



- Gain Clarity
- Overcome Obstacles
- Align with your Values
- Live Your Best
- Simplify Your Life

## **Reflect & Release** Day 1: New Year's Eve December 31, 2022

Before we can get into creating our goals and visions for the new year, first, you need to let go and have closure of the past. In this powerful, guided exercise you will do a quick review of the past year, hold on to the lessons you need and let go of the rest for a fresh start.

**Available to watch at your leisure on 12/31/22**  
**look under "Featured" in the Challenge Facebook Group**

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## **Believe** Day 2: New Year's Day January 1, 2023

Discover the "Equestrian Pathfinder Process" so you can discover what you truly want, where you are today, uncover limiting beliefs that are holding you back, & make a clear plan... all on one page to make true progress meaning you will have a different level of confidence & belief in yourself, because you can see you have what it takes to do whatever it is you want to do.

**Available to watch at your leisure on 1/1/23**  
**look under "Featured" in the Challenge Facebook Group**

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## **Dream** Day 3: Monday, January 2nd, 2023

*You have to know what you truly want in life to go in and get it.*

Day 3 of your challenge focuses on clarity & vision, but it's not all about "getting" it is more about being and living a life that aligns with your values. After today's powerful exercises, you will walk away with a reminder to keep in front of you, so you will defeat self-doubt, meaning you won't wonder anymore about your ability to create and live the life you love.

**Live in Challenge Facebook Group 5 pm pacific, 7 pm central, 8 pm eastern**

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## **Plan** Day 4: Tuesday, January 3rd, 2022

*Horse goals are mental, physical, emotional, time-consuming & financial. It's a lot to juggle.*

On Day 4 you will look at the secrets of successfully breaking down your horse goals into action steps that get you off the hamster wheel & into action. Whether you want to ride or work with your horse more at home or show at the highest levels you don't want to miss this class. (As a bonus this works for any change you'd like to make in your life!)

**Live in Challenge Facebook Group 5 pm pacific, 7 pm central, 8 pm eastern**

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## **Do** Day 5: Wednesday, January 4th, 2022

*Now that you know what you want and the steps you need to take... now how will you assure you will do it?*

On Day 5 you say hello to simple systems, and goodbye to the myths of multi-tasking to get more done, in less time and get to the barn doing what you love.

**Live in Challenge Facebook Group 5 pm pacific, 7 pm central, 8 pm eastern**