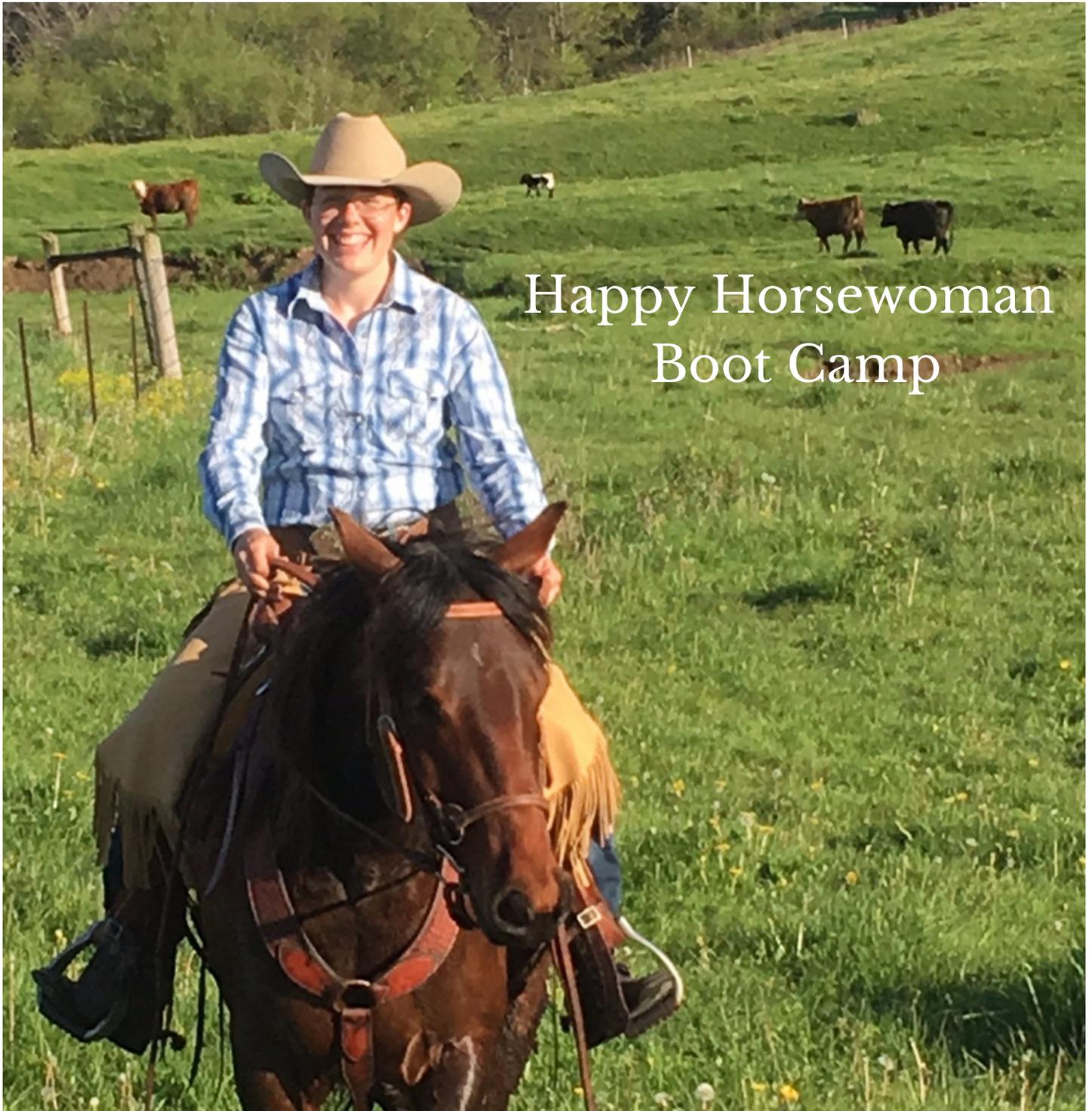


get Gritty

A MENTAL TOUGHNESS PROGRAM
FOR PERFORMANCE HORSE RIDERS



Happy Horsewoman
Boot Camp

You have a lot on your plate. You juggle a career, taking care of a household, and the biggest job of all, motherhood. It is no surprise that horses take a back burner. And even when you do get the chance to ride, it never seems to go as you hoped.

You used to canter across fields without fear. You used to confidently enter the show pen, you were the competitor to beat. You used to hop on your horse bareback and just ride around the pasture.

There is a part of you that wonders where that wild cowgirl went. Wonders if you will ever be able to ride like that, feel that confident in the saddle again. You miss HER.

I understand how you feel-because I felt that way too! Stressed and overwhelmed from trying to balance a full-time job, kids, a farm, and my horse dreams. And honestly, feeling pretty negative and unhappy because while on the outside it looked like I had it all-a good job, a great husband, and two wonderful boys-a part of me felt empty. Empty because my connection with my horse, my riding, was missing.

