

GUIDELINES FOR SETTING GOALS

GOAL SETTING IS A PROCESS. THE MORE YOU DO IT, THE BETTER YOU'LL GET AT IT!

EACH OF YOUR GOALS SHOULD CONTAIN BOTH AN INTENTION AND A MEASURABLE RESULT.

WRITE GOALS IN WHOLE, COMPLETE SENTENCES.

STATE YOUR GOALS IN THE PRESENT OR PAST TENSE.

REFRAIN FROM PLANNING WHILE YOU'RE GOAL SETTING. STRATEGIES AND ACTION STEPS COME LATER.

YOUR GOALS SHOULD MAKE YOU FEEL EXCITED AND NERVOUS. THEY SHOULD BE JUST OUTSIDE YOUR COMFORT ZONE.

MAKE GOALS SIMPLE AND DISTINCT AND USE POWERFUL DESCRIPTIVE WORDS THAT ARE MOTIVATING.

KEEP GOALS TO BETWEEN ONE AND FOUR SENTENCES.

AVOID USING WORDS LIKE "LOSE", "GAIN", "MORE" AND "BETTER" WHICH REFER TO A CURRENT OR PAST STATE.

ONCE THEY'RE WRITTEN DOWN, PLACE YOUR GOALS SOMEWHERE WHERE YOU WILL SEE THEM OFTEN.

BE WILLING TO CHANGE AND UPDATE YOUR GOALS AS NECESSARY. LIFE IS CHANGE!

SHARE YOUR GOALS WITH LIKE-MINDED PEOPLE WHO'LL SUPPORT AND UNDERSTAND YOU. DON'T SHARE THEM WITH EVERYONE.

IF YOU GET DISCOURAGED, LOOK AT YOUR STRATEGIES AND CHANGE THEM. EXPERIMENT!

SOME EXAMPLES OF GOALS + STRATEGY + ACTION

Becky's goal- "By October 1st, I ride first level test 3 in a show and achieve a score of 63% or higher. I ride with confidence and we pull off a fluid, harmonious test. I stay present and enjoy my horse."

Strategies:

1. I take weekly lessons.
2. I ride off property once per week.
3. I do 10 minutes of mental rehearsal daily.

Actions:

1. I make arrangements to ride at a neighboring barn. (2/3)
2. I have a conversation about my goal with my trainer. (1/26)
3. I send in my show entry. (3/2)

Benchmarks:

1. My trainer agrees I consistently ride smooth, accurate transitions.
2. I can ride through First level test one from memory at home.
3. I ride away from home with confidence and without losing my cookies.

Sarah's Goal- "By May 31st, I ride in the arena on my own (w, t, c) and stay below a 1 or 2 fear level. My horse stays focused and relaxed. I feel a sense of confidence and independence that will allow me to progress in my training."

Strategies:


1. I practice splitting from stall to mounting block every ride until I can mount and walk off smoothly with no anxiety.
2. I spend 10 minutes per day on mental rehearsal.
3. I hire my instructor to ride my horse once per week to build his confidence.

Actions:

1. I have a conversation with my trainer about my goal and strategy. (2/2)
2. I sign up for yoga classes. (2/10)

Benchmarks:

1. I mount independently with staying below a 1 or 2 fear level.
2. I complete a 30-minute ride at walk and trot in a lesson staying below a 1 or 2 fear level.
3. I perform canter-trot transitions in a lesson staying below a 1 or 2 fear level.



Candace's Goal- "We qualify for the USEF Festival of Champions by July 30th. I feel a huge sense of accomplishment having developed my horse myself from training to grand prix and gain exposure and experience competing at CDIs. The Olympics become a real possibility!"

Strategies:

1. I work out 3 days per week.
2. I practice focus skills 3-4 times per week.
3. I limit riding sales horses to 4 per day.

Actions:

1. Complete application of intent. (5/1)
2. Complete CDI entries. (2/3, 3/10)
3. Join the gym. (1/20)

Benchmarks:

1. We score a 70% by 5/31.
2. We do clean lines of changes fluidly without tension in 3 consecutive tests.
4. My staff runs things smoothly with no major crises while I am competing in CA.