

THE HEART OF  
*Horsemanship Challenge*



# WELCOME TO THE HEART OF *Horsemanship Challenge!*

I am extremely excited that you have decided to take The Heart of Horsemanship Challenge!

At it's core of the Heart of Horsemanship Challenge is the understanding that *"Horsemanship is not just a way to train a horse it is everything we do with our horses and in our own lives."*

This challenge is for anyone who is ready to work on themselves and to take their horsemanship and partnership to the next level while having support from an incredible community of horse people just like you committed to similar goals with their horses!

Everything in this Challenge is built on the EXACT things that have changed my life and my horses lives. They've helped me become a better leader and better partner for my horse, and in turn, every other area in my life. I can't wait for you to start you journey - I'll be right there with you!

Remember, this challenge is meant to be fun and to help you get REAL results you can be proud of! As part of the Challenge you get to choose or make your own plans that fit your own goals and needs for you and your horse!

You can do this no matter what your starting point is.

This is not a physical challenge. It is a mental challenge. The physical transformations that occur are just the by-product of the mental transformations you will make.

You've made the commitment because you and your horse are worth it. Now it is time to make the changes and follow through.

No more just talking about the stuff you want...now we begin taking the real steps to make REAL changes!

Rooting for you,  
Colton Woods



## **It's time to get started on Phase 1!**

Step #1 Print Your Phase 1 Daily Checklist Pages

Step #2 Join the Heart of Horsemanship Challenge Facebook Group to connect with and gain support from like-minded horsemen and women committed to transformational change for themselves and their horses: [facebook.com/groups/heartofhorsemanshipchallenge](https://facebook.com/groups/heartofhorsemanshipchallenge)

Step #3 Don't wait! Get started right away!

# THE HEART OF *Horsemanship Challenge*

## Day 1

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

QUOTE OF THE DAY:

*"To avoid criticism, say nothing, do nothing, be nothing."*  
- Elbert Hubbard

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# THE HEART OF *Horsemanship Challenge*

## Day 2

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

QUOTE OF THE DAY:

*"Integrity is doing the right thing, even when  
no one is watching."  
- C.S. Lewis*

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# THE HEART OF *Horsemanship Challenge*

## Day 3

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"Horsemanship is the art of mastering our own movements,  
thoughts, emotions and behavior. Not the horses."  
- Mark Rashid*

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# THE HEART OF *Horsemanship Challenge*

## Day 4

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"Endurance is not just the ability to bear a hard thing,  
but to turn it into glory."  
- William Barclay*

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# THE HEART OF *Horsemanship Challenge*

## Day 5

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"We are not human beings on a spiritual journey.  
We are spiritual beings on a human journey."  
- Stephen R. Covey*

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# THE HEART OF *Horsemanship Challenge*

## Day 6

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."  
- Galatians 6:9 (NIV)*

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# THE HEART OF *Horsemanship Challenge*

## Day 7

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."*  
- Steve Jobs

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# THE HEART OF *Horsemanship Challenge*

## Day 8

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"I am chasing a guy. The man I am chasing is the better version of myself, the man I am capable of becoming, the man I was put on this earth to be."*

*-Ed Mylett*

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# THE HEART OF *Horsemanship Challenge*

## Day 9

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"The greatest glory in living lies not in never falling,  
but in rising every time we fall."  
- Nathaniel Hawthorne*

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# THE HEART OF *Horsemanship Challenge*

## Day 10

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"To be a successful horseman, one must first  
be a successful human being."  
- Buck Brannaman*

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# THE HEART OF *Horsemanship Challenge*

## Day 11

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."*  
- Colin Powell

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# THE HEART OF *Horsemanship Challenge*

## Day 12

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"It's in responsibility that most people find the meaning that sustains them through life. It's not in happiness. It's not in impulsive pleasure."*

*- Jordan B. Peterson*

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# THE HEART OF *Horsemanship Challenge*