In this three day boot camp, I will teach you the three key steps that I took to clarify my values and life priorities, uncover my signature strengths, and realign my horsemanship goals. Because you do not need to feel this way anymore-you too can reclaim your joy and be a happy horsewoman!

Get Gritty,

Chevy



Disclaimer: Personal Performance Coaching is not a substitute for professional mental health care or medical care and is not intended to diagnose, treat or cure any mental health or medical conditions. By completing this workbook, I understand that Siobhan "Chevy" Allen is not acting as a mental health counselor or a medical professional.

Happy Horsewoman Boot Camp Day 1: Discover Your Signature Strengths

We all have character strengths that are unique to each and every one of us. Successful (and happy!) people find a way to weave these character strengths into everything that they do.

On Day 1 of the Boot Camp, you will examine your Signature Strengths, and tie them together with your horsemanship journey. By connecting a greater personal meaning with your horsemanship journey, you increase your satisfaction and happiness as you reach for your goals.

The exercises in this workbook are based on the research of Dr. Martin Seligman, the father of Positive Psychology. In his book *Authentic Happiness*, Dr. Seligman writes "There are three very different routes to happiness. First the Pleasant Life, consisting in having as many pleasures as possible and having the skills to amplify the pleasures. Second, the Good Life, which consists in knowing what your signature strengths are, and then recrafting your work, love, friendship, leisure and parenting to use those strengths to have more flow in life. Third, the Meaningful Life, which consists of using your signature strengths in the service of something that you believe is larger than you are."



Discover Your Signature Character Strengths

Start this process by taking the VIA Character Strengths Survey to learn what your signature character strengths are.

To take the survey, go to:

<https://www.viacharacter.org/survey/pro/getgrittywithchevy>

What are your Top 5 Character Strengths?

Your top 5 character strengths are your "Signature Strengths."
List them below.

1.

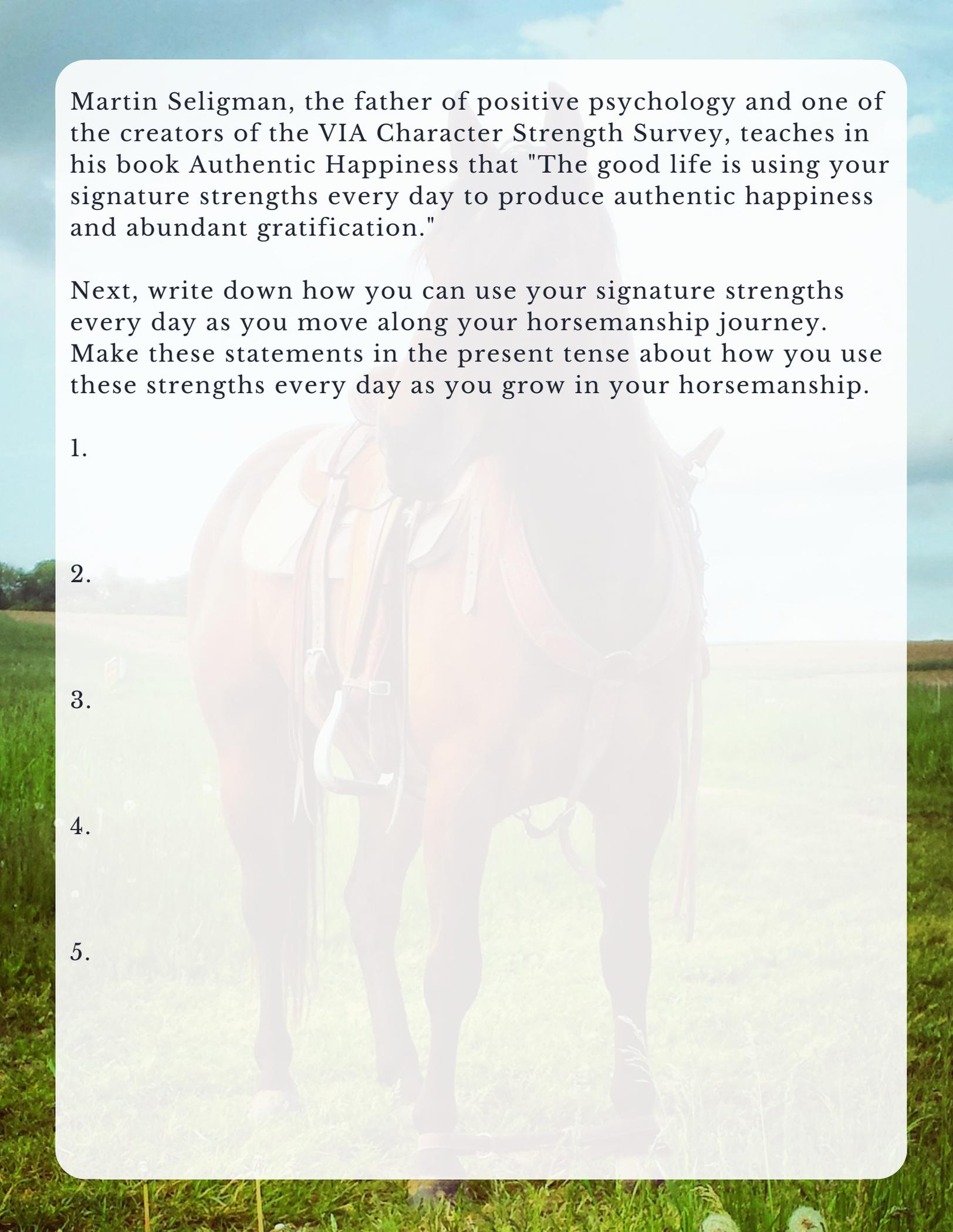
2.

