



Clarifying Your Goals

Now it's time to dig in and figure out what is most important for you now. With all you want to feel or accomplish, and all there is to learn and practice in riding and horsemanship, where do you begin?

That's what we are going to figure out!

Think back to your [first worksheet](#) – where you listed out your dreams and goals.

1 Find the top three that you circled and write them here:

2 We want to make sure your goals are clear and specific, so let's practice. *Choose just one of your top three.*

Describe this goal in as much detail as possible.

(For example: "I want to feel connected to my horse" might become "I want my horse to walk up to me when I go in their pasture". Or "I want to ride in a dressage show" could become "I want to ride Intro Test A with a score over 60")

3 Look back at your wheel worksheet... where are the gaps... areas where you want to be better that are connected to this goal? You can use the subtopics listed on the wheel worksheet to clarify this further. These are your focus areas.

4 Now, we are going to narrow this down even more to just one area of focus. *Ask yourself, "which area, if improved, would positively affect all the others?"*