



# BEYOND WOOP

*Develop focus. Build confidence. Ride with grit.*

Welcome to Day 3 of the WOOP Goal Setting Online Party!

Today we are going beyond WOOP, and identifying our strengths as a horsewoman, the resources available to you, and evaluating where you are today in your horsemanship journey and make a plan so that you can move forward and make those dreams a reality!

Let's get started!

Chevy





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Identifying Your Strengths as a Horsewoman:

What are your strengths as a horsewoman?

What are you complimented on by others?

What is something that you have worked hard to be good at?

What is something that comes easily to you?

What is something you can do with your now that you couldn't do at this time last year? Five years ago? 10 years ago?

If you are having trouble coming up with your strengths, phone a horse friend, or your trainer/instructor and ask them!



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List Your Strengths:



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Identify Your Resources:

Who can help me improve my horsemanship?

Who will support and encourage me to achieve my horsemanship dreams?

What learning materials do I have access to that can help me? (Books, DVDs, etc.)

What learning events can I attend? (Clinics, Horse Expos, etc.)



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## Evaluate Your Starting Point

Where are you at right now in your horsemanship journey?

What are you comfortable doing with your horse?

What have you improved upon with your horse over the past year?

Are there areas where you and/or your horse have regressed?



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How to Get There From Here:

In this exercise, you will write down your big horsemanship goal.

Then, brainstorm and write down ALL of the steps, all of the tasks that you will need to do to achieve that goal. Don't worry about the order, just free write whatever comes to mind.

Then, sort that list into steps/tasks to complete in the next 30 days, the next 2-3 months, the next 3-6 months, and the next 6-12 months.

Then go to the next 30 days list, and pick 2-3 to complete in the next week. Then get those things done!

There is space on the next few pages to complete this exercise.



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My Big Horsemanship Dream:

Steps to Achieve My Dream:



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## Steps to Achieve My Dream (Continued)





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Steps/Tasks to Complete in the Next 30 Days:

Steps/Tasks to Complete in the Next Week (My Ta-Da! List)



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Steps/Tasks to Complete in the Next 30 Days:

Steps/Tasks to Complete in the Next Week (My Ta-Da! List)

Now put these tasks in your Planner/Calendar, and get them done!