

# GET GRITTY GOAL SETTING PROGRAM

Lesson 7:  
YOLO



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[www.getgrittycowgirl.com](http://www.getgrittycowgirl.com)

## **LESSON 7: YOLO**

In the last lesson you learned about the science of hope and using it to overcome obstacles along your horsemanship journey.

In this lesson we will discuss the idea of YOLO, You Only Live Once. We'll also talk about creating opportunities and what to do when you catch yourself saying "I just don't have time."

In the next lesson we will check your goals and discuss when to re-goal.

Get Gritty,

Chevy



## YOLO: You Only Live Once!

Horsemanship Journeys are certainly an adventure!

There will be many opportunities presented to you along the way. Where you go on your horsemanship (and life!) journey depends entirely on the choices you make when presented with opportunities.

What opportunities will you say "Yes" to?

What opportunities do you wish you had said "Yes" to?

If the opportunity presented will expand your horsemanship, or is an experience that will make a great story, then find a way to say Yes.

Be willing to try new things. Be willing to stretch outside your comfort zone. Be willing to take smart risks.

Regret is something that Gritty Riders don't often have, because they know that even if they fail, they tried and gave their best effort.

## Creating Opportunities

While there will be some opportunities that really do just appear out of the blue, most of the time the opportunities presented along our horsemanship journey are because of a connection with other horse people. So to create opportunities, Gritty Cowgirls network!

I am not naturally an outgoing, talkative person. I actually am more shy, and would prefer to sit in the back!

However, I have made an effort over the years to reach out to other horse people, and it has made a huge difference in the opportunities presented to me.

When at horse events, say hi to other people. Introduce yourself. Ask what they do with their horses. (Especially be friendly to your neighbors when horse camping. That's how I got invited to go along for a trail ride up to Mount Rushmore-and also got some amazing cowboy coffee!)

Sign up for clinics. Even if you just audit, they are a great way to learn and meet other people.

If you have the time, volunteering at an event it is a great way to make connections!

Make the effort to reach out and network with other horse people. It will pay off!

## Making Time

The biggest barrier to saying "Yes" to opportunities when they arise is not having the time.

When you catch yourself thinking or saying this, it is a sign that some self-reflection is needed.

Is it really that you don't have time? Are you truly too busy?

Or is the opportunity not that important to you?

**Test it out by saying "No thank you, (that opportunity) just doesn't fit my priorities right now."**

If saying that out loud feels ok to you, then great. Say no thank you gracefully to the opportunity, then move on to your other priorities.

However, if saying that out loud doesn't feel ok, if you start to get that feeling that you will always wish that you would have said "Yes," then it is a sign that you should make the time for that opportunity!



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