3.

4.

5.

Take a minute to reflect on these signature strengths. Do any of them resonate with you? Are there any that surprised you?

A brown horse with a saddle and bridle stands in a grassy field under a blue sky. The horse is facing forward, and the saddle is a light brown color. The background shows a clear blue sky and a green field.

Martin Seligman, the father of positive psychology and one of the creators of the VIA Character Strength Survey, teaches in his book *Authentic Happiness* that "The good life is using your signature strengths every day to produce authentic happiness and abundant gratification."

Next, write down how you can use your signature strengths every day as you move along your horsemanship journey. Make these statements in the present tense about how you use these strengths every day as you grow in your horsemanship.

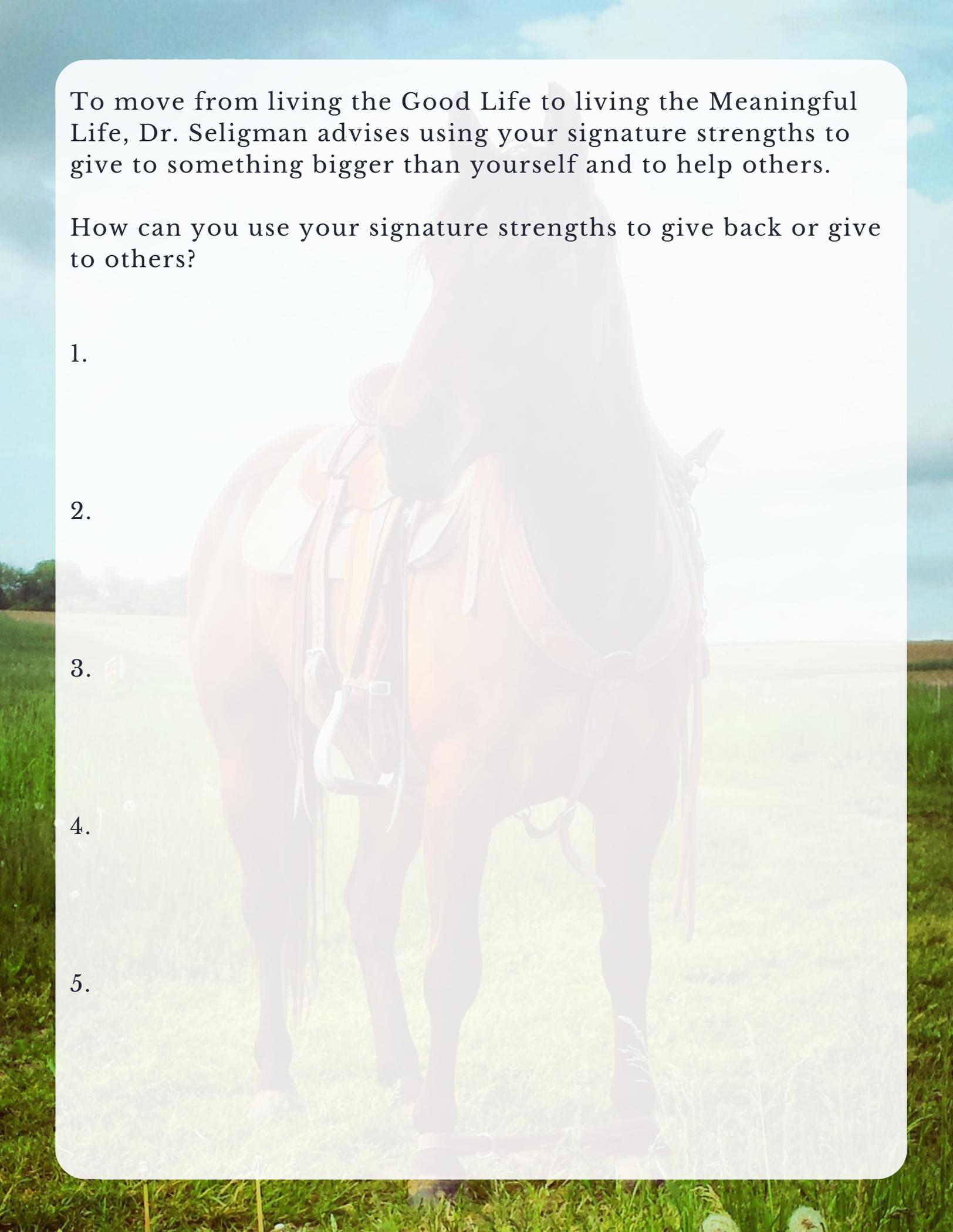
1.

