

GET GRITTY GOAL SETTING PROGRAM

Lesson 8:
It Is OK to Re-Goal



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IT IS OK TO RE-GOAL

Along our horsemanship (and life!) journey, things will change. It is not as simple as setting a goal, and riding a straight path to achieve it! It is normal to get "stuck" along the way.

Sometimes getting stuck along the way can be a sign that you might need to re-goal.

Sometimes the signs that we need to re-goal are really clear, like changes in our life circumstances, career shifts, or family needs.

Sometimes the signs are much more subtle. Maybe the journey towards a goal isn't what you thought it would be. Maybe as you learn and grow your beliefs and values change and the goal no longer "feels" right.

How do you know when being stuck is a sign that you need to re-goal? Great question! In this workbook, you will assess your goals to see if you need to re-goal.

Let's get started!

~Chevy



START WITH A GOAL CHECK

Let's start off by checking in on the status of the goals you've set for yourself and your horse this year.

Are you on track to achieve the goals you've set for yourself?

If so, great! Keep up the great work!

If not, let's dig deeper into why.

Are there barriers or obstacles that have come up since you set this goal?

Have there been changes in your life circumstances since you set the goal?

Is this goal truly blocked from being possible, or is it simply delayed?

GUT GOAL CHECK

It is normal to get stuck or feel like you've reached a plateau as we work towards horse goals. Oftentimes when we are stuck on plateaus is when we really solidify our skills. We might not feel like we are making progress, while really, we are getting in much needed reps of basic foundational skills that we will need when we step it up a level. This is where we are practicing over and over not until we get something right once and then moving on, but rather, we are practicing until we no longer get it wrong. And putting these reps in takes time and can be boring!

So when we find ourselves stuck, we need to assess if we are simply on a plateau where we are solidifying skills, or if we are stuck because the goal is no longer aligned with where our heart is and where we truly want to go along our horsemanship journey.

This can be summed up into a simple gut check.

Does this goal still feel right for you and your horse? Do I still truly want to achieve this goal?

If the answer is yes, then stick with it!

If the answer is no, then it might time to re-goal and go after something different with your horse.

Life is short and horses are expensive. If you aren't enjoying the process of going after your goal, then change it! Find something else to work towards that you do enjoy!



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