

Why Set Goals?



IMPROVED PERFORMANCE!

Goal Setting Guidelines

Setting Goals	Achieving Goals
Get professional guidance	Evaluate progress regularly
Write goals down	Get professional feedback
Write "S.M.A.R.T." Goals	Be flexible
Phrase goals in the positive	Focus on process, not result
Set goals with personal value	Maintain awareness
Set goals you can visualize	Know your resources
	Have an action plan
	Visualize goals
	Keep a goals journal

S.M.A.R.T. Goal Setting Technique

S. Specific

M. Measurable

A. Action oriented

R. Realistic

T. Time and Resource constrained

Review Progress Regularly

Short-Term Goals	Current Rating	6 mo goal	Month 1	Month 2	Month 3
Goal: Ride an accurate 20 meter circle	3	8	5		
Goal: Ride a straight center line with straight halt	2	7	4		
Goal: Ride the complete Training Level Test 2	3	6	4		

Goal Setting: Why do I Ride?

- First, understand your motivation for riding. I.e. “I love horses”
- Next ask “When I get up in the morning and think about my horse what do I love doing with him?”
- Take 10 minutes and write down everything you love or would love to do. Dream big. Do not censor your thoughts! Be creative.

Developing an Overall Plan

