

10 Things Gritty Riders *Don't* Do

How to avoid common mental mistakes that can keep you from achieving your horsemanship goals

- 1. Blame the Horse:** Gritty riders recognize that when they blame, they give away their power to change. Besides, blaming the horse doesn't solve anything.
- 2. Waste Time on Negative Thoughts:** Gritty riders don't get stuck in negativity-they recognize negative thoughts and shift them to positive ones. A negative mind never leads to a positive ride!
- 3. Waste Energy Worrying About Things They Can't Control:** Gritty riders know worrying about the uncontrollables-like whether or not the judge likes chestnut mares-won't help their performance. Instead they focus their energy on what they can control.
- 4. Fear Making Mistakes:** Gritty riders know that mistakes are part of the process, and the only way to improve is to try new things.
- 5. Repeat Past Mistakes:** Gritty riders learn from their mistakes, and use them to improve-so they don't repeat them.
- 6. Ruminating Over Past Mistakes:** Gritty riders don't waste energy replaying past mistakes over and over. Quit ruminating-you are not a cow!
- 7. Give Up After Making a Mistake:** Because gritty riders expect mistakes, they use them as information to improve, not a reason to quit.
- 8. Expect It To Be Easy:** Gritty riders are here for the love of the horse. They know Horsemanship is a Life-Long Journey, and they don't expect the trail to be smooth.
- 9. Feel Threatened By Other's Successes:** Gritty Riders don't waste energy comparing themselves and their horse to others. Instead, they compare themselves to the rider they were yesterday.
- 10. Ride Without a Plan:** Gritty riders are goal driven, and they have plans to make those goals a reality. They know having small and achievable action goals for every ride helps them to stay focused.

For more mental toughness tips to help you achieve your horsemanship goals, visit www.getgrittywithchevy.com