

# get Gritty

A MENTAL TOUGHNESS PROGRAM  
FOR PERFORMANCE HORSE RIDERS



GOAL  
SETTING  
FOR  
SUCCESS  
WORKBOOK



## This workbook is for you if:

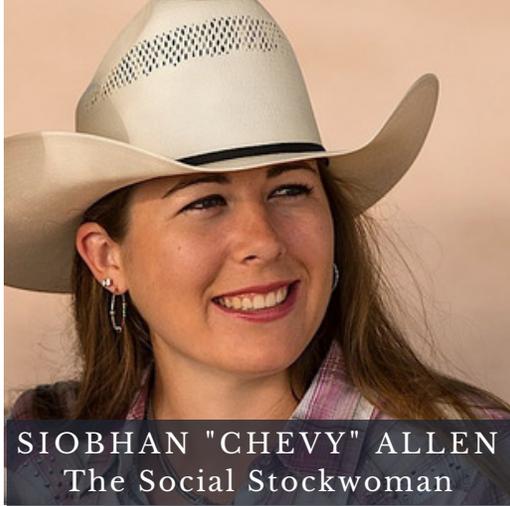
- You want to transform your horsemanship dreams into concrete plans that you are confident you will follow through on.
- You are ready to reach your full potential as a horseman/horsewoman.
- You want to stop setting goals and then making excuses for not reaching them.
- You want to learn how to stay motivated and avoid procrastination.

Are you ready to achieve your dreams?

Let's Get Gritty!

“Somewhere behind the rider you’ve become,  
the trainers who have pushed you,  
the people who believed in you,  
the long hours of schooling,  
the accomplishments you’ve made,  
the ribbons you didn’t win,  
the falls you’ve taken,  
the tears you’ve cried,  
the broken bones,  
the crushed confidence,  
and the horses you’ve given your heart to—  
is a child who fell in love with the sport and never looked back.”

-Unknown



SIOBHAN "CHEVY" ALLEN  
The Social Stockwoman

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As a lifelong horsewoman, (and also Hereford seed stock breeder, farm wife, and Mama to two little cowboys), I understand that horsemanship isn't just a hobby. It is a lifestyle!

And sometimes, that lifestyle can be stressful and overwhelming. That is why I studied to become a Life Coach so that I could be a helping hand to guide you along your horsemanship journey. As a Certified Master Life Coach, my coursework included studies in Life Purpose Coaching, Happiness Coaching, and Goal-Success Coaching.

I also have a passion for western performance horse competition, and a particular interest in how improving your mindset can lead to better performance. I have studied sports psychology, neuroscience, and how creating specific pre-competition routines can help you ease show-pen nerves and be a more confident competitor. Basically, you need to train your brain to perform too!

When combined together, my coaching philosophy is a mix of passion, purpose, practice and perseverance, which when you have all of these traits, you have "grit" and gritty riders are successful.

So if horses are more than a hobby to you, and you are looking to reach the next level on your horsemanship journey, you've found the right coach.

Let's get gritty!

~Chevy

# GET GRITTY GOAL SETTING TRAIL MAP

## Part 1: Passion

WHAT DO YOU REALLY  
WANT, AND WHY DO  
YOU WANT IT?

## Part 2: Purpose

UNLOCKING THE POWER  
OF THE UNCONSCIOUS  
MIND TO TRULY BELIEVE  
IN YOURSELF

## Part 3: Practice

BUILDING THE BRIDGE  
TO YOUR DREAMS

## Part 4: Perseverance

KEEPING MOTIVATED  
WHEN THE TRAIL GETS  
ROUGH





## **PART 1: PASSION**

In this section, you will reflect on your horsemanship goals and think big. Think back to why you fell in love with horses to begin with, and what your horsemanship dreams are for the future.

**Big Dreams, Big Reason Why, and a Big Vision.**

The activities in this section will give you a clear vision of what you want to accomplish with your horse.

Let's get started!

**BIG  
DREAMS  
ARE THE  
FIRST  
STEP TO  
SUCCESS**



# DREAM BIG

In this activity, you will brainstorm and list all of your ideas, desires, wishes, hopes, and dreams for your horsemanship journey. No dream is too big or too small. Nothing is un-achievable.

Just Dream Big!

PART 1: PASSION

# Dream Big

Dream Big Activity Part 1:

Take 5-10 minutes in a quiet place to brainstorm ALL of the ideas, desires, wishes, hopes and dreams you have for your horsemanship journey. List everything that you can think of, nothing is too big or too small.

# Dream Big

## Dream Big Activity Part 2:

Next, to each item you listed on the previous page, write a 1, 3, 5 or 10, referring to the number of years you hope to achieve that goal in.

From your list of 1 year goals, select 1 to 4 that you find the most impactful and that you want to focus on these during the course of this program. Write those goals in the space below.

My 1 year goal(s) are:

## PART 1: PASSION



DO YOU  
HAVE A BIG  
ENOUGH  
REASON

**WHY?**

In this next activity, we will examine **WHY** you want to achieve each of your goals.

A big reason why many people do not achieve their goals is because they do not have a big enough reason why they want it, so when the trail gets bumpy, they don't have the motivation to keep moving forward.

By asking yourself what is your reason **WHY** for your goals now, you will have a clearer vision to help encourage and inspire you when obstacles appear in your path.

# Why?



**Big Enough Reason Why Activity:**

In this activity, I'm asking you to dig deep and make sure you have a true understanding of the REAL reasons you want to reach your goals. (Do this activity for each goal.)

What is your goal?

Why do you want to achieve it?

What about that outcome makes you desire it?

And why do you want that?

## PART 1: PASSION



## CREATE A VISION

Now that you know what you want and why you want it, let's create a vision board that clearly portrays your goals.

A vision board can be as simple as a piece of paper that you tape pictures that inspire you on, or as elaborate as a painted corkboard that you pin pictures on. Some people create digital vision boards by collecting images that inspire them (Pinterest is a good place to create a digital vision board.)

# Create a Vision

## Vision Board Activity:

### Step 1: Clearly Picture Your Dream

Search through magazines and cut out pictures that inspire you or images of riders doing what you want to do, or search for images online and print them out.

### Step 2: Create Your Vision Board

Go through the images you've collected, and lay them out on a sheet of paper. Have fun with this step, and get creative!

### Step 3: Include Yourself! (Optional)

Do you have a photo of you and your horse that you really love? Save space in the middle of your vision board, and put that photo there!

### Step 4: Display Your Vision Board

Hang up your vision board in a place where you will see it every day. This will help remind you and inspire you of your dreams.