

Reflections and Projections: From 2013 to 2014

The questions below are designed to help you reflect on the past year, celebrate improvements and look toward the coming year's accomplishments.

Take 20-30 minutes to answer these questions. Consider what brings you joy and sense of accomplishment with your equine partner. Write it down, print it out for your own review. If you want to schedule an "Equestrian Planning and Goals Session" with me, contact me (Jane@FocusedRiding.com) to schedule our consultation session.



We will use this information in the scheduled coaching session as a guide to create SMART goals and a progressive training calendar, including shows, clinics and