## Day 13

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

QUOTE OF THE DAY:

*"The magic is inside you. There ain't no crystal ball."*  
- Dolly Parton

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# THE HEART OF *Horsemanship Challenge*

## Day 14

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"Whether you think you can or think you can't your right."  
- Henry Ford*

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# THE HEART OF *Horsemanship Challenge*

## Day 15

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"But when we look for the good in others, we start to see the best in ourselves too."*

*- Jay Shetty*

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# THE HEART OF *Horsemanship Challenge*

## Day 16

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"If you are only a student of technique, then the options become very limited. On the other hand, when you are a student of the horse, the options are unlimited."*  
- Mark Rashid

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# THE HEART OF *Horsemanship Challenge*

## Day 17

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"The key is to keep company only with people who uplift  
you, whose presence calls forth your best."  
- Ephesians 4:29 (NIV)*

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# THE HEART OF *Horsemanship Challenge*

## Day 18

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"We are what we repeatedly do. Excellence, then,  
is not an act, but a habit."  
- Aristotle*

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# THE HEART OF *Horsemanship Challenge*

## Day 19

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

QUOTE OF THE DAY:

*"Change is a process, not an event."  
- Mel Robbins*

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# THE HEART OF *Horsemanship Challenge*

## Day 20

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"We may need them, and they us, but maybe it's what we can learn from horses that's their greatest gift."*  
- McLain Ward

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# THE HEART OF *Horsemanship Challenge*

## Day 21

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"Passion is energy. Feel the power that come from focusing on what excites you."*

*- Oprah Winfrey*

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# THE HEART OF *Horsemanship Challenge*

## Day 22

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"In His hand is the life of every creature and  
the breath of mankind."  
- Job 12:10*

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# THE HEART OF *Horsemanship Challenge*

## Day 23

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

QUOTE OF THE DAY:

*"The only guarantee for failure is to stop trying."*  
*- John C. Maxwell*

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# THE HEART OF *Horsemanship Challenge*

## Day 24

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"We can't control all the variables in our lives. It's about what we do with opportunities revoked or presented to us that determine how a story ends."*

*- David Goggins*

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# THE HEART OF *Horsemanship Challenge*

## Day 25

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"You have to expect things of yourself  
before you can do them."  
- Michael Jordan*

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# THE HEART OF *Horsemanship Challenge*

## Day 26

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

QUOTE OF THE DAY:

*"Respect is one of the greatest expressions of love."  
- Don Miguel Ruiz*

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## Day 27

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"I've often said there is nothing better for the inside of the man, than the outside of the horse."*

*- Ronald Reagan*

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## Day 28

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"The secret in riding is to do few things right.  
The more one does, the less one succeeds. The less  
one does, the more one succeeds."*

*- Nuno Oliveira*

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## Day 29

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"The horse is a mirror. It goes deep into the body. When I see your horse I see you too. It shows me everything you are, everything about the horse."*

*- Ray Hun*

Share your Challenge journey and photos using #heartofhorsemanshipchallenge and your experience in the Heart of Horsemanship Challenge Facebook group!

# THE HEART OF *Horsemanship Challenge*

## Day 30

- ☐ I am grateful for...
  
- ☐ My intention for being with my horse today is....
  
- ☐ I spent at least 45 minutes with my horse today!
- ☐ I exercised for at least 45 minutes today!
- ☐ I drank 1 gallon of water!
- ☐ I stuck to the diet that I chose for myself!  
(Including no caffeine after 10am, no cheat meals, alcohol or soft drinks)
- ☐ I read 10 pages of non-fiction!
- ☐ I took a progress picture of myself and of my horse today!
- ☐ Some thoughts that I have about the time spent with my horse today and areas I want to focus on tomorrow are...

### QUOTE OF THE DAY:

*"The horse draws us closer to God while God draws us closer to the horse. For that I am thankful."  
- Colton Woods*

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