



Get ready to  
get  
**Gritty**



*get ready to*  
**GET GRITTY**

*a mental toughness program for western performance horse riders*

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, and get gritty.

I created my Get Gritty program 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!



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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 Gritty Outfit? 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?



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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.