

Values-Setting for Your Horsemanship Journey





Horsemanship Life & Confidence Coaching

Value Setting? What about Goals?

Want to be happier along your horsemanship journey? Feel more motivated? Have more meaning in your horsemanship journey, and your life-no matter what is going on in the world?

Then your ordinary goal setting isn't the way to do it-because so many of our goals are dependent upon factors completely out of our control.

So what is the secret to bring more meaning and happiness to your life?

It is using our values to drive and set your goals.

What is the difference between values and goals?

Values are a like a guide, a general direction that we move towards. They are an on-going process.

Goals are attainable, something that we can cross off a list.

Both values and goals are very important. However, when you use your values to set your goals, you will enjoy the journey more and you will get more fulfillment and happiness out of your horsemanship, and your life.

Let's get started!

Chevy

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Identifying Values & Horsemanship Priorities

What kind of rider do you want to be?

How would you want your horse to describe you?

How do you want other horsemen/women to describe you?

What do you want to improve upon in your horsemanship?



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Common Values

From the list of values below, circle the 5 that are most important to you

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



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Common Values

Look over those values that you picked on the previous 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?



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Looking Back at Your Horsemanship Journey

I am most proud of:

I am most grateful for:

The hardest thing I overcame:

I wish I would have:

I'm glad that I:

How have your values guided your horsemanship?



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Write Down Your Values

Dr. Russ Harris defines Values as "desired qualities of on-going action."

Values play a big role in increasing our confidence, motivating us to take action, and bring meaning to our lives. When we live and act by our values, we find satisfaction and fulfillment, even when we don't achieve our goals.

What values do you want to guide your horsemanship journey?

Know that you are successful when you are living by your values!



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Looking Ahead

What are some important values that you will stand for?

How will you act differently to reflect your values?

How can you use these values to guide your horsemanship journey?

What goals do you have for your horsemanship?

Do these goals align with your values?