2.

3.

4.

5.

A brown horse with a saddle is standing in a grassy field. The horse is facing left and is wearing a brown saddle with a white blanket underneath. The background is a bright, hazy landscape with a blue sky and green grass.

To move from living the Good Life to living the Meaningful Life, Dr. Seligman advises using your signature strengths to give to something bigger than yourself and to help others.

How can you use your signature strengths to give back or give to others?

1.

2.

3.

4.

5.

Happy Horsewoman Boot Camp Day 2: My Core Values

When you live by your values, it is easier to live authentically and be the real you.

We all have values-the things that are important to us in our lives. When our thoughts and actions are aligned with our values, we are happier and more fulfilled, because we are living with integrity.

These values apply to our horsemanship too. If our actions in the saddle do not align with our values, then we won't feel fulfilled along our journey.

In this workbook, you will clarify and define your values so that you can be sure that your path is aligned with your values, so that you can be happier along your horsemanship (and life!) journey.

Journaling Exercise #1: My Core Values

From the sample list of core values below, circle the top 10 that are most important to you. If you don't see a value listed that is important to you, write it in the space at the bottom of the page.

Achievement

Adventure

Authority

Autonomy

Balance

Beauty

Boldness

Compassion

Challenge

Citizenship

Community

Competency

Contribution

Creativity

Curiosity

Determination

Fairness

Faith

Fame

Family

Friendships

Fun

Generosity

Growth

Happiness

Honesty

Humor

Humility

Influence

Initiative

Inner Harmony

Integrity

Justice

Kindness

Knowledge

Leadership

Learning

Love

Loyalty

Meaningful Work

Openness

Optimism

Patience

Peace

Perseverance

Personal Growth

Pleasure

Poise

Popularity

Recognition

Religion

Reputation

Respect

Responsibility

Security

Self-Respect

Service

Spirituality

Stability

Success

Status

Trustworthiness

Wealth

Wisdom

Journaling Exercise #2: Affirm Your Values

Look over those top 10 values that you picked.

Think about the following question, and journal your thoughts on the next page.

How do these values make you feel?

Are you proud of your top values?

How do your actions align with your values?

How can you plan your life journey to respect your values?

How can you plan your horsemanship journey to respect your values?

Do these values represent what you stand for, even if you stand alone?

Journaling Exercise #2: Affirm Your Values



Happy Horsewoman Boot Camp Day 3: Practice Gratitude

I'll admit, when I first read about developing a gratitude practice, it sounded too simple to actually work. How could something that only takes 5 minutes a day to do actually help me to feel happier?

Reading the research and results of scientific studies that compared the happiness of people who practiced gratitude on a daily basis to those that didn't made it pretty difficult to not at least give it a try. So I did. For a week I made time to write down 3 things that I was grateful for everyday.

It was like my eyes were suddenly opened. I started noticing things everywhere that I was grateful for. It was like little happiness boosters were all around me, I just had to notice them. I found blessings in the burdens, and savored the happy moments. I appreciated the opportunity to work outside with my family when the cows went through the fence. Instead of being upset that I couldn't ride on a stormy day, I was grateful that I could be in a warm house and share hot chocolate with the kids.

This one simple practice changed my attitude from seeing only negatives to seeking the positive. It has honestly changed my life-and it can work for you too!

Practice Gratitude

Every day for the next week, write down three good things that happened that day. If you are feeling extra inspired, spend some time journaling about why it happened, and what you can do to increase it happening again in your future.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:



Thank you for including me on your horsemanship journey!



Hello, I am Siobhan "Chevy" Allen, a lifelong horsewoman, mama to two little cowboys, and farm wife. I understand that horses aren't just a hobby-it is a lifestyle! I enjoy helping riders like you apply positive psychology techniques to enjoy your horsemanship journey and achieve your 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.getgrittywithchevy.com