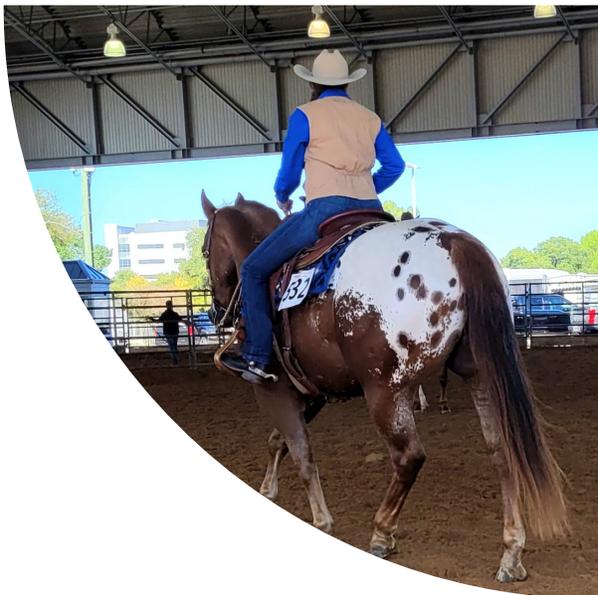

2023 Get Gritty

WINTER HORSEMANSHIP CHALLENGE



**LESSON 3:
ROUND UP YOUR
POSSE**

Round Up Your Posse

Horsemanship Journeys can be a Rough Ride!

Having the right people around you to support and encourage you is one factor that determines whether your horsemanship dreams become a reality.

Successful-and happy!-riders have strong social support systems. Their family, trainers, and horse friends are all essential parts to their success. Having social support and positive relationships helps to buffer stress along your horsemanship (and life!) journey, and makes it more likely that you will achieve your goals. Basically, you need a strong posse!

This exercise will help you identify who some of these necessary, and valuable, support people are that can help you on your journey. Then, since these supportive relationships are a two way street, you will also identify how you fill these roles for others.

Let's get started rounding up your posse!

Chevy

Round Up Your Posse Part 1

As you read through the descriptions below, write down the names of people that fill this role for you. Some people may fill more than one role.

1. Someone to Listen: _____

As you move along your horsemanship journey towards your goals, it is important to be able to share your thoughts and feelings with someone that is there to listen. This person should listen without interrupting, without judging. Who do you call when you have a difficult ride? Who do you call when you finally ace that flying lead change, or have the perfect sliding stop?

2. Someone to Participate: _____

No one can complete this journey alone, and the ride sure is more enjoyable with someone riding along with you. Who do you like to ride with? It helps to have someone at a similar skill level and with similar goals so that you can motivate and help each other.

3. Someone to Teach: _____

There is always more to learn-this is especially true in horsemanship! Who can help provide the knowledge and skills you need to reach your goals? Someone who has achieved the things that you want to achieve that is willing to share their knowledge and teach you is a valuable someone to have in your posse.

4. Someone to Help: _____

Horses are not just a hobby, they are a lifestyle. And a rider that is dedicating time and effort to competition goals needs a strong, supportive someone at home to help. This someone is critical to your success. They support you to ensure that you have the time and resources to follow your dreams. Make sure to tell this someone thank you every day!

5. Someone to Encourage: _____

Someone that is there to listen and encourage you to get back on the horse when things get difficult, that can be there to share in your successes. Someone that can motivate you when you lose sight of the trail. Someone that can see the little triumphs and celebrate with you. Someone that can see your skills and talents and helps you see all of your options and alternate paths when all you can see is obstacles. Someone that believes in you on days when you don't believe in yourself. This someone is there for all of the ups and downs, and we know there are a lot of ups and downs with horses!

Round Up Your Posse Part 2

Next, re-read through this list, and think of relationships where you fill the role.

Write the name of the person that you are supporting in each of these roles in the space provided.

1. Someone to Listen: _____

2. Someone to Participate: _____

3. Someone to Teach: _____

4. Someone to Help: _____

5. Someone to Encourage: _____



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