

get Gritty



Living with Genuine Grit
Part 6: Own What You
Are Good At

If You Can Back It Up, It Isn't Bragging

Growing up, my athletic and very confident little brother would constantly brag to siblings and his friends that he could run faster, throw the ball farther, wrestle better, etc. Anytime someone would say something to my Dad about my brother's bragging he would just laugh and say, "If he can back it up, it isn't bragging." And my little brother could usually back it up!

My Dad's saying has stuck in my head all these years, especially when I am working with riders regaining their confidence.

I see so many riders downplay their skills, second guessing their abilities. When someone compliments their riding, they negate it by responding, "Oh, I'm not that good, so-and-so is better."

It isn't being prideful to recognize and own your skills. It isn't bragging if you can back it up!

In this workbook, you will create a list of what you are good at with your horse, and you will own it!

Let's get started!

~Chevy

What Are You Good At?

Make a list below of all of the things that you are good at with your horse. Everything counts-even the seemingly little things like being good at grooming.

Own Your Skills

Review your list of things you are good at. Which of these are skills you worked really hard to be good at? Which are you most proud of?

Own your skills by re-writing them below.

I am proud that I am good at: