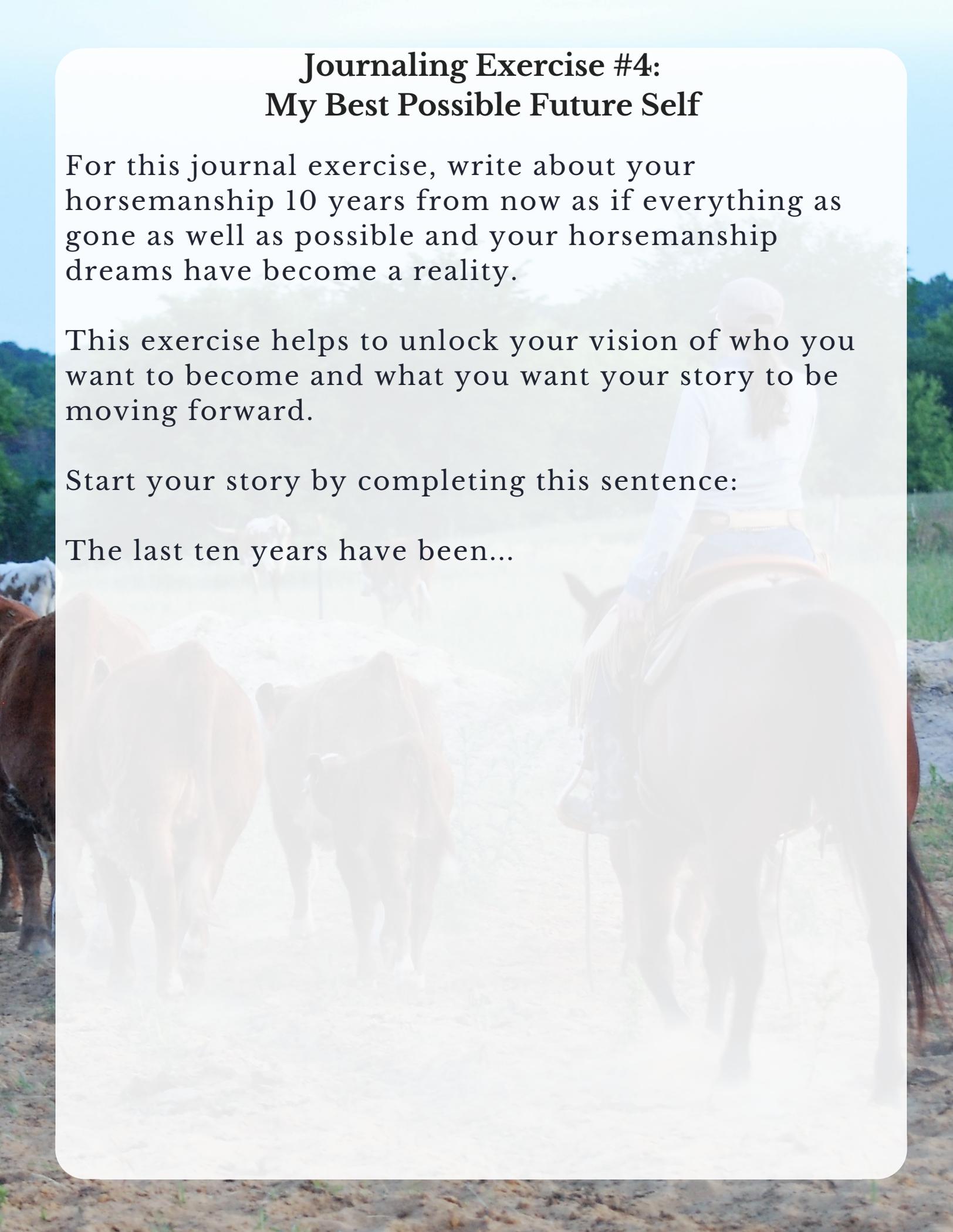
Journaling Exercise #4: My Best Possible Future Self

For this journal exercise, write about your horsemanship 10 years from now as if everything as gone as well as possible and your horsemanship dreams have become a reality.

This exercise helps to unlock your vision of who you want to become and what you want your story to be moving forward.

Start your story by completing this sentence:

The last ten years have been...



