
2023 Get Gritty

WINTER HORSEMANSHIP CHALLENGE



**LESSON 8:
RECOGNIZE YOUR
SKILLS**

IT ISN'T BRAGGING IF YOU CAN BACK IT UP

Growing up, my athletic and very confident little brother would constantly brag that he could run faster, throw the ball farther, wrestle better, etc. Anytime someone would say something to my Dad about my brother's bragging he would just laugh and say, "If he can back it up, it isn't bragging." And my little brother could usually back it up!

My Dad's saying has stuck in my head all these years, especially when I am working with riders regaining their confidence.

I see so many riders downplay their skills, second guessing their abilities. When someone compliments their riding, they negate it by responding, "Oh, I'm not that good, so-and-so is better."

It isn't being prideful to recognize and own your skills.

It isn't bragging if you can back it up!



RECOGNIZING SKILLS

Recognizing Skills Activity 1: Your Skills

You have unique talents, skills, and abilities that make you, you! Sometimes, however, we have a hard time recognizing our own talents. Ask you trainer, riding friends, or other people close to you what they see as your talents and abilities.

My key talents/abilities that come naturally to me are:

I shine when:

Others tell me I'm good at:

RECOGNIZING SKILLS

Recognizing Skills Activity 2: Your Horse's Skills

Just like people, horses have unique talents and abilities. In this activity, list the things that your horse does well and that you appreciate your horse for.

My horse's athletic talents/abilities are:

I appreciate _____ about my horse the most.

CONFIDENCE COMMERCIAL

A Confidence Commercial is a type of visualization exercise where you sell confidence to yourself by highlighting and replaying what you have already accomplished.

To help you brainstorm what to include in your confidence commercial, ask yourself the following questions:

What are your strengths as a rider?

What have others complimented you on in your horsemanship?
(Dedication, Quiet hands, Feel, Timing, etc.)

What horsemanship accomplishment are you most proud of?

How would you describe your horsemanship to another person if you took the most positive stance and used only positive words to describe yourself?

What can you say about your training that gives you confidence?

How are others supportive of you and your horsemanship that helps you feel confident?

Put all of these together into a confidence commercial. Write down this visualization, if you have photos/video you can create a slide show or put your video to inspiring music to watch too.

CONFIDENCE COMMERCIAL

ACCEPTING COMPLIMENTS

When someone compliments your riding, what do you do? Do you say "oh I'm not that good, so-and-so is better." Or do you say "thank you," with a smile and then shut your mouth?

Confident riders are able to graciously accept compliments because they know their own riding strengths. They recognize what they have worked hard to learn, and they're proud of their skills. They own their riding abilities.

This is different than bragging or arrogance. Bragging or being arrogant is meant to make others feel inferior. Being confident is about recognizing your own strengths, not about comparing yourself to others.

This ability to recognize and own your riding skills and abilities is key to developing your confidence. By recognizing these skills that you have worked to develop, you show yourself that you can learn, improve, grow, and overcome challenges. All of these build confidence!

So when someone compliments your riding, if you downplay or dismiss the strength that they have recognized in you, you are telling yourself that you don't have that riding skill. This subconsciously erodes your confidence!

So when someone compliments you, say thank you with a smile!



www.getgrittycowgirl.com

Disclaimer: Working with horses can be a dangerous activity which can subject participants to serious injury. Siobhan "Chevy" Allen and/or Get Gritty with Chevy Horsemanship Life & Confidence Coaching is not liable for your equine activities. The information, instruction, and techniques provided in Chevy's online coaching materials may not be suitable for everyone. Personal instruction, as well as detailed viewing and/or reading of the materials is highly recommended before attempting these equine activities. Horsemanship Life and Confidence Coaching is not a substitute for professional mental health care or medical care and is not intended to diagnose, treat or cure any mental health or medical conditions.

Hold Harmless Agreement: By viewing online coaching materials, I understand and am aware of the inherent risks associated with equine activities. I understand that Siobhan "Chevy" Allen is not acting as a mental health counselor or medical professional. I assume all risks associated in performing any of the activities explained in this lesson, and hereby release and hold harmless Siobhan "Chevy" Allen and/or Get Gritty with Chevy Horsemanship Life & Confidence Coaching, successors and assigns, from and against any and all claims, damages, and/or liabilities arising out of my attempts to perform any of the exercises or activities, including and without limitation any personal injuries or damage to my property which I may incur as a result of my attempts to to perform the activities or exercises explained in this lesson.