

PART 4: PERSEVERANCE

In Parts 1-3 you've identified your dreams, you've built up your self-confidence and your purpose for your journey, and you've written concrete goals and planned small steps to put your dreams into practice.

In this last part of the workbook we will be working on commitment, motivation, what to do when you find yourself procrastinating, and celebrating the small successes.

**PATIENCE AND
PERSEVERANCE HAVE A
MAGICAL EFFECT
BEFORE WHICH
DIFFICULTIES
DISAPPEAR AND
OBSTACLES VANISH.**

-JOHN QUINCY ADAMS

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COMMITMENT

Commit to yourself and your goals to achieve your dreams!

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Commitment

Commitment Activity:

What does “commitment” to your dreams feel like to you?

Where are you over committed?

Where are you avoiding commitment?

Can you release the feeling of obligation and make your commitment to your goals from a feeling of genuine desire and dedication-not because someone else thinks you "should"?

____ Yes

____ No (If No, go back to the Big Enough Reason Why Activity in Part 1)

What is it that you have a POWERFUL enough reason to commit to?

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MOTIVATION

What gets you moving forward on your journey?

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Motivation

Motivation Activity: Which of the follow describes you?

- The Self—i.e., “I want to express my personal creativity”
- Acquisition of Knowledge—i.e., “it is fun to learn and apply new things”
- The Actual Work—i.e., “life is a game and I win by learning”
- Progress—i.e., “I am creating the foundation that will lead to my ideal life”
- Contribution—i.e., “because of what I do I improve the life of others”
- Future Dreams—i.e., “by doing this I will create the abundance and lifestyle I desire”
- Assimilating to Key Figures—i.e., “if this person can do it, I can do it”
- Uniqueness—i.e., “I want to create/do something no one has ever done before” or “I want to offer my unique, authentic self to the world”

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Motivation

Motivation Activity: What Motivates YOU?

What are some of the routines that you currently have that motivate you?

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?

What are places, social events, or people that can get you grounded and motivated?

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PROCRASTINATION

Get to the cause of why you are procrastinating on working towards your dreams to get back on the right trail.

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Procrastination

Procrastination Activity:

What are you currently procrastinating?

Why do you believe you are procrastinating it?

What is the DISCOMFORT you are avoiding by procrastinating?

What is the DISCOMFORT you are (or will be) experiencing by procrastinating?

What is the DISCOMFORT you will experience if you NEVER DO IT?

What is the PLEASURE you will experience when you DO IT?

What is the PLEASURE you would experience if you DID IT NOW and stopped procrastinating?

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CELEBRATE SUCCESSES

Celebrate the small steps along the way to increase your motivation and appreciation for the journey.

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Celebrate Successes

Set Up A Reward System Activity:

What are 3-5+ important MILESTONES or sub-goals you will reach on your way to your goal?

- 1)
- 2)
- 3)
- 4)
- 5)

Brainstorm 5-10 ideas you could do to CELEBRATE your accomplishments:

Play Time: What are 3-5 activities you can add to your “ta-da” list EVERY WEEK to plan in FUN and balance?

Putting Money Aside: In what ways could you put money aside to use to reward yourself?

