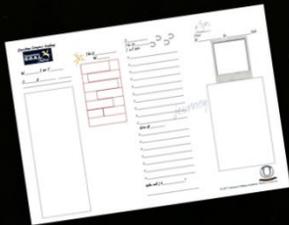


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1 Page Equestrian

G.O.A.L.

Progress Roadmap



Horses-U 
Riding Academy

In 30 minutes or less, you will uncover what is holding you back with your horse & have a sure fire, clear plan for accomplishing any goal with your horse. Ready? Get a pen, download the worksheet below & let's do this...



1. Here is the 1 page plan worksheet. Please download and print it out, we will fill it out together in the steps below. [Click here for the worksheet.](#)

2. So let's just dive into Part 1 – "Your Picture Perfect Ride"



Here's your assignment.

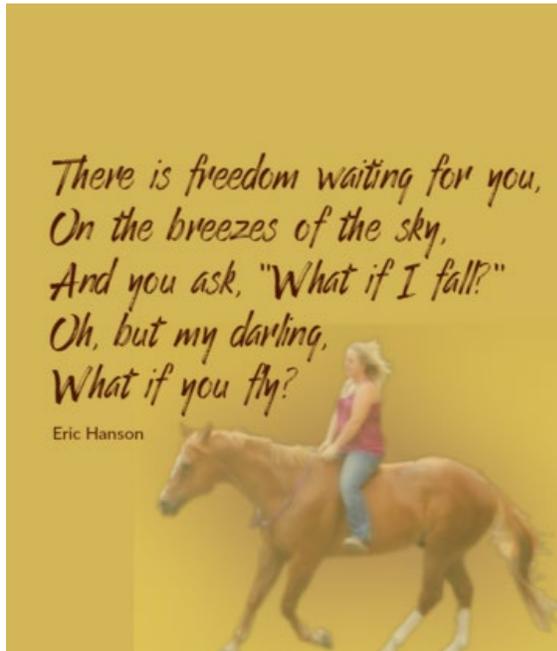
To map out our progress plan, first we have to know our destination.

We can't create a road map and not know where we want to end up.

Or as Stephen Covey teaches us in *"The 7 Habits of Highly Successful People"* to Begin With The End In Mind.

Don't skip this step, it is vital to your success...

Part 2



Time to uncover those sneaky limiting beliefs that might be holding you back to get from where you are today to having that "picture perfect ride" we talked about yesterday.

So let's just dive into Part 2 – "Discovering What's Really Holding You Back"

I love this picture of Kristin riding one of her horses bareback & bridleless (*yes, yes, I know she should have a helmet on (this was a photo shoot), but let that go for a minute*).

Think of the freedom she felt that day, and also the confidence and sense of control, and partnership she must have felt.

In Part 1 you described in as much detail as possible your "Picture Perfect Ride".

We asked you to feel it.

Putting yourself there in the moment.

Seeing yourself doing it and how it feels.

And not let yourself think you can't do any part of it for any reason.

To visualize this as if you have no limitations and nothing holding you back.

Now, we ask that you to come back where you are today.

When you look at that description of your "Picture Perfect Ride" what comes up for you?

3. On the far left side of your worksheet fill in the blanks to say
Where I am Today?
Self Evaluation

How confident do I feel today in my ability to achieve my picture perfect ride?

So, it looks like this on your worksheet

The image shows a worksheet template with a vertical line on the left side. At the top, it features the text "Equestrian Progress Roadmap" in a cursive font, followed by a logo for "Equestrian G.O.A.L. Challenge" which includes a silhouette of a horse and rider. Below the logo, the text "Where I am Today" is written in a cursive font with a horizontal line underneath. Underneath that, "Self Evaluate" is written in a cursive font with a horizontal line underneath. Below the "Self Evaluate" line, the text "How confident do I feel today in my ability to achieve my picture perfect ride?" is written in a cursive font with a horizontal line underneath. At the bottom, there is a large empty rectangular box for writing.

4. Then in the box beneath write how things are today.

Describe exactly how it is today
 if you went out today to ride or work with your horse
 (or your last time).

Think about how you feel.

Doubts, fears, things you aren't sure what to do.

What are you saying to yourself.

I know for me this can bring out a lot of emotion.
 (And it doesn't even mean everything is going wrong!)

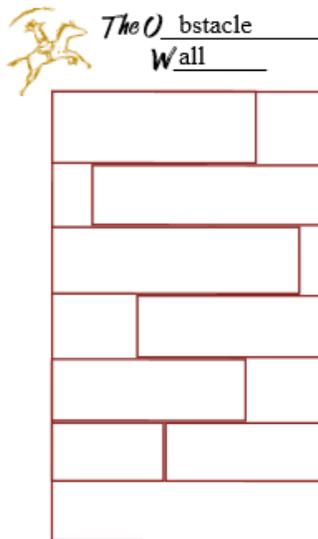
What we are striving for today is to uncover the gap between today and "Your Picture Perfect Ride"

This way we know what we need to work on.

