

# Examples of Dreams -

and how to set goals to reach them.

I Dream of my horse being a self loader in the trailer.

I Dream of riding my horse on a park trail, with confidence!

I Dream of passing my Level 3 in all 3 savvys.

I Dream of having a horse that runs to me when I call.

I Dream of feeling confident with my horse.

I Dream of trailering my horse to new places.

I Dream of my horse standing still to mount.

I Dream of cantering my horse....safely.

I Dream of riding in a Parade.

I Dream of my horse looking to me for leadership, in all situations.

I Dream of playing at liberty in a large field.

I Dream of passing my Level 1.

I Dream of riding bridless.

I Dream of training a young horse.

★ I Dream of riding a Flying Lead Change.

ANYTHING AND EVERYTHING IS POSSIBLE



Now look over this list, garnered from friends, posts, videos and more. Which ones interest you? Which ones excite you? Which ones freak you OUT?!? Which ones have you reached already? Which ones do you have no interest in? Which ones are you already writing down preparing to do?

Can you see how some of them are well defined and can easily be broken down into goals? And some are too vague?

For instance, *I Dream of feeling confident with my horse* needs to be further defined. What would confident look like? How would you feel and act if you were confident? How would your horse look and act and feel? The DREAM of feeling confident is great, but to make it attainable, we need to give it more substance.

*I Dream of being confident when my horse gets nervous in the outdoor arena when it's windy outside.* (And isn't that a wonderful Dream?) as evidenced by (here's the important part) His body language is calm, muscles relaxed, head down or lower, soft eyes, relaxed movement. My body relaxed, having the knowledge of what to do if he needs me to bring him to a confident state, patterns, movement changes, getting his mind back. With knowledge comes power. Learn what you need to do for your horse, practice it and you'll feel much more confident!



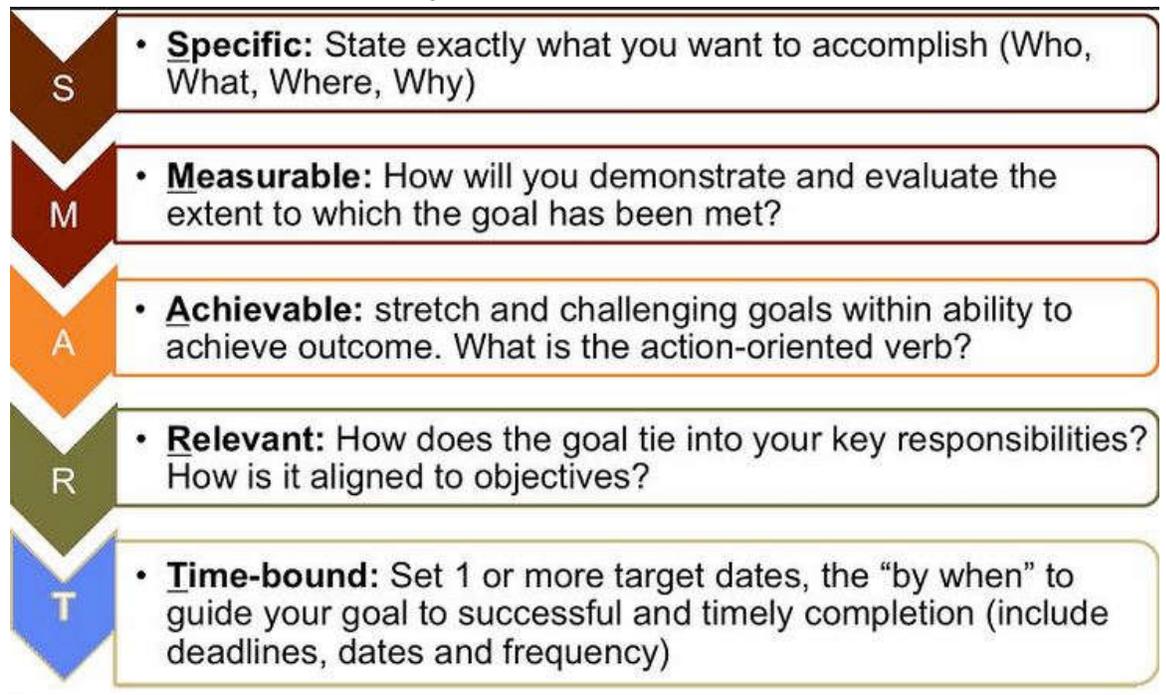
Now here's the place where you get to use those creative writing skills we all learned about in High School. Write the story of **Confident You and your Happy Horse** out in the arena on a windy day. Embellish it with lots of details, describe your facial expressions, your thoughts, your horse's posture, reactions and every little detail you can think of.... Be positive as you visualize and write. It's your DREAM!

Now as we all know, gaining your horse's trust and respect in one area often times flows into every other area of your relationship. So the confidence and trust gained in the outdoor arena on a windy day will help later with trailer loading, Farrier work, liberty and everything else. Bonus all around!

With a better definition of your Dream, now you can work on the goals necessary to make it a reality.

Apply the SMART technique from your Handouts.

Use positive statements that begin with -  
"I will..."  
"I can..."  
"I get to...."



## S - Specific/Significant -

- I will use every windy day to work toward my Goals.
- I can take my horse out to play, being very mindful of thresholds and always taking them into account.
- I get to play games for my horse to help him find calmness and trust. Referencing the Horse Plans from the Website.
- I will match my horse's energy and add 4 ounces.

## M - Measurable/Meaningful -

- Can I go closer to the arena - distance?
- Can we play for longer times?
- Is he exhibiting more signs of relaxation? (head lowered, slower movements, calm expression)
- Can we play at more difficult things as we progress?
- Do I feel comfortable as evidenced by: my heart rate, my expression, my mindfulness, my confidence.

## A - Attainable/Action Oriented

- I will do my Windy Arena Games first thing each playday
- I will have my lead/halter/stick ready and easy to find.
- I can practice simulations with friends acting as my horse
- I get to see the progress inch by inch and through the changes in my horse's body and expression and movement.

## R - Relevant/Rewarding

- My horse will gain confidence in me as I respect his thresholds.
- I will learn to read my horse's confidence through his expression and body language.
- I need my horse to be calm and connected when it is windy or when we are in the outdoor arena for both of us; for safety, trust and to have more fun.

## T - Time Bound/Trackable

- I can see how his thresholds are expanding in distance.
- I will use every windy day to achieve my goal.
- In a month I will have at least 10 opportunities.
- I'll write in my journal how, why, when and where of each of our sessions.



AND I will CELEBRATE long and loud when I feel the changes in myself and my horse!