

get Gritty



Living with Genuine Grit
Part 4: What Do You
Stand For?

Defining Your Values to Stand with Integrity

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 your thoughts and actions are aligned with your values, you will be happier and more fulfilled, because you are living with integrity.

These values apply to your horsemanship too. If your actions in the saddle do not align with your values, then you won't feel fulfilled along your 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 live with genuine grit.

Let's get started!

~Chevy

My Core Values

From the sample list of core values below, circle the top 5 that are most important to you. (Feel free to add your value below if you don't see it in the list.)

Achievement	Friendships	Peace
Adventure	Fun	Pleasure
Authority	Growth	Poise
Autonomy	Happiness	Popularity
Balance	Honesty	Recognition
Beauty	Humor	Religion
Boldness	Influence	Reputation
Compassion	Inner Harmony	Respect
Challenge	Justice	Responsibility
Citizenship	Kindness	Security
Community	Knowledge	Self-Respect
Competency	Leadership	Service
Contribution	Learning	Spirituality
Creativity	Love	Stability
Curiosity	Loyalty	Success
Determination	Meaningful Work	Status
Fairness	Openness	Trustworthiness
Faith	Optimism	Wealth
Fame		Wisdom

Affirm Your Values

Look over those top 5 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 horsemanship journey to respect your values?

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

Affirm Your Values