



GRIT AND GOALS

Develop focus. Build confidence. Ride with grit.

Welcome to Day 4 of the WOOP Goal Setting Online Party!

Today we will be talking about Grit and Goals. Grit is passion and perseverance for long term goals.

And that is what our horsemanship journey is, isn't it? To be successful and happy along this wild ride, we need a passion for horses, and the perseverance to get back in the saddle. It takes more than just a love for horses-for those of us that want to be the best horsewomen that we can possibly be, it becomes part of our life's purpose- because we just can't imagine a life without horses in it. It takes dedication to practice, always seeking to improve our skills and abilities to communicate with our equine partners. Gritty horsewomen go after those big dreams. They believe in themselves and their horse. Gritty horsewomen do not take the easy road and stay in their comfort zone. Gritty horsewomen reach for greatness, striving to learn more every day, and embrace their unique horsemanship journey.

Getting Gritty doesn't happen overnight. Developing the Grit necessary to be confident both in and out of the saddle, to be calm under pressure, and to be focused to achieve your dreams is a lifelong journey. We are all works in progress. We all have the ability to improve our horsemanship, to learn and grow and strengthen our bond with our equine partners.

It just takes a little grit. Let's get started and get gritty!



TALENT OR GRIT?

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Have you ever watched a great rider and thought, "Wow, they must have been born with that talent, that feel for a horse. They must just be a natural."

Sure, they may have talent. They might be naturally athletic, it might be easier for them to learn riding skills or they might just notice the subtle cues from their horse.

But no matter how naturally talented with a horse that someone is, we all need to put in the effort and climb the learning curve. There are no shortcuts in horsemanship! If your goal along your horsemanship journey is to be the best horsewoman that you can be, then you are looking at a life-long, challenging yet rewarding journey where you never stop learning.

Grit, or passion and perseverance and effort for long-term goals, is a proven predictor of success. Notably, in most research studies, grit and measures of talent and IQ are unrelated, suggesting that talent puts no limits on the capacity for passion and perseverance.

In fact, in Angela Duckworth's book, *Grit*, she states: "Talent is how quickly your skills improve when you invest effort. Achievement is what happens when you take your acquired skills and use them."

Or, to put it more simply:

Effort x Talent=Skill

Skill x Effort = Achievement

A photograph of several horses in a stable. A silhouette of a rider on a horse is overlaid in the center. The text 'GET GRITTY' is written in large, white, serif capital letters across the middle of the image. Below it, the tagline 'Develop focus. Build confidence. Ride with grit.' is written in a smaller, white, italicized serif font.

GET GRITTY

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So, if Grit is a key indicator for success, how can you get grittier along your horsemanship journey to achieve your horsemanship dreams? You can get gritty by focusing and developing these four parts of Grit.

1. Passion-Love of the horse must come first. And not just an interest in horses, but a true, burning passion. It isn't just falling in love with horses-it takes staying in love with horses for the long haul.
2. Purpose-For gritty horsewomen, their passion for horses is more than something that they enjoy-it becomes a part of their life purpose, something that is a part of their self-image, their identity.
3. Practice-Gritty horsewomen practice differently. They don't just repeat the same things over and over. They are deliberate about how they practice. They seek feedback, to test if they have improved. Their focus is on mastery. They have their own scorecard, judging themselves based on their effort, instead of comparing themselves to others. Remember, Effort counts twice towards Achievement!
4. Perseverance-Enthusiasm is common. Endurance is rare. Gritty horsewomen get back on the horse, and have a never quit attitude.



GET GRITTY: PASSION

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Journaling Prompts: Why are you passionate about horses?

What first drew you to horses? What about horses has kept you interested over the years? Why are you passionate about horses? What do your horses mean to you? What about your horsemanship journey keeps you coming back for more?



GET GRITTY: PURPOSE

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Journaling Prompts: What purpose does your horse(s) bring to your life?

What purpose does your horse bring to your life? What benefits do you get from your horses each day? Is it connecting with others? Sharing what you've learned? Passing on your values and lifestyle to your children? How does your horse help you to be a better person?



GET GRITTY: PRACTICE

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Journaling Prompts: How can you focus your practice to improve your horsemanship skills?

What does deliberate practice look like to you?

Is practice what you do when you and your horse are learning new skills? Preparing for competition? Or is practice what you do everyday, slowly progressing in your abilities?

When do you practice best?

What do you want to feel when you practice?

What would help you to practice more?

How can you practice and move one step closer to your goals today?



GET GRITTY: PERSEVERANCE

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Journaling Prompts: Perseverance. Endurance. Tenacity.

Whatever you want to call it, the never quit attitude is a big part of grit. How do you persevere when the going gets tough?

What helps you to dig deep when you are running on empty so you can keep on going?

How can you channel an attitude of perseverance when challenges appear along your journey?



NO GRIT, NO PEARL

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Do you know how a pearl is made? A little piece of sand, a piece of grit, gets stuck inside an oyster. The oyster responds by building layers of calcium carbonate over that piece of grit. It takes years for the oyster to layer by layer, bit by bit, transform that little piece of grit into a beautiful pearl.

A diamond is made up of carbon-actually quite similar to the graphite in pencil lead. Carbon atoms on their own cannot become a diamond-in order to transform into this sparkling gem, it must experience high temperature and extreme pressure over a long period of time.

To make ourselves into someone great, we need to transform some pressure into a diamond, and take some grit and make it into a pearl.

