

# get Gritty

A MENTAL TOUGHNESS PROGRAM  
FOR PERFORMANCE HORSE RIDERS

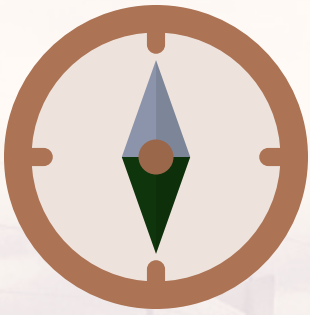


MY  
GET GRITTY GOALS  
TRAIL MAP

# Create Your Own Personalized Trail Map

Now that you have completed the "Practice" Section of the Get Gritty: Goal Setting for Success Workbook, write down your Long-Range, Mid-Range, Short-Range and Weekly Ta-Da List trail maps in this printable worksheet, and post it where you will see it every day to keep you focused and on the right trail towards your goals.





**My SMART Goal:**

[Empty rounded rectangular box for SMART goal]

**My Long-Range Goals:**

[Empty rounded rectangular box for long-range goals]

**My Mid-Range Goals:**

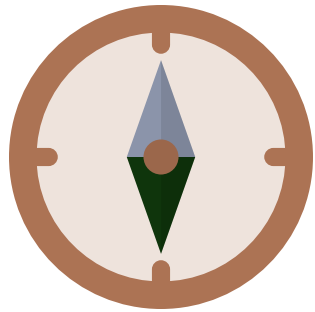
[Empty rounded rectangular box for mid-range goals]

**My Short-Range Goals:**

[Empty rounded rectangular box for short-range goals]

**Trail Head  
You are here.**

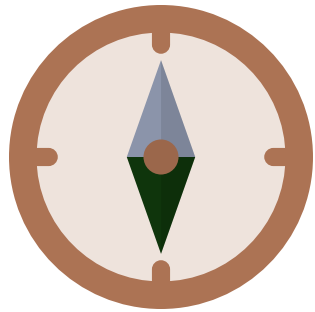




## *My Long-Range Trail Map*

List your Long-Range goals.

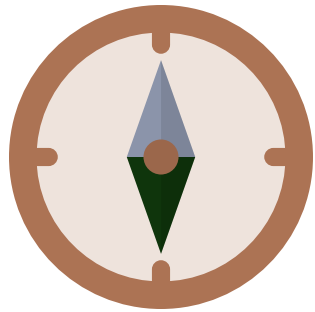




## *My Mid-Range Trail Map*

List your Mid-Range (60 Day) goals.

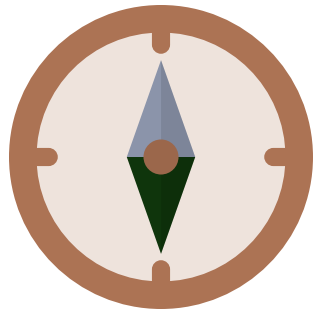




## *My Short-Range Trail Map*

List your Short-Range (30 Day) goals.

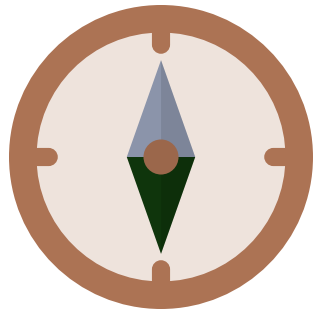




## *My Weekly "Ta-Da List" Trail Map*

Create your weekly "Ta-Da" List. Don't forget to cross it off and say "Ta-Da!" when you complete each task!



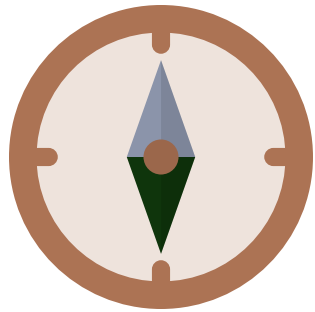


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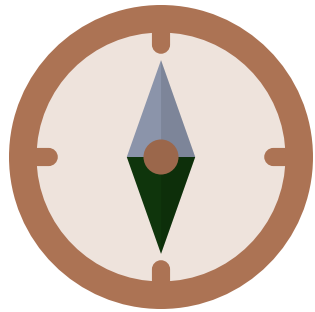




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# Thank you for including me in your horsemanship journey!

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](http://www.socialstockwoman.com)

