

TIME for Goal Setting

TIME! Time! Time, time
timetimeeeeeee....
I need more time! Time is of
the essence! Time is flying!
Make Time!

I hear YOU!

So here's a QUICK Goal
Setting Activity. It won't take
much TIME, I promise.

Get a pen and a piece of paper



Write down 5 goals you'd like to accomplish in the next 12 months

Now, look at those goals and ask yourself this one question - say it out loud,

*"Which one goal, if I could accomplish it in the next 24 hours
would have the most POSITIVE IMPACT on my
horsemanship?"*

One goal will probably jump out at you.... put a circle around the goal.
Turn the page over and write THAT one goal at the top of the page.

**Make a plan and define the steps you can take
EVERYDAY that you are with your horse
to achieve that goal!**

(We'll have a few session on making plans and defining steps.)

Even if you don't have TIME to write down your plan and steps, just defining that most important
Horsemanship Goal will help you. It will become an earworm in your brain and you'll keep thinking
about it. It will simmer on the back burner of your thoughts and when you are ready to work on it,
you'll be surprised how it all makes more sense.

YOU will become SUCCESSFUL when you determine your major purpose, your number one goal,
and you work on it every day. Even 1% change is success and that will build and progress over time
to 100%!