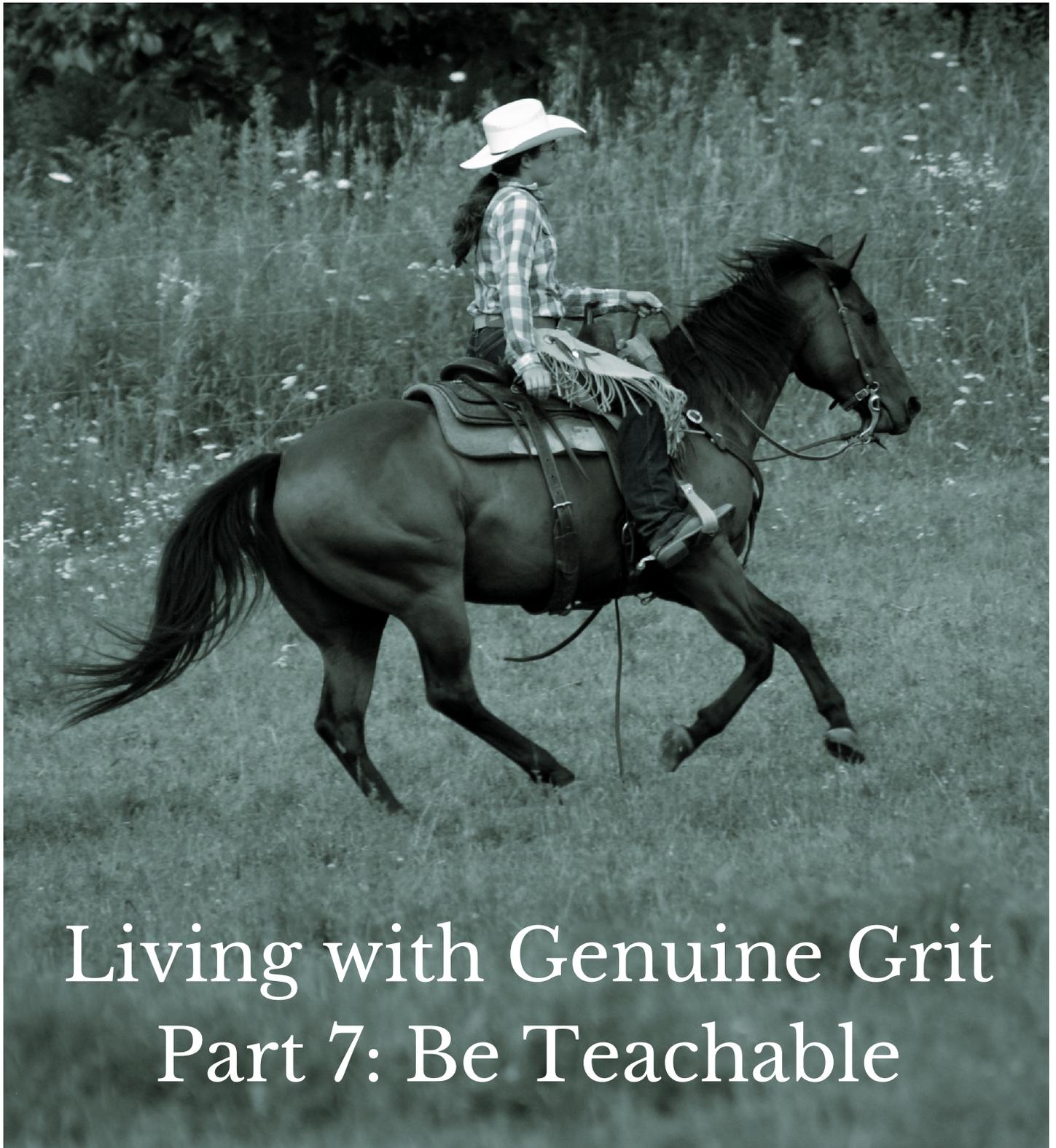


get Gritty



Living with Genuine Grit
Part 7: Be Teachable

Gritty Riders are Teachable

To be teachable requires that you are willing to learn. It means that you are accepting the fact that you will make mistakes. To be teachable also means that you believe in your own ability to get better, to grow and improve. To be teachable requires that you approach your horsemanship journey (and your life journey!) with a growth mindset.

Dr. Carol Dweck is one of the world's leading researchers in the field of motivation. Dr. Dweck wrote a book titled "Motivation" in which she described the difference between successful people and those who struggle. (It is a great book-I highly recommend it!)

Basically, in a fixed mindset, you believe that your basic qualities, your intelligence, your talents, are fixed. You are born with them, and if you are good at something, it should be easy. In a fixed mindset, you worry about what others think, and that if they see you struggle they will judge you, so you focus more on not looking bad than on actually improving.

However, in growth mindset, you believe that you can always improve your knowledge, skills and abilities. Your focus is on getting better, and you judge yourself based on effort and self-improvement.

In this workbook you will learn how you can operate more from a growth mindset. Let's get started!

~Chevy

Fixed vs Growth Mindset

Circle the statements below that describe you

Fixed Mindset:

-Believe that people are born with a certain level of talent/ability, that some people are just "Naturals."

-Believe if you are really good at something, it should be easy.

-Compare their traits to others, worry if they are adequate, constantly judge themselves and others, always feel like they have to prove their worth.

-Fear failing, worry about others thinking that they aren't good enough-so they often do not push themselves or their limits where they might fail.

-Are extrinsically motivated and work because they worry about what others think of them.

Growth Mindset:

-Believe that with effort, anyone can improve their knowledge, skills, and abilities.

-Being "good" at something is the result of perseverance, dedication, and practice.

-Understand that in order to be good, you will struggle. You will fail. It is just a part of learning and growing and getting better.

-Have their own personal scorecard. Judge themselves based on their efforts and personal improvements, not based on what other people do, say, or might be thinking.

-Are intrinsically motivated. They pursue their passion because it brings personal growth and enjoyment.

Fixed vs Growth Mindset Journaling

Get out your journal and answer the following questions:

Is there a talent or ability you would like to have, but don't?

How do you know that you don't have the ability? What is the evidence?

Can you name one thing that you could do to develop that talent or ability?

Think of a time when you faced a challenge with your horse and were in a fixed mindset. What were your thoughts and worries? What were your thoughts about your own skills and abilities to handle the challenge? What were your thoughts about your horse's abilities? What were your thoughts about what other people would think? What were your thoughts about the possibility of failure? Describe your thoughts in detail.

Now, looking back at the previous questions, and switch to a growth mindset. Look at the challenge as an opportunity to learn and grow. What plans or strategies to address the challenge are you thinking about now?

Moving forward, how can you shift to a growth mindset to improve your horsemanship journey?