

GET GRITTY GOAL SETTING PROGRAM

Lesson 1: Intro to Goal Setting in
Horsemanship



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www.getgrittycowgirl.com

LESSON 1: INTRODUCTION TO GOAL SETTING IN HORSEMANSHIP

Welcome to the first lesson on goal setting in horsemanship! In this session, we embark on a journey of self-discovery and partnership development between cowgirls and their horses through the power of setting clear and meaningful goals.

In this lesson, we'll explore the significance of setting goals along your horsemanship journey. Whether you aspire to learn a new riding discipline, foster a deeper bond, or refine specific skills, this lesson aims to lay the foundation of setting goals for your horsemanship aspirations.

In our time together, we will:

- Define the Importance of Goal Setting and delve into why setting goals is crucial to enhancing your connection and achievements with your horse.
- Then we'll Explore Your Horsemanship Dreams. Through reflective exercises, we'll uncover your desires, ambitions, and dreams in your journey with your horse. Getting clarity on what you want to achieve with your horse will help us in future lessons when we work on creating an action plan to achieve your horsemanship goals.

Let's begin this exhilarating expedition of goal setting in horsemanship, where dreams become tangible realities and the partnership between cowgirls and their horses flourishes.

Get Gritty,

Chevy



THE IMPORTANCE OF GOAL SETTING

Goal setting plays a pivotal role in enhancing the connection and achievements between a cowgirl and her horse in numerous ways:

1. **Clarity and Focus:** Setting specific goals helps define what you aim to achieve with your horse, providing clarity and focus. Whether it's mastering a particular riding skill, participating in competitions, or deepening the bond, clear goals give direction to your efforts.
2. **Motivation and Commitment:** Goals act as motivators, inspiring dedication and commitment. When you have a clear objective in mind, you're more inclined to put in consistent effort to achieve it. This motivation drives progress and growth in both you and your horse.
3. **Progress Tracking:** Goals provide benchmarks for progress. Tracking your advancement towards these goals allows you to recognize achievements, no matter how small, which can boost confidence and keep you motivated to continue working together.
4. **Partnership Development:** Putting your goals into action will require you to work with your horse! As you work towards your horsemanship goals, it helps to deepen the bond and trust between both of you. This process fosters a stronger connection and a better understanding of each other.
5. **Structured Development:** An action plan derived from your goals helps structure your training and interactions with your horse. It ensures systematic progression, breaking down larger objectives into manageable steps, making the journey more achievable and less overwhelming.
6. **Problem-Solving and Adaptability:** Sometimes you may encounter obstacles on the path towards achieving your goals. However, setting and pursuing goals teaches resilience, problem-solving, and adaptability, not just in overcoming obstacles but also in adjusting strategies to reach the desired outcome.

In essence, goal setting in horsemanship is not just about reaching a destination but rather about the journey itself—the growth, learning, and mutual development that occur along the way. It's a powerful tool that not only improves your horsemanship skills but also can nurture a fulfilling and rewarding relationship between you and your horse.

EXPLORE YOUR HORSEMANSHIP DREAMS REFLECTIVE EXERCISE

Next, we'll work through a reflective exercise to help you explore your dreams for your horsemanship journey. Reflective exercises can help you uncover hidden aspirations and illuminate the path forward in your horsemanship journey. Find a quiet, comfortable space and dedicate about 15 minutes of uninterrupted time for this exercise.

Let's begin by taking a few deep breaths to center yourself, allowing yourself to relax and be present in this moment.

Now, envision your big dreams for your horsemanship journey. Picture yourself and your horse in this vision. Where are you? What are you doing together? How do you feel in this scenario?

EXPLORE YOUR HORSEMANSHIP DREAMS REFLECTIVE EXERCISE

Next, write down your thoughts and feelings about your horsemanship journey. Use the following prompts to guide your reflections:

What sparked your interest in horses?

What do you hope to achieve in your partnership with your horse?

Are there specific riding disciplines or skills you aspire to learn or master?

EXPLORE YOUR HORSEMANSHIP DREAMS REFLECTIVE EXERCISE

Next, write down your thoughts and feelings about your horsemanship journey. Use the following prompts to guide your reflections:

How do you envision the bond between you and your horse evolving?

What emotions arise when you imagine achieving your horsemanship goals?

Is there a particular dream or accomplishment that ignites your passion and gets you excited?

When you are writing down your thoughts and feelings, also consider the values important to you in your relationship with your horse. Is it trust, communication, freedom, joy, or something else? How do these values align with your aspirations?

EXPLORE YOUR HORSEMANSHIP DREAMS REFLECTIVE EXERCISE

Then take a moment to read over what you've written or created. Reflect on the emotions and motivations behind your aspirations. How do these revelations inspire you moving forward?

Reflective exercises like this provide insight into your deepest desires and motivations in your journey with your horse. Embrace these aspirations as guiding lights, empowering you to set meaningful goals and nurture a fulfilling partnership with your equine companion. It also can help to go back to this reflective exercise and re-read it on days when you are feeling discouraged!

Thanks for joining me for this lesson on Goal Setting in Horsemanship!!



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