



Thank you for your interest in our Equestrian Goal Planner. You've taken a first important step towards success! Do you find yourself getting overwhelmed trying to juggle priorities, or pulled in too many different directions to be able to do your best? Exhausting isn't it! You're not alone. Trying to 'do it all' usually leads to giving up. Don't worry, help is at hand. This resource has been specifically designed to: enable you to identify your goals; show you how to break those goals down into smaller (more manageable) goals; and assist you in effectively channeling your energy in order to achieve them. Take a moment to ponder what you are capable of when you dare to dream, and how far you've already come. Sometimes all it takes is a different perspective! So, with that in mind, here are a few tips on how to use this planner to continue making your dreams a reality. Remember, this is based on what works for me. We are all different. Go ahead and tweak this to fit in with whatever YOU need to support you on your quest.

'Even the longest journey begins with a single step', Lao Tzu.

### **Divide and Conquer!**

Precision can be key: take time to assess the actions that you want to take to achieve your goals. Don't be afraid to think out of the box too! In this guide are two separate goal sections, one for your horse and one for you. You can work on both of these at the same time or separately. Sounds mad? In my experience of using our Equisimulator, you can often get excellent results from separating the rider from the horse (temporarily). Think about it, in the case of an imbalance (for example) one incorrectly balanced member of the partnership can influence the other and cause mirroring. This can quickly become a habit and there can easily come a point when it's no longer clear where the issue started in the first place. This makes it much harder to rectify. By working separately, however, it's easier to address the individual problems, leading to a more harmonious partnership between horse and rider.

### **Think Outside the Box!**

We've just mentioned how you don't actually have to be riding in order to improve. So, what can you do? Visualisation is a fabulous tool and there are lots of books and online resources that you can access to give more specific information on this type of approach. Try sitting upright on a bar stool or on an inflatable exercise ball and run through your ride - fire up some mind to muscle memories. Another good exercise is to sit as you would in the saddle and run through an assessment: e.g. if you were a bag of water where would your weight be spread? Is it even? Is there more across one side of your pelvis than the other? If your shoulders were weigh-scales are they even? Where are they in relation to your hip bones? Etc. Whatever you can assess, you can monitor; and what you can monitor, you can improve!

### **Don't Forget to Look Up Stretches and Exercises to Help You!**

These don't have to be equestrian specific to target a relevant need. For instance: if your instructor is always yelling at you to 'keep your shoulders back' consider whether or not you need to strengthen the muscles across your back or your shoulders; or maybe gently stretch out your chest before you ride to better hold the form? It's not just your horse that needs to warm up! Taking a little time researching appropriate exercise regimes can be very valuable. Remember to start gently, it's much better to increase the intensity of an exercise over time than to have to take time out to heal from over doing something - the same goes for horses! I have added a space on your goal overview pages for you to include some staple exercises for you and your horse targeted towards helping you achieve your goal. Please note - it is better to complete less repetitions of an exercise and maintain good form than it is to do too many repetitions that aren't quite right (and end up committing that to memory). Try to come up with a couple of variations to keep things fresh for you both. If either of you start to struggle, take a break and try again on a different day. Goal planning means playing the long game (with small but accurate steps).

In-hand work can be very rewarding. Apart from being fabulous for bonding with your horse, it can make a welcome change of routine (plus you can see what your horse is doing and compare that with how it feels). If you are looking for some guidance, I highly recommend Heather Moffett's 'Online Classical Riding Academy'; any online classes by Thomas and Shana Ritter; Omar Rabia's book 'Cobs Can'; and also, Diana Waters 'Responsive Equine'.

# SURESTRIDE EQUESTRIAN GOAL

## PLANNER



## *Hints and tips Continued*

### **Buddy Up!**

The best way to do anything is to enlist some help! Your instructor/Trainer should be able to help you with your goals (although make sure they listen to your input too - it's YOUR journey). Or maybe enlist a friend to join you on your quest so you can keep each other on track. Getting someone to 'spot you' from the ground can also be a valuable resource, as they can make sure that you are on course and looking safe. Plus, if they know what to look for (and what you are working on) they may even be able to point out improvements you hadn't thought about. Recording videos regularly will allow you to measure your progress and spot any little things that you might be able to tweak. Similarly, you may see some little 'wins' that you might otherwise have missed. Don't forget to reflect on the journey and celebrate each step.

### **The Planner is Coming Up!**

Each page covers a month, but I have also included a large version of the calendar to record your sessions at the end (for those goals that take a little longer). There is an achievement chart on the last page and a main goal certificate. You might want to get someone to sign off on each marker, or add your own signature, anything to help you finalise in your mind that you have achieved it!

Your ultimate goal certificate is attached separately. If you are a Heather Moffett Saddle client and would like a hard copy certificate, email me a copy of your achievement chart and a photo of you and your horse completing the challenge and I will sign it and send you one free of charge!

I hope that this Goal Planner gives you the inspiration and practical guidance you have been searching for. Do also feel free to drop me a line if you have any questions, or even if you just want to say 'hi'. You are not alone!

