

get
Gritty
Guides

*Mental toughness
skills to guide
your
horsemanship
journey towards
success*

**WOOP
YOUR
HORSEMANSHIP
IN 2019!**

*Learn the science of mental
contrasting and implementation
intentions to achieve your
horsemanship goals!*





WOOP YOUR HORSEMANSHIP

Develop focus. Build confidence. Ride with grit.

Mental Contrasting takes the power of positive thinking, and mixes in some realism, and honestly, some negative thinking.

If we only thought about the positive, we wouldn't achieve anything. If we didn't think or feel any negative thoughts, we wouldn't have any reason or motivation to change.

In her book “Rethinking Positive Thinking” researcher Gabriele Oettingen explains that when you balance positive thinking about a desired outcome with a realistic look at the challenges and obstacles that might arise, you are much more likely to achieve your goals. Gabriele balanced this by creating her goal setting framework called WOOP.

The steps to WOOP are: Wish, Outcome, Obstacles, and Plan. Over the next few days of this WOOP Goal Setting Online Workshop you will learn how WOOP works, and also how to use WOOP to set goals for your horsemanship journey.

Let's Get Ready to WOOP!

Chevy





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What is WOOP?

According to woopmylife.org, "WOOP is a practical, accessible, evidence-based mental strategy that people can use to find and fulfill their wishes and change their habits."

WOOP was developed by Gabriele Oettingen, Professor of Psychology at New York University and the University of Hamburg. She is also the author of the book, "Rethinking Positive Thinking."

In over 20 years of research, Gabriele Oettingen studied why positive thinkers, or dreamers, are not often "doers" and do not achieve their goals.

Through her research of what is scientifically known as mental contrasting with implementation intentions, she has proven that the WOOP mental strategy for goal achievement is an effective framework for change.



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Let's WOOP!

The first part of WOOP is writing down your WISH for your horsemanship journey. Good wishes are challenging, but also realistic. If your horsemanship dream is really big, it might be helpful to write down several specific wishes-in fact, most of us do have several wishes!



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The second part of WOOP is OUTCOME.

Identify the Best Possible Consequences of this wish coming true. What will your life be like after you have achieved your horsemanship dream? Really get detailed and visualize the best possible outcome!

A photograph of several horses in a stable. A silhouette of a rider on a horse is overlaid in the center. The text 'WOOP YOUR HORSEMANSHIP' 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.

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The next step is OBSTACLE. This step is where you will identify the obstacle to your wish. What is blocking you from achieving your goal? WOOP works great for internal obstacles—that is, our own thoughts, feelings, or habits that are getting in our own way.

What is it within you that holds you back from fulfilling your wish?

Think more deeply—what is it really?

For example, an obstacle might be that you don't have enough time to ride.

Let's dig a little deeper—Why don't you have enough time to ride?

Maybe it's that when you get home from work you feel stressed and just want to relax, so you end up watching tv and browsing facebook instead of going outside and riding.

So in this case, the root obstacle would be feeling stressed and watching tv instead of riding.



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What OBSTACLE within you is blocking you from achieving your wish?



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The last step is PLAN. For the obstacle you identified in the previous step, you will create an Implementation Intention to overcome it using this format: “If (obstacle) occurs, then I will (action or thought).”

This implementation intention step is key, because it recognizes that you will experience negative thoughts, emotions, and challenges in your process toward your goal, and it prepares you by having a plan to overcome it, a plan that recognizes and relies on your own strengths and abilities. This builds your belief in yourself, and your self-confidence!

To continue the example with the obstacle of not having enough time to ride because you feel stressed after work and watch TV, here is an example plan to overcome it:

If I come home and feel stressed, instead of turning on the TV, I will put on my riding boots and go to the barn. Riding is a better stress reliever than TV anyway!



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Write down your PLAN using this format:

If (obstacle) occurs, then I will (action or thought).”



W - WISH

O - OUTCOME

O - OBSTACLE

P - PLAN