

Progress Checklist: MODULE #9 - Purpose

"How to HAVE Purpose, How to CHOOSE Purpose"



An objective, effect, or result aimed at or attained

GROUND & RIDING SKILLS

Self Evaluation

Lost Sense of Purpose (L1)

- The goal needs to be big
- Learning, Practicing, Performing.

What Your Horse Needs To Know (L2)

- Your Passion & Purpose
- Connection
- Comfort
- Clarity
- Choice

Determine Your Purpose (L3)

- What do you want to do?
- Why people give up
- Personal values
- A horse's purpose
- Leadership with horses
- Purpose & sport
- Mental health & sport psychology
- What motivates horses?
- Why horses give up
- Going over the limit
- What motivates you

To Compete or Not (L4)

- Healthy competition
- Unhealthy competition
- Cruelty in competition
- Judges & judging
- Politics
- Jealousy
- Nerves
- Consistency

Choosing a Coach (L5)

- How to find the right coach

Emotional Fitness (L6)

- Challenging situations
- How do you know if you are emotionally fit?
- Emotions & your brain
- What are your tendencies under stress?
- Six strategies for increasing emotional fitness

How Do You Keep Your Horse Happy (L7)

- Know the characteristics
- Know your horse's behavior type
- Balance your training
- Know when your horse is unhappy

Visible & Invisible Goals (L8)

- Do your job = I trust you
- Stay on the circle (riding)
- Keep going on the Fig 8 (ground)
- Mental vs. Physical
- Physicality: Relating to the body
- Psychology: Relating to the mind

Setting SMART Goals (L9)

- Specific
- Measurable
- Actionable
- Relevant
- Time-Bound

Equestrian Purposes (L10)

- Sports & Disciplines
- Competitions
- Top Competitions
- English Competitions
- Western Competitions
- International Competitions
- Rules
- Liberty Competitions

Equestrian Purposes

- Liberty
- Teaching Kids
- Trail Riding
- Ranch Horse Versatility
- Competitive Trail Riding
- Dressage
- Barrel Racing
- Colt Starting
- Cutting
- Cowboy Mounted Shooting
- Ponying
- TREC-Equestrian Trail Competition
- Equine Trail Sports
- Eventing
- Training Dogs and Puppies