*'A little progress each day adds up to BIG results' Satya Nani.*

# *You Got This!!*

# SURESTRIDE EQUESTRIAN GOAL PLANNER



The first part of setting yourself on a trajectory to achieve your goals is to firstly ascertain exactly what it is that you are aiming for, now whilst we often judge 'what good looks like' or what we should be aiming for based on what we might be told by others or what we might see others doing or achieving, it is my own personal wish to encourage you to also dig a little deeper into your own intuition and aspirations to really tailor this journey to you and to make it your own.

A great guide for goal setting is to use the S.M.A.R.T scale so create goals that are;  
SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT, TIMELY.

So lets take a quiet moment just to think about our equestrian journeys, the times we felt on top of the world and a true team with our horse, With this in mind decide on what your ultimate goal might be? what might be the goal that would enable you to feel that again? think on a goal and consider how it will make you feel achieving it? (you can use this exercise as a motivational tool at any point on your journey towards it)

MY ULTIMATE GOAL IS;

I REALLY WANT TO ACHIEVE THIS BECAUSE;

WHEN WE ACHIEVE IT I WILL FEEL;

## STEPS TO SUCCESS.

### TEAMWORK MAKES THE DREAM WORK!

With your ultimate goal in our minds let us consider what you might need to do to reach that goal, why are we not hitting this already? what does the gap between what you are doing now and what you wish to feel consist of? when have you felt that you could have improved something or not felt as confident in something as you might have liked, where there any reoccurring factors during the times you may have felt that you or your horse struggled a little and what could you address to strengthen and improve this and also to make things easier and more enjoyable for your horse. Based on this assessment add in 4 smaller targets for yourself and 4 'stepping stone targets' for your horse that will help you achieve your ultimate goal!

STEPPING STONE GOALS FOR YOU;

You could include goals based on area's of fitness, peace or clarity of mind, motivational goals (is there anything you feel you shy away from that you would like to face) and determination factors. - is there something that you would like to feel more confident with?

STEPPING STONE GOALS FOR YOUR HORSE;

You may wish to think about things that you would like to help your horse improve on such as flexibility, fitness, calmness or straightness, is there anything that you could do to help improve your horses enjoyment of their work? or is there an event that you would both like to work towards?

# ULTIMATE GOAL

*My Stepping Stone Goals*

*Stepping Stone Goals for my Horse*



**Goal 4**

**Goal 3**

**Goal 2**

**Goal 1**

*Here detail the overall goal and all the cross over benefits for the separate goals that you have set.*

The next part of creating your plan is to create a workable plan on what steps you need to take in order to work on each of these goals and consider a realistic timescale to aim for in order to complete them effectively

# PLANNING AND ACCOUNTABILITY

## STAY FOCUSED & REMEMBER WHAT YOU ARE WORKING TOWARDS!

Think about breaking this goal into steps, who can help you with those? (e.g. trainers, books and web resources, someone to spot you as you work) and also accountability can be key; who might you share your progress with? is there someone you could share your challenge timescale with etc?

GOAL 1 TRAINING STEPS;

STAPLE EXERCISE FOR YOU

STAPLE EXERCISE FOR YOUR HORSE

PROJECTED TIMESCALE

RESOURCES

ACCOUNTABILITY.

HOW YOU WILL APPRAISE WHEN YOU HAVE COMPLETED THIS GOAL?

HOW YOU MIGHT FEEL WHEN YOU HAVE COMPLETED THIS GOAL AND HOW WILL YOU REWARD YOURSELF AND YOUR HORSE?

Sun	Mon	Tue	Wed	Thu	Fri	Sat

HOW LONG WILL YOU SPEND EACH SESSION WORKING ON THIS GOAL?

CHECK IN ON THE CHART WHEN YOU WORK/PLAN TO WORK, YOU COULD USE A DIFFERENT COLOUR FOR YOUR PART OF THE GOAL AND FOR YOUR HORSES PART AND ADD IN A STAR/STICKER OR EMOJI WHEN YOU FEEL IMPROVEMENT.

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GOAL 2 TRAINING STEPS;

STAPLE EXERCISE FOR YOU

STAPLE EXERCISE FOR YOUR HORSE

PROJECTED TIMESCALE

RESCOURCES

ACCOUNTABILITY.

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GOAL 3 TRAINING STEPS;

STAPLE EXERCISE FOR YOU

STAPLE EXERCISE FOR YOUR HORSE

PROJECTED TIMESCALE

RESCOURCES

ACCOUNTABILITY.

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GOAL 4 TRAINING STEPS;

STAPLE EXERCISE FOR YOU

STAPLE EXERCISE FOR YOUR HORSE

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Goal .....  
Continued

# SURESTRIDE EQUESTRIAN GOAL PLANNER



Sun	Mon	Tue	Wed	Thu	Fri	Sat

## NOTES

A large, light beige, lined area for notes, resembling a spiral-bound notebook page with a torn left edge. It contains ten horizontal lines for writing.



Level 4 Goals

**COMPLETED!**

SIGNED:

DATED:



*Reflections*



Level 3 Goals

**COMPLETED!**

SIGNED:

DATED:



*Reflections*



Level 2 Goals

**COMPLETED!**

SIGNED:

DATED:



*Reflections*



Level 1 Goals

**COMPLETED!**

SIGNED:

DATED:



*Reflections*