
2023 Get Gritty

WINTER HORSEMANSHIP CHALLENGE



**LESSON 1:
TAKING THE
OVERWHELM OUT
OF GOAL SETTING**

GOT BIG HORSE DREAMS?

Do you have big horse dreams?

Great!

Do these same big horse dreams sometimes feel overwhelming? Do you ever wonder how you will ever possibly achieve them?

If so, you aren't alone! And in this simple goal setting activity, we are going to chunk down your big horse dream into doable steps.

Let's get started!

Chevy



WHAT'S YOUR BIG HORSE DREAM?

What is the #1 thing that you want to do with your horse this year?

LIST ALL THE THINGS:

With your big horse dream in mind, take 10-15 minutes and write down all of the steps, all of the things that you need to do, all of the skills you need to learn, to make your big horse dream come true. We'll organize these steps later, for now, just write it all down.

LIST ALL THE THINGS:

THE 30/60/BEYOND GOAL SETTING PLAN:

Next you'll sort out the list of all the things you need to do to reach your goal to create 30 Day, 60 Day and Beyond Subgoals.

The 30 Day Subgoals will be the things that you need to do right away to get started towards your big horse dream.

The 60 Day Subgoals are the things that you know are a priority, but there are other things you must do first.

And the Beyond Subgoals, or long range subgoals are the later steps you'll take.

30 DAY SUBGOALS:

60 DAY SUBGOALS:

BEYOND SUBGOALS:

PUT YOUR PLAN INTO ACTION:

Now that you've chunked your goal into more manageable steps and drafted a 30 Day, 60 Day, and Beyond timeline, the next step is to put your plan into action.

Look over your list of 30 Day Subgoals. Pick 2 or 3 that you can accomplish this week. Get out your calendar, and schedule when you will work on these tasks.

Each week, look over your list. Cross off what you have completed, and choose some new tasks to put on your calendar for the upcoming week.



www.getgrittycowgirl.com

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