**EVERYONE
WANTS TO LIVE
ON TOP OF
THE MOUNTAIN,
BUT ALL THE
HAPPINESS AND
GROWTH
OCCURS WHILE
YOU'RE
CLIMBING IT.**

ANDY ROONEY

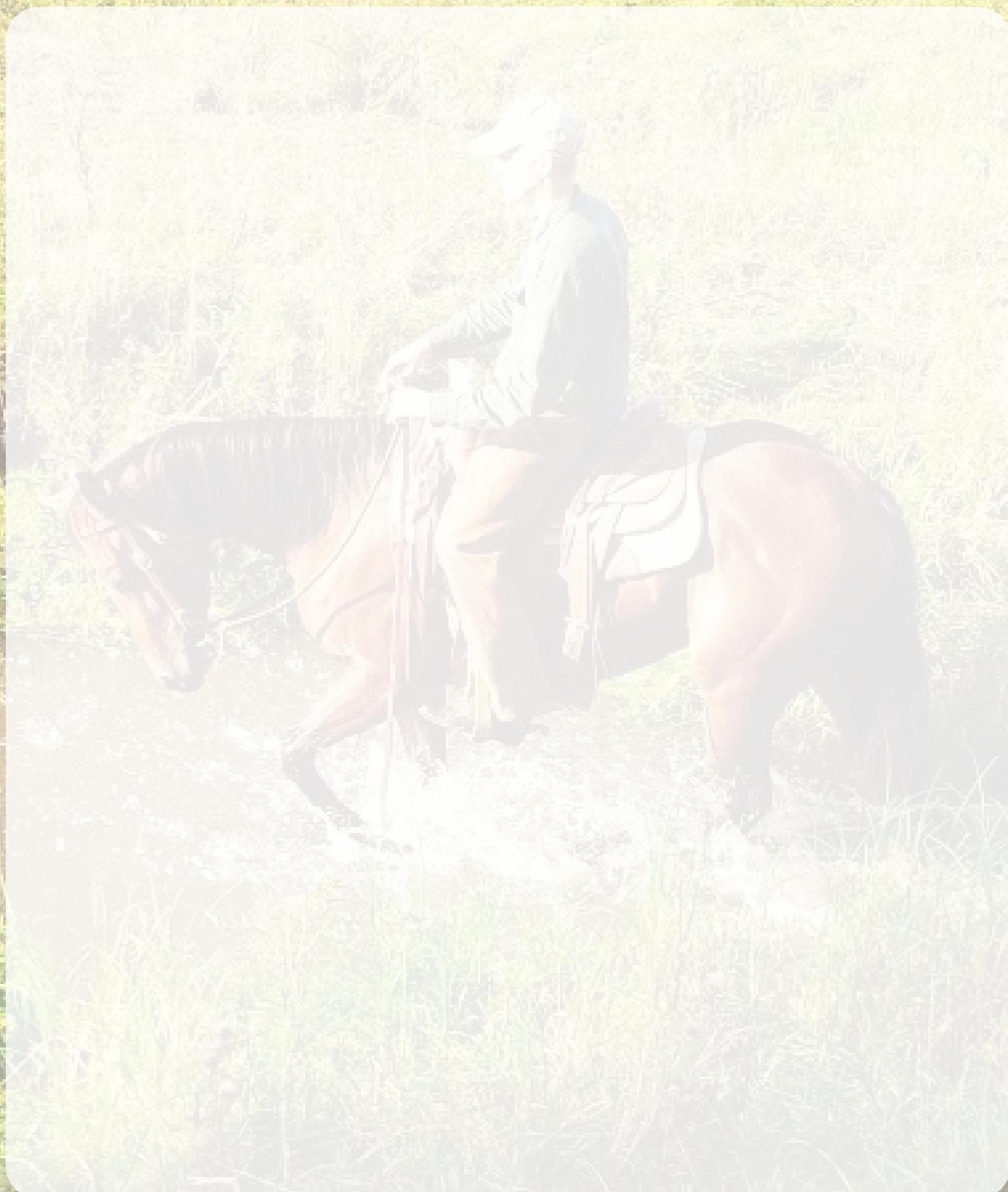


**Congratulations!
You've completed the
Get Gritty: Goal Setting for Success Workbook!**

My Notes



My Notes



My Notes



My Notes



My Notes





YOU'VE GOT GRIT

Congratulations on completing this Goal Setting Workbook-it shows that you've got the grit that you need to be successful on your horsemanship journey! I am so grateful that you brought me along for the ride as you transformed your dreams into concrete goals and plans. As always, I would love to hear from you, please feel free to give me a call or message and share what you thought of this workbook and program!

Get Gritty!

Siobhan "Chevy" Allen, The Social Stockwoman

*Are you ready to get **Gritty?***

Welcome!

Thank you for including me
in your horsemanship
journey!

This Get Gritty:
Goal Setting for Success
Program 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 procrastinating or making excuses for not reaching them.
- You want to learn how to stay motivated and committed to your dreams.



**Are you ready to achieve your horsemanship dreams?
Then Let's Get Gritty!**