

GET GRITTY GOAL SETTING PROGRAM

Lesson 6:
Overcoming Obstacles with Hope



Coach Chevy Allen

www.getgrittycowgirl.com

Hope: The belief that the future will be better than the present, along with the belief that you have the power to make it so.

Here's the thing-you can't achieve your goals or be resilient in the face of obstacles if you don't have Hope.

Hope is a leading indicator of success, whether it be in relationships, academics, career, or horsemanship. And Hope is also a leading indicator of a healthier, happier life.

Hope Theory was developed by Professor C.R. Snyder, one of the founders of Positive Psychology. Through his research, he found that most of the time, people are thinking about their future, their goals, what they want to achieve in life. We truly are goal-driven beings. (This is also why we started this course talking about your goals!)

Our feelings of hope, or hopelessness, and our ability to be resilient in the face of challenges, is the result our belief in our ability to achieve our goals.

In Snyder's research on Hope, he found that there are two main parts to hope: Will Power and Way Power.

Will Power is your belief in your ability to achieve your goals.

Way Power, also called Pathways, is your plan to achieve your goals.

Next, let's take the Hope Scale to get your overall Hope Score and to identify which area (willpower or waypower) needs more work to improve your overall resilience.

Hope Scale*

Directions: Read each statement, then using the scale below, select that number that best describes you and put that number in the blank provided.

1	2	3	4
Definitely False	Mostly False	Mostly True	Definitely True

Will Power:

___1. I energetically pursue my goals.

___2. My past experiences have prepared me well for the future.

___3. I've been pretty successful in life.

___4. I meet the goals I set for myself.

Will Power Total: _____

Way Power:

___5. I can think of many ways to get out of a jam.

___6. There are lots of ways around any problem.

___7. I can think of many ways to get the things in life that are most important to me.

___8. Even when others get discouraged, I know I can find a way to solve a problem.

Way Power Total: _____

Add Your Will Power + Way Power Totals Together to get your Total Hope Score: _____

*The Hope Scale is from the book Making Hope Happen by Diane McDermott, Ph.D., & C.R. Snyder, Ph.D.

What is Your Hope Profile*?

Take your scores from the previous page to determine which Hope Profile best matches you so you can target your strategies to improve your hope and resilience.

Full High Hope:

Will Power score greater than 12

Way Power score greater than 12

If this is you, you've got hope, will power, and way power!

Mixed Hope, High Will, Low Way:

Will Power score greater than 12

Way Power score less than 9

If this is you, you've got medium hope and high will power.

Focus on improving your way power to be more resilient.

Mixed Hope, Low Will, High Way:

Will Power score less than 9

Way Power score greater than 12

If this is you, you've got medium hope and high way power.

Focus on improving your will power to be more resilient.

Less Hope, Low Will, Low Way:

Will Power score less than 9

Way Power score less than 9

If this is you, don't worry-we will work more on strategies to improve your hope, will power, and way power in this course.

*The Hope Scale & Hope Profile is from the book Making Hope Happen by Diane McDermott, Ph.D., & C.R. Snyder, Ph.D.

Increasing Your Will Power

- 1. Improve your health and energy. Get a good nights sleep. Drink enough water. Exercise. Eat better. If your body feels good and you have energy, your will power will increase.**
- 2. Rest and recharge your batteries. You can't run at 100% all of the time!**
- 3. Recognize and replace negative self-talk with positive self-talk. Be your own biggest cheer leader!**
 - a. We will go over more self-talk strategies this week in the course!**
- 4. Plan your day, then follow through on it! Put the tasks that you need to complete, and when you will complete them, on your schedule.**
- 5. Get an accountability buddy to improve your follow through. Check in with your accountability buddy regularly to report on your progress. This will increase the likelihood of you taking action.**
- 6. Journal your progress. Recognize-and celebrate!- the 1% improvements. When you are feeling unmotivated, read your journal to remind yourself of how your previous hard work has led to success.**

Tips to Increase Your Way Power

1. Seek help from someone who has achieved what you want to achieve with your horse. There are many ways to seek help-from in person lessons/training, to reading books and articles, to watching videos. There is lots of information available for those that seek it!
2. Learn and build your skills. Just because you don't know how and feel like the pathway to your goal is blocked right now doesn't mean it will always be that way. Put in the time to learn and practice and build your skills.
3. Be flexible about your methods. Sometimes you need to think outside of the box and try something new to get a different result.
4. Break your big goal down into smaller steps so it isn't so overwhelming. Setting process and performance goals helps make your pathway more smooth.
5. Learn from past mistakes. Instead of seeing previous attempts to achieve your goal that didn't pan out as failures, look at them from a new perspective as investments in your learning process.
6. Visualize your pathway. Mentally rehearse taking action, including how you will overcome obstacles in your pathway.



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