Journaling Exercise #4: My Best Possible Future Self

Chevy's My Best Possible Future Self Story:

The last ten years have been amazing.

Our home-bred and raised horses are great partners for our family, and I am proud of how I have grown in my horsemanship as I have trained them for our kids. They are calm, sure-footed, athletic, and good-minded. Riding our horses to work our cattle is a fun family activity that we can all do together.

I have a horse that is special to me. We enjoy showing in the Ranch classes. We've qualified for the World Show in Ranch Horse Riding, and we are planning our trip to Oklahoma City.

I continue to grow and learn more, and enjoy every part of my horsemanship journey.

Journaling Exercise #4: My Best Possible Future Self



Get Genuine Grit

Part 2: Uncover the Reasons Why You Ride



The Power of Why

What's Your Reason Why?

I know that horses are more than just a hobby to you. They are a big part of your life. And sometimes, we can get burned out, feel stuck, or just not know what to do next on our life-long horsemanship journey.

Having a clear reason why can help us when we encounter these bumps in the trail.

So, why do you ride?

In this workbook, we will uncover your reason why, and give clarity to these reasons that drive your horsemanship journey.

Let's get started!

~Siobhan "Chevy" Allen,
The Social Stockwoman

Journaling Exercise #1: Why do you ride?

Why do you ride?

Really be specific as you answer this question. Saying "because I love horses" isn't clear enough. Keep on asking why!

Here are some additional questions to help you dig deep and get really clear on your reasons why you ride:

What do you love about your horse?

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

How would you want your horse to describe you?

If you knew you would succeed, what would you do with your horse?

Journaling Exercise #1: Why do you ride?



Get Genuine Grit

Part 3: Discover Your Signature Strengths



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 are 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



Discover Your Signature Character Strengths

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

To take the survey, go to:

<https://www.viacharacter.org/survey/pro/socialstockwoman>

What are your Top 5 Character Strengths?

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

1.

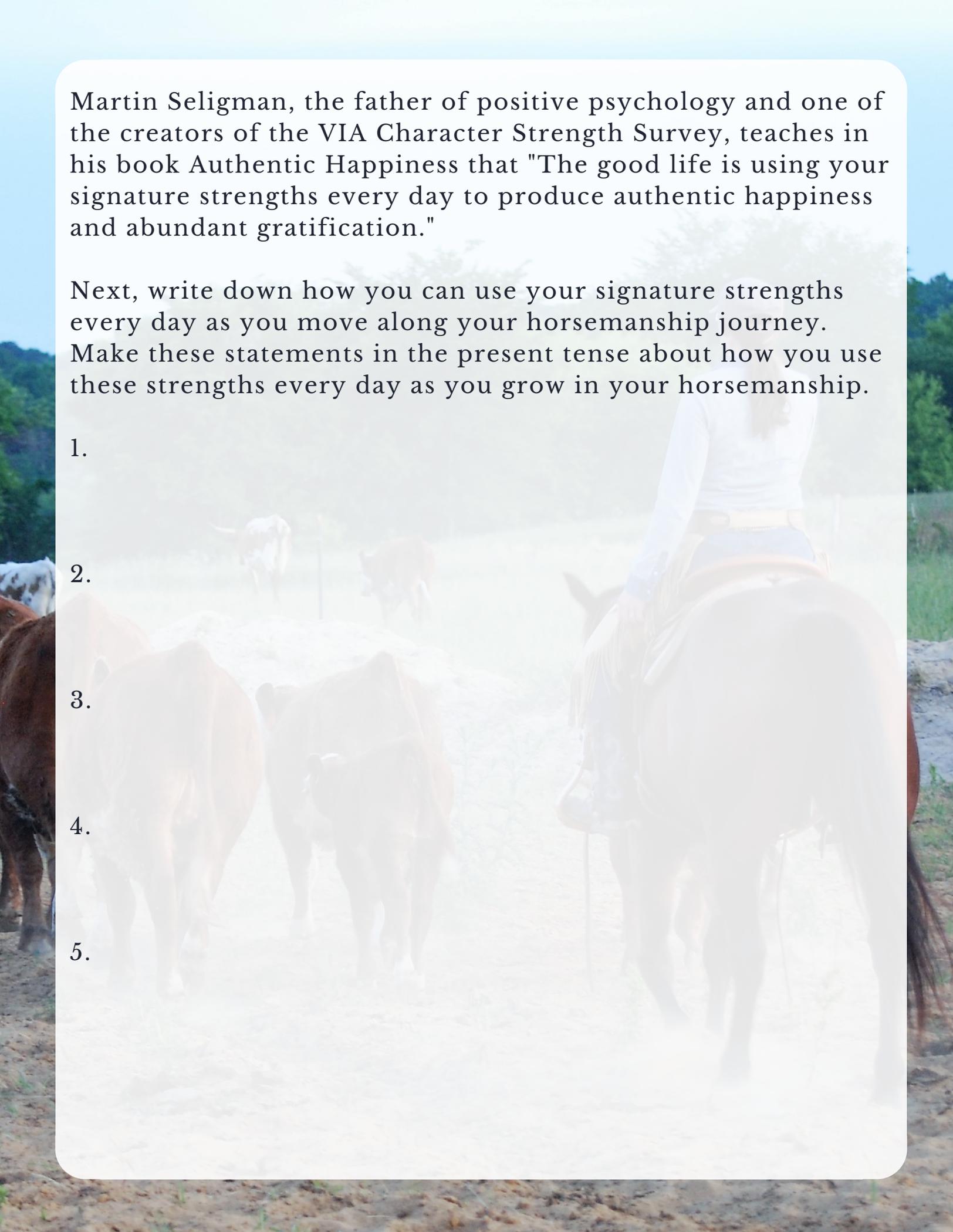
2.

