



Dressage Goal Setting Worksheet Part 2!!

Once you have filled you the Dressage Goal Setting worksheet, it is time to create some goals and a vision for yourself in each category. Look forward to the year ahead and set your standards and hopes high for this year! Please answer these questions as they relate to your riding and your horse

Mission

In 12 months from now, I have a clear vision of what my riding will be like and how my horse will be going...

To achieve this mission, I need to stop....

To achieve this mission, I need to start...

I am setting the following goals and deadlines for myself to achieve this...

Learning

1 Year from now, I will have learned and mastered the following movements or concepts. ..

To learn these things, I need to stop...

To learn these things, I need to start...

To achieve this, I am going to set the following deadlines for myself...

Health

12 months from now I will have improved my health and fitness in the following ways...

To improve my health and fitness I need to stop....

To improve my health and fitness I need to start...

To achieve this, I am going to set the following deadlines for myself...

Friends

12 months from now, my friends and support community for my riding will help and encourage me by....

In order to create this supportive community I need to start...

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In order to create this community I need to stop....

One way that I can better support my friends and their riding is to start...

Horsepower

If the horse I have now is suitable for me and my goals, I will take care of my horse to preserve and prolong his health by....

If my horse is not suitable for me and my goals, I will take the following steps to get a horse that is suitable for me and my goals....

Symmetry

12 months from now I will have improved the symmetry of me and my horse by doing the following things...

I will work to improve my symmetry and evenness by doing the following exercises...

I will do the following exercises while riding to improve my horses symmetry...

Confidence

A year from now, I will be able to confidently do the following things with my horse...

I will work to gain this confidence by doing the following things...

I will seek help in gaining this confidence by....

Financial

12 months from now I will feel that my horse habit fits into my finance by...

In order to achieve this I need to start...

In order to achieve this I need to stop...