



## Your Big Why

### Module One, Session Four Worksheet

To identify your "Big Why" answer these questions:

1. What would you miss the most if you could no longer ride?
2. What motivates you to make sacrifices for your horse(s) and riding?
3. Why does your horse matter to you?

4. Why does your sport matter to you?

5. Why do you take lessons/ train/ compete?

6. How do you want to feel when you're in the saddle?

Read through your answers and distill the most important ones down into a phrase or a couple of sentences:

This is your BIG WHY.