

Obstacle You (or your horse) Need To Overcome:
(Tell yourself writing it here, gives you new power to control it)

Specific Steps *vision*

Strategically what can you do to overcome. Assess your strengths & weaknesses. List below. Schedule actions in your planner.

- _____
- _____
- _____
- _____
- _____

commit

Purposefully & Powerfully Follow Plan

W.I.N. What's Important Now? Follow this strategy minute by minute.

Continuously ask yourself, "Is what I am doing now bringing me closer to who I want to be?"
ASK for help and support at any time, we are here for you!!

Overcome one minute at a time

Your affirmation, your declaration, your fight song, battle cry goes here:

Put yourself in an orange bubble during this time. Surround yourself with love & support



Orange represents enthusiasm, fascination, happiness, creativity, determination, attraction, success, encouragement, and stimulation.

Obstacles

What might hold you back? List & plan attack here.

Keenly Meaning in this instance as characterized by strength and distinctness of perception; extremely sensitive or responsive: having or showing great mental penetration
Pay close attention to how you feel each step of the way!!!