

# get Gritty Guides

*Mental toughness  
skills to guide  
your horsemanship  
journey towards  
success*

## OUTCOME VS PROCESS GOALS

*Focus on the process and the outcome  
will take care of itself!*



[WWW.GETGRITTYWITHCHEVY.COM](http://WWW.GETGRITTYWITHCHEVY.COM)



A large, semi-transparent image of a brown horse with a rider silhouette on its back, serving as a background for the title.

# OUTCOME VS PROCESS GOALS

*Develop focus. Build confidence. Ride with grit..*

When you are driving home after a show, what are your thoughts? Are you thinking about the result-did you win? Did you place like you had hoped? If so, if your focus is on the outcome, then you are normal! We are results-oriented, it is natural for our thoughts to focus on the outcome of our efforts.

But what if you shifted your focus? If your focus was on specific process goals, things that you could control, would you be happier after a show if you knew that you had achieved your goals and improved your horsemanship, regardless of how you had placed?

Would you be less nervous and anxious at the in gate if you had a plan of what you wanted to achieve in the show pen that you knew you had complete control over?

Shifting your focus from outcome goals-the results-to process goals takes some work. You need to retrain your brain!

Once you learn and practice this shift, you will find that not only are you less nervous and happier in the show pen, but you will also notice that the outcome-the results-take care of themselves.

Let's Get Gritty!

Siobhan "Chevy" Allen





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## Outcome Goals Are Important!

Now, to be clear, I am not saying that outcome goals are bad-they aren't! Outcome goals help to motivate you. They are the big goals, the shows you want to win, the year end titles you want to earn. These are the types of things that get you out of bed early and ride even when it is cold or rainy or snowy. Your outcome goals drive you to keep on trying, to get back on the horse after you fall. Outcome goals are important!

What are your big outcome goals? Write them below:





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## Outcome Goals are Not Enough:

If you only focus on outcome goals, you will feel nervous, anxious and distracted as you prepare to show and in the show pen. If you do not place as well as you would like, you will be disappointed and frustrated. Because ultimately outcome goals are not in your control. You cannot control the judges, other competitors, if your horse will stay sound, the footing, the weather, etc. There are a lot of variables that go into outcome goals!

That is where process goals come in. Process goals are the little things, the actions that you can take, the things that you can control. They are the things that you need to do to perform with your horse at your best-that is why many people call them performance goals.

There are two ways to create process goals.

The first is to look at your outcome goal, then ask yourself, what are the things that I need to do, the steps that I need to take to achieve that?

The second way (and I think easier and ultimately more effective way) is to look at areas where you are having struggles or challenges with your horse. Then list out what actions you need to take to improve it, both in practice and at shows.

For example, if you struggle with lead changes at shows because you lean forward and rush your horse and over cue with your reins and leg, your process goals might look like this: Sit up straight, count strides to keep rhythm, cue slowly with my hands.



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Write out your process goals: for your next lesson/practice ride/show:

Note: Having a huge list of process goals is too much to remember and will overwhelm you. So shorten it to 2-3 process goals per show.



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After the show/lesson/practice ride, assess yourself based on your process goals. (Keeping a riding journal to track your process goals and your progress is especially helpful!)

Did you achieve your process goals? If not, why? If so, great! Celebrate!

Then repeat this process. Over and over and over. When you focus on the process, the actions that you take that you can control, you will find that you and your horse improve quicker and more consistently. When you take your focus off of the result, the outcome goals, you will find that you do win more and perform better.

When you focus on the process, the outcome will take care of itself!





# get Gritty

Join the FREE Get Gritty Facebook Group, led by Siobhan "Chevy" Allen, a certified Master Life Coach with a specialization in Positive Psychology.

Learn what separates the successful riders from the ones that quit. Build your confidence in the saddle. Develop personalized positive affirmations and pre-show routines to help you get into the ideal performance state so that you and your horse can perform at your peak level.

Join today at  
[www.getgrittywithchevy.com/getgritty.html](http://www.getgrittywithchevy.com/getgritty.html)

Let's Get Gritty!