

MODULE FOUR

BALANCE LIKE A BADASS

SESSION ONE:
YOUR BIG WHY

SESSION TWO:
HABITS FOR HIGH PERFORMANCE

SESSION THREE:
THE THREE MUSKAFEARS

SESSION FOUR:
POWER HOUR

Monthly Half Halt

WHAT IS WORKING?

WHAT IS NOT WORKING?

WHAT WILL YOU CHANGE,
MOVING FORWARD?

SESSION ONE

YOUR BIG WHY

He who has a why to live for, can bear almost any how.
-Nietzsche

AT THEIR VERY BEST, HOW DO RIDING & HORSES MAKE YOU
FEEL?

IF HORSES WERE NO LONGER A PART OF YOUR LIFE, WHAT
WOULD YOU MISS THE MOST?

HOW DOES RIDING MAKE YOU FEEL?

WRITE ONE WORD OR ONE SENTENCE THAT SUMS UP
YOUR BIG WHY:

SESSION TWO

HABITS FOR HIGH PERFORMANCE

WHAT ONE HABIT DO YOU WANT TO START AND SUSTAIN THIS MONTH?

WHAT TRIGGERS MIGHT STOP YOU FROM SUSTAINING IT?

WHAT EMOTIONS MIGHT STOP YOU?

WHAT STRUTURE (SCHEDULE, PAIRING WITH NO BRAINER ACTIVITIES, TIME OF DAY OR WEEK, ETC.) WILL YOU PUT IN PLACE TO MAKE YOUR HABIT EASIER TO MAINTAIN?

HOW WILL YOU CREATE ACCOUNTABILITY FOR YOURSELF?

WHAT WILL THE PAYOFF BE FOR KEEPING THIS HABIT GOING?

SESSION THREE

THE THREE
MUSKAFEARS

PROCRASTINATION ~ PEOPLE PLEASING ~ PERFECTIONISM

WHAT ONE BAD HABIT DO YOU WANT TO ELIMINATE?

WHICH MUSKAFEAR IS DRIVING IT?

WHAT IS THE BAD HABIT COSTING YOU?

WHAT ARE THE PAYOFFS YOU GET FROM KEEPING THIS HABIT?
(WHY DO YOU DO IT?)

WHAT WILL BE THE OUTCOME WHEN YOU WIN THIS ONE AND
KICK THE HABIT?

PLAY THE YOUNG WARRIOR! WHAT THOUGHTS WILL NO
LONGER BELIEVE AND OBEY?

SESSION FOUR

POWER HOUR

CHOOSE AN HOUR EVERY WEEK AS YOUR POWER HOUR:

DAY-

TIME-

1. Block out free time, and riding time (and exercise if that's you.)
2. Schedule the things you have to do like picking kids up from school and/or work.
3. Do a to-do list download. Get all the things out of your head onto a list.
4. Now add the things to your calendar. Add the most important things first. You may have to do some estimates as to how long things take.
5. Add anything that there is not room to the next week's schedule or delegate it.

NOTES:

WHAT ARE YOUR TAKE AWAYS FROM THIS MONTH?

WHAT ARE YOU STILL CURIOUS ABOUT OR TRYING
TO UNDERSTAND?

WHAT WOULD YOU LIKE TO COMMIT TO MOVING FORWARD?