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 white long-sleeved shirt and blue jeans is riding a dark brown horse. They are in a field with several cows, including a white one with long horns. The background shows green trees and a clear sky. The entire scene is overlaid with a semi-transparent white rounded rectangle containing text.

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 you grow in your horsemanship.

1.

2.

3.

4.

5.

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?

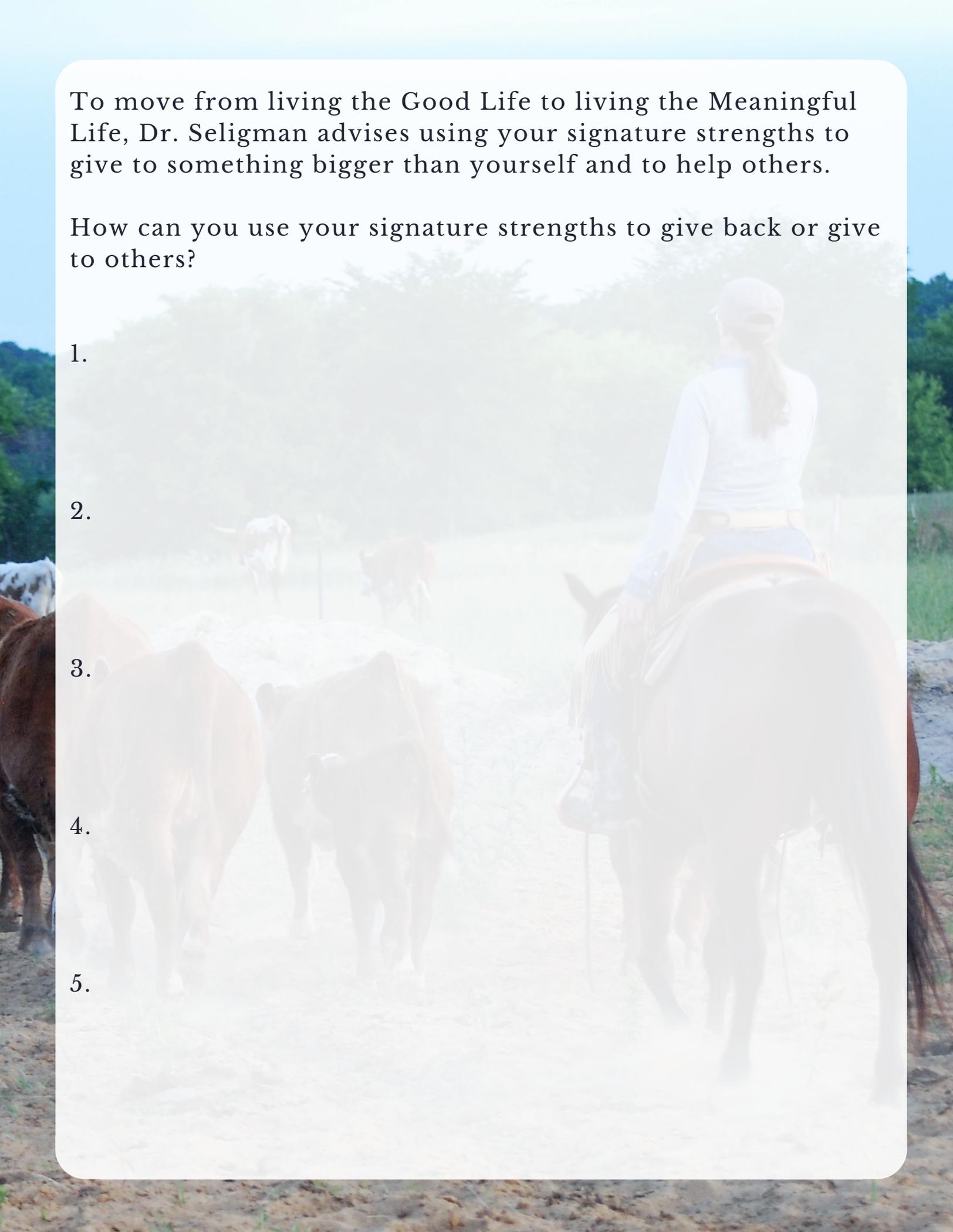
1.

