

get Gritty



Living with Genuine Grit
Part 5: It's OK to Re-Goal

Horsemanship Journeys are Not a Straight Line.

Along our horsemanship (and life!) journey, things will change. It is not as simple as setting a goal, and riding a straight path to achieve it! It is normal to get "stuck" along the way.

Sometimes getting stuck along the way can be a sign that you might need to re-goal.

Sometimes the signs that we need to re-goal are really clear, like changes in our life circumstances, career shifts, or family needs.

Sometimes the signs are much more subtle. Maybe the journey towards a goal isn't what you thought it would be. Maybe as you learn and grow your beliefs and values change and the goal no longer "feels" right.

How do you know when being stuck is due to a lack of motivation, or a sign that you need to re-goal?

In this workbook, you will check your goals against your values to see if you need to re-goal.

Let's get started!

~Chevy

Do Your Goals Align With Your Values?

Go back to the previous exercise, Part 4: What Do You Stand For, and write your top 5 core values below:

- 1.
- 2.
- 3.
- 4.
- 5.

Next, think about your big horse dreams and goals. Can you live these values as you work to achieve those goals? Write your thoughts below.

Do Your Goals Align With Your Values?

If you feel that you can live your values while going after your big horse dreams, great! Get out there and get to work.

However, if you felt a twinge of "no" when asked that question, then let's dig a little deeper.

Why do you feel you can't live your values as you go after your goals?

Can you change your process to achieve the goals to honor your values?

If after further consideration your goals and the path you need to take to get there do not honor your values, that's ok. It is normal for our horsemanship-and life!-journey to take some twists and turns! Take this information as a sign that it is time to re-goal, and change the path that you are on with your horse.