



Goal Planner — hints & tips

TOOLS FOR YOUR JOURNEY

SURRESTRIDE EQUESTRIAN GOAL PLANNER- HINTS AND TIPS

Thank you for your interest in our Equestrian Goal Planner, we hope it helps you to identify your goals and break them down into smaller challenges and channel your energy effectively in order to achieve them, when we are all so keen to do the very best that we can it's easy to get overwhelmed or pulled into too many different directions and it can leave us feeling tired and drained which in turn can lead to giving up, and we all deserve to recognise how well we actually do, how far we have come and know the marvelous things that we can achieve when we channel our energy effectively - sometimes all it takes is a different perspective. So with this in mind here are a few tips on how I would personally use this planner, it is based on my own thoughts and methods so please feel free to tweak and adjust as needed to truly fit in with whatever you need to support you on your journey.

"Even the longest journey begins with a single step."

DIVIDE AND CONQUER!

I think that precision is the key here, take time to assess carefully the actions that you can take to achieve your goals and don't forget to think out of the box too! I have included two separate goal sections for both yourself and the horse, these can be worked on simultaneously however in my experience with using our Equisimulator, you can often obtain excellent results from separating the rider from the horse temporarily, for instance in the case of an imbalance for example, one incorrectly balanced member of the partnership can influence the other and cause mirroring it can then become a habit, there can come a point when it is no longer clear where the issue has originated and therefore harder to rectify but by working separately we can put measures in place to improve, in whichever way works better for the rider or horse individually creating a more harmonious partnership in return to each other.

THINK OUTSIDE OF THE BOX!

So we have just mentioned how you don't have to be riding to be improving - but what can you do? Well I believe that visualisation is a fabulous tool for the rider and there are lots of books and online resources that you can access to give more specific information on this type of approach (but if I can help you are welcome to drop me a line) you can sit upright on a bar stool or on an inflatable exercise ball and run through your ride and fire up some mind to muscle memories or another good exercise is to sit as you would in the saddle and run through an assessment, for example 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 weighed scales are they even? where are they in relation to your hip bones. Whatever you can assess you can monitor and you can improve!



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DON'T FORGET TO LOOK UP STRETCHES AND EXERCISES TO HELP YOU!

They don't have to be equestrian specific to target a relevant need - as you must know by now I do love an example! so for instance if your instructor is always yelling at you to 'keep your shoulders back' have you considered that you may need to strengthen the muscles across your back and shoulders and gently stretch those across your chest in order to better hold the form? for something like this a little time researching an appropriate exercise can be very valuable but please note that it is very important to warm up and start gently as it is much better to increase the intensity of an exercise over time than have to take time out to heal from over doing something - and the same goes for horses! I have added a space on your goal overview pages for you to research and include a staple exercise for you and your horse targeted towards helping you achieve your goal, Please note that it is better to complete less repetitions of an exercise and maintain good form than it is to try and do too many that aren't quite right (and thus commit that to memory) So try to come up with a couple of variations, complete them effectively or take a break and try on another occasion if you aren't happy that they are going quite as well as you had hoped. goal planning is a long game with small but accurate steps

IN HAND WORK CAN BE VERY REWARDING

as you can see what your horse is doing to compare with feel, it is also fabulous for bonding with your horse and can make a welcome change to routine, I can highly recommend Heather Moffett's Online Classical Riding Academy, Thomas and Shana Pittman's Open Behind Back (Coke Cuts) and also Diana Watson's Dressage Academy if you are looking for some inspiration

BUDDY UP!

the best way to do anything is to enlist some help? your instructor / Trainer will be able to help you with your goals (just make sure you have your input too as you gotta be able to own this! its YOUR journey) you could enlist a friend to undertake a challenge too so that you can keep each other on track and also getting someone to 'spot you' from the ground can be a very valuable resource as they can make sure that you are looking safe and on track but also if they know what to look for and what you are working on they may even be able to feedback to you an improvement that you may not realise by yourself! by asking someone to take some regular video's you can also use this to measure your progress and to spot any little things that you might be able to tweak and similar to some little things that you might have missed

THE PLANNER IS COMING UP!

each page covers a month but I will add 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 your ultimate goal certificate attached separately, you might like to get someone to sign off on each



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CONTINUE THE JOURNEY

marker of you might like to add your own signature to finalise this in your mind that you have achieved it! don't forget to reflect on the journey and celebrate each step, There is also a main goal certificate, you could again get this signed by whoever you choose to help you work through this planner however if you are a Heather Moffett Saddle client and would like a hard copy certificate please feel free to email a copy of your achievement chart and a photo of you and your horse completing the challenge and I will sign and send you a hard copy of the final certificate free of charge!