2.

3.

4.

5.



Get Genuine Grit

Part 4: What Do You Stand For?



Defining Your Values to Stand with Integrity

When you live by your values, it is easier to live authentically and be the real you. We all have values-the things that are important to us in our lives. When our thoughts and actions are aligned with our values, we are happier and more fulfilled, because we are living with integrity.

These values apply to our horsemanship too. If our actions in the saddle do not align with our values, then we won't feel fulfilled along our journey.

In this workbook, we clarify and define our values so that we can be sure that our path is aligned with our values, so that we can reveal the genuine horsewoman within.

Let's get started!

~Siobhan "Chevy" Allen,
The Social Stockwoman

Journaling Exercise #1: My Core Values

From the sample list of core values below, circle the top 10 that are most important to you.

Achievement	Friendships	Peace
Adventure	Fun	Pleasure
Authority	Growth	Poise
Autonomy	Happiness	Popularity
Balance	Honesty	Recognition
Beauty	Humor	Religion
Boldness	Influence	Reputation
Compassion	Inner Harmony	Respect
Challenge	Justice	Responsibility
Citizenship	Kindness	Security
Community	Knowledge	Self-Respect
Competency	Leadership	Service
Contribution	Learning	Spirituality
Creativity	Love	Stability
Curiosity	Loyalty	Success
Determination	Meaningful	Status
Fairness	Work	Trustworthiness
Faith	Openness	Wealth
Fame	Optimism	Wisdom

Journaling Exercise #2: Affirm Your Values

Look over those top 10 values that you picked.

Think about the following question, and journal your thoughts on the next page.

How do these values make you feel?

Are you proud of your top values?

How do your actions align with your values?

How can you plan your horsemanship journey to respect your values?

Do these values represent what you stand for, even if you stand alone?

Journaling Exercise #2: Affirm Your Values



Get Genuine Grit

Part 5: Diffuse Negative Thoughts



It's Impossible to Eliminate Negative Thoughts

Negative thoughts happen.

And the more that we try to prevent them from happening, the more that they will pop up in our heads!

In this part of the course you will learn how to diffuse from our negative thoughts in a two step process. This is a simple mental toughness tool that will enable you to overcome negative thoughts and feelings to reveal the genuine horsewoman within!

Let's get started!

~Siobhan "Chevy" Allen,
The Social Stockwoman

Step 1: How To Diffuse From Negative Thoughts

Diffusion is a mental toughness tool that is taught by Dr. Russ Harris in his book "The Confidence Gap"

It is a super simple to do. First, you need to notice that you are having a negative thought.

Then you repeat to yourself,
"I notice that I am having the thought that..."

This simple step diffuses the negative thought from your identity. Since so many negative thoughts are labels of ourselves, this process is key to separating ourselves and our identities from these negative thoughts.

For example, a negative thought that I often have is "I'm not a good enough rider to do that."

Our thoughts frame our story about ourselves, and how we view our identity. So left unchecked, this negative thought will lead me to form my own self-identity that I am not a good enough rider.

So, to diffuse this thought, I repeat to myself, "I am having the thought that I am not a good enough rider."

This then separates the negative thought from my identity, and now I can do something about it!

Step 2: Unhook from Negative Thoughts

Once you have repeated your diffusion statement after noticing a negative thought, the next step is to unhook from the negative thought.

You do this by asking yourself:

“If I allow this thought to guide my actions, will it help me create the life I want and be the type of person I want to be?”

To put it more simply, you are checking in with yourself to see if the thought is helpful.

If the answer is no, then you don't need to waste anymore of your mental energy thinking about it anymore!

By recognizing that the thought is not helpful it reduces its influence over you, and also makes it less likely that your subconscious will act on that thought, making it a self-fulfilling prophecy.

Then you can shift your mindset to finding options that are helpful to you achieving your goals!

Diffuse and Unhook Writing Activity

Practice diffusing and hooking from negative thoughts by completing this writing activity:

What is a negative thought that you often have?
Write it down below:

Now, diffuse from it by filling in the blank:
I notice that I am having the thought that:

Next, answer this question by circling yes or no:

“If I allow this thought to guide my actions, will it help me create the life I want and be the type of horsewoman I want to be?”

YES

NO

The next time that you notice yourself thinking that negative thought, repeat your diffusion and unhooking statements!

Get Genuine Grit

Part 6: Transform FEAR to DARE



Self-Confidence: a feeling of trust in one's abilities

I'm going to let you in on a secret here.

ACTIONS of confidence come before
FEELINGS of confidence.

So those thoughts that you've had of "I'll try doing that when I feel more confident," are not helpful, and they are holding you back!

In this part of the course, we are going to transform FEAR to DARE to create confidence in yourself.

Let's get started!

~Siobhan "Chevy" Allen,
The Social Stockwoman

Step 1: The Golden Rule of Confidence

This is also from Dr. Russ Harris and his book
"The Confidence Gap"

Accord to Dr. Harris, the Golden Rule of Confidence is that
ACTIONS of confidence come first,
FEELINGS of confidence come later.

So how do we act when we don't feel confident?

By turning FEAR into DARE.

F—Fusion

E—Excessive expectations

A—Avoidance of discomfort

R—Remoteness from values

to

D—Diffusion

A— Acceptance of discomfort

R—Realistic expectations

E—Embracing our values

Transform FEAR to DARE Activity

Part 1

Let's walk through the steps together to transform one of your challenges from FEAR to DARE.

First, list out your biggest fear/anxiety/worry:

Looking at your biggest fear/anxiety/worry, what part(s) of the FEAR acronym is causing you to lack confidence?

Are you FUSED to your negative thoughts?

Do you have excessive or unrealistic EXPECTATIONS of yourself?

Are you AVOIDING discomfort?

Are you living REMOTE from your values?

Write your answers to these questions below:

Transform FEAR to DARE Activity

Part 2

Next, let's look at transforming FEAR to DARE

D: DIFFUSE from negative thoughts

Diffuse from negative thoughts using the two step process we learned in the previous part of this course.

A: ACCEPTANCE of discomfort

Accept that you will have to leave your comfort zone to build your confidence and achieve your dreams.

R: REALISTIC Expectations

Evaluate your expectations. Are they realistic? Can you do the activities that you want to do and keep yourself and your horse safe in the process?

E: EMBRACING your values

How are your dreams, and the actions that you need to take to achieve them, following your values?

Journal your thoughts about these questions on the next page.

Transform FEAR to DARE Activity

Part 2



Get Genuine Grit

Part 7: Reveal the Authentic Horsewoman Within



“Today you are You,
that is truer than true.
There is no one alive who is
Youer than You.”

-Dr. Seuss

Only You Can Be You.

And your horsemanship journey is just that-
yours and yours alone!

In the last part of this course, you will let go of
what others might think about your riding, stop
comparing your horsemanship journey to
other's horsemanship journeys, and reveal
the authentic horsewoman within!

Let's get started!

~Siobhan "Chevy" Allen,
The Social Stockwoman

Revealing the Authentic Horsewoman Within

Through this course you've completed a lot of tough, inner work to develop genuine grit.

You've written out your horsemanship story.

You've uncovered the reason why you ride.

You've discovered your signature strengths.

You've clarified your values and what you stand for.

You've learned how to diffuse negative thoughts.

You've transformed FEAR to DARE.

The last part of the course is revealing the real, genuine, authentic horsewoman within, and sharing her with the world!

In order to do this, you need to have trust in yourself, and have faith that positive things will come to you along your horsemanship journey. You need to have genuine, authentic grit.

When your trail gets bumpy, you need to let go of what other people may think of you and trust yourself. Believe in your abilities. Believe in your horse. Have faith. Be yourself.

Step up into the saddle, and go for it.

You've got this, cowgirl.

Get Gritty!

No One Wins the Comparison Game

Social media has a lot of benefits. It allows us to connect with our friends and families, share encouraging messages, and keep with touch with friends that live far away.

Unfortunately, social media also has negatives, the biggest of which is the never-ending comparison game. We've all done it. We've seen that awesome video of that competitor performing well, or that photo of so-and-so with their new horse. And our brains start the comparisons. Before you know it, your thoughts are stuck in a negative downward spiral, where you start to question you own abilities.

The comparison game is a game that no one wins.

So don't even play.

When we start comparing ourself and our horsemanship journey to others, we are looking for our confidence and identity from outside sources, instead of from within.

When we compare ourselves to others it distracts our focus from our own abilities, and what we need to do to achieve our own goals along our own journey.

Your horsemanship journey is yours alone. It has **NOTHING** to do with anyone else. When you compare yourself to another person, all it does is damage your own confidence.

So don't send in your entry fee to the comparison game!

No One Wins the Comparison Game

Change Comparison to Admiration

Instead of comparing yourself to others who have more skills and experience than you do and then feeling as if we are not good enough, try this instead.

The next time that you start to think those comparison thoughts, instead change those thoughts to admiration.

It is good to admire another rider and appreciate what they have worked hard to accomplish. Ask yourself, "What can I learn from this person?" Then find a way to adapt these lessons into your own horsemanship journey.

Be grateful for the opportunity to learn from others, and ability to connect and share our own unique horsemanship journey. We can all learn from each other!

The Essential Parts of Genuine Grit

In Caroline Miller's Book, *Getting Grit*, she describes what she calls Authentic Grit:

"

"To qualify for the label of authentic grit, it is not enough to be resilient, persistent, and passionate. I believe that gritty behavior is a positive force only when it awes and inspires others to want to become better people and imagine greater possibilities for themselves."

She goes on to explain the following signs of authentic grit. Look over this list, and pick out three that you want to improve in your horsemanship journey, and circle them.

Positive Relationships With Others

High In Hope

Humility

Self-Confidence

Givers, Not Takers

Appropriate Focus

Stubbornness

Learn From Failure

Authenticity

Growth Mind-Set

The Essential Parts of Genuine Grit

What three signs of Authentic Grit did you pick from the list on the previous page?

Think about these essential characteristics of authenticity and genuine grit, and how you can add them to your horsemanship journey to reveal the authentic horsewoman within.

I also encourage you to post which of these characteristics that you want to improve in the private facebook group, and I will cover these topics on the group coaching call, to share ideas and strategies for ways that you can develop these characteristics in your horsemanship.

The Essential Parts of Genuine Grit

Journaling Prompts:

What does being genuinely gritty look like to you?

How can you let the authentic you shine through?

How can you share your strengths with others?

What failures or experiences have you learned from that have made you, you?

What positive relationships do you have that help you to be the horsewoman you want to be? How can you build these relationships?

The Essential Parts of Genuine Grit



The Essential Parts of Genuine Grit



My Notes



My Notes



My Notes



My Notes



My Notes



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