5. Now. Go to the next column and write the things that come up for you in the blocks (you can add blocks to the bottom if you need to).

This represents "The Obstacle Wall" that we will need to take down and replace the blocks with what belongs there to build a firm foundation and build instead of a wall, a pathway to our "Picture Perfect Ride"

So on your sheet it will look like this, with your notes in the bricks of course :)...



6. Only 1 rule! NO JUDGING YOURSELF!! This is not meant to make you feel bad if things are far from where you want to be.

This is a bit of a heavy exercise for some, but not to worry tomorrow will use it to build our pathway to where we want to be.

Part 3



You are doing it!!

As we have said many times, most people take more time planning their vacation than they do their pursuit of their passions (in the form of a horse, for us!) and so here's a virtual high five from Kristin and I!

We can now see the invisible, but real wall that is keeping you from where you want to be and where are now and the gap between.

Equine Progress Challenge

GOALS

W. I am T. _____
 S. E. _____

The O. _____
 W. _____

The D. _____
 I will take _____

Your P. _____
 P. _____
 Role _____

The Gap

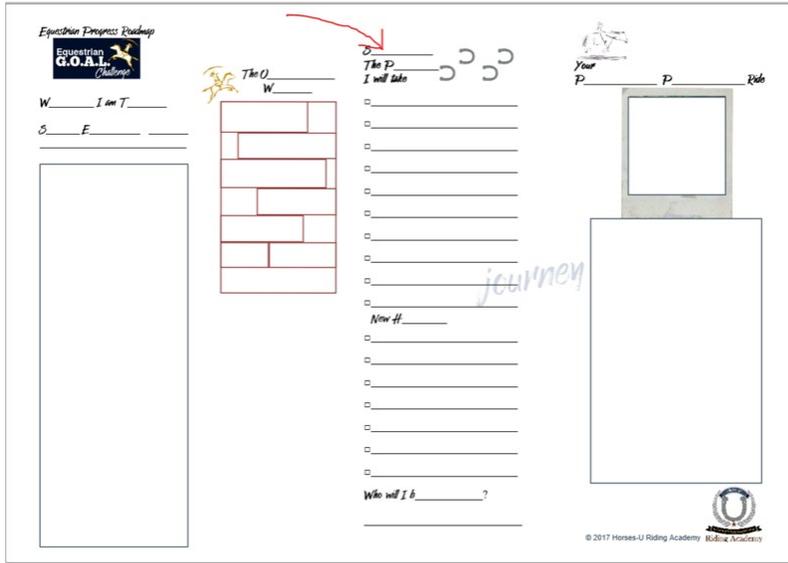
journal

Now # _____

Now we are going to deconstruct that wall and use the bricks to build a path to where we need to go. Not just want to go but **NEED** to go to live a life of NO regrets.

So, let's make an actionable plan, "The Progress Path"

Here is where we are on our worksheet.



7. Fill in the blanks to say

Steps
The **P**ath I will take

So it looks like this...

Steps _____
 The Path _____
 I will take _____

□ _____
 □ _____
 □ _____
 □ _____

8. On the lines below, I want you to make a list of things you can do to get to where you want to be.

9. Here are 2 resources to give you ideas.

Fear Worksheet

My Fear is _____
(Always honor how you are feeling and if you feel fear move to a place of safety first thing!)

This is a Valid Fear or Fearful Fear (circle one)

Valid Fear is the *actuality* of getting physically hurt by doing this is high.

A Fearful Fear is the probability of actually getting physically hurt is lower than you think or are convincing yourself of.

This fear is a:

Fear 1 – Physical Harm (risk or threat of physical harm)

Fear 2 – Failure (risk of vulnerability or looking foolish)

By doing _____ the absolute worst thing that could happen to me
is ..

Resource 1 Fear Worksheet If you are working through fear here is a worksheet to give you actionable ideas.
shhhhh it's a secret, but Kristin is going to hop on next Tuesday for a challenge bonus class on "Working Through Fear"

[Click here to download the Fear worksheet](#)



Resource 2 In our Unbreakable Confidence Course from the Horses-U Riding Academy we cover 7 areas of Horsemanship here's a page of those areas to help you think of what you might need to learn, practice and perfect.

[Click here to download the Horsemanship Blueprint worksheet](#)

Sorry for the blue background on this image, you may want to just open it up and look at and not print it, if you are low on printer ink.

Part Four: Letting Go

I am not going to pretend. I was a wreck on Day 4 of this challenge after reading all the comments you gals wrote from the exercise in Day 3.

In my head, I could hear my own voice saying the say things many of you wrote, not so very long ago.

I am excited to share more with you the things I have learned to change things.

Hopefully, you are starting to have a shift in your thinking in working through these powerful exercises.

I felt like we were leaving a very important step out if I did not share this exercise with you.

10. [click here and take 15 minutes to do this important exercise](#) (Horses-U Alumni and 10x Equestrian Growth students, this means you too! Don't skip it)

You did it!

Only one thing left to do!

11. Schedule it.

Write out your tasks an put them in your schedule.

Dreams out of your head and into your life.

You got this.

