

## Dressage Goal Setting Worksheet:

The goal of this assessment is to help you identify areas that you can improve and set some goals in your riding. This serves as an opportunity for self-reflection on your riding and your relationship to your riding and your horse. If you don't have a horse, then just answer the questions in general about your riding. It's ok to be unsatisfied with some of your answers. That is why we are doing this! It is an indication to focus on that area and set some goals. Improvement and change is hard and takes time so don't get discouraged and persist in your journey to the next level of potential and performance!

### Categories:

(1=Low Agreement, 10=I'm amazing!)

#### Mission

I have a clear plan and goals with my horses and my riding. I know my strengths and weaknesses and I have an idea for how to work through these things. When I look back to a year ago, I have made progress in my riding,

1      2      3      4      5      6      7      8      9      10

#### Learning

I have good teachers and mentors that I can ask for help and guidance from with my horse. If I run into a problem I have resources to help me and my horse understand. I feel like I am making progress (it can be slow) and that me and my horse understand the training.

1      2      3      4      5      6      7      8      9      10

#### Health

I take care of my own health and fitness. I am fit and healthy and take care of my physical and emotional health so that I feel energetic and strong everyday. I eat well, sleep well, and exercise so that I can ride and take care of my horse.

1      2      3      4      5      6      7      8      9      10

#### Friends

I have a good group of friends that encourage and support me on my horse journey. I know that I have support and encouragement during the highs and lows of riding and training. I offer support and encouragement to others with their horse journey.

1      2      3      4      5      6      7      8      9      10

#### Horse Power

I have a horse that is suitable for me and my goals. I am not "over-mounted" with a horse that is too much for my skillset nor am I "under-mounted" with a horse that is not physically capable of doing what I want. I can ride the horse I have and can progress with this horse.

1      2      3      4      5      6      7      8      9      10

### **Symmetry**

I feel very symmetrical and even on my horse left and right. I have even contact on my left and my right rein and I am equally comfortable riding a left as a right hand circle. My horse move easily off of both my right and my left leg.

1 2 3 4 5 6 7 8 9 10

### **Confidence**

I feel confident handling my horse in new situations and on days when he/she is fresh. I have the tools and skills and enough of a relationship with my horse that I know I can work through these difficult situations. I can be independent in handling and riding my horse.

1 2 3 4 5 6 7 8 9 10

### **Financial**

I have the financial meant to support and enjoy my horse in the way I want. I work hard and budget to responsibly afford and care for my horse. I allow myself to responsibly enjoy the wealth I have built and invest in my riding and my horses.

1 2 3 4 5 6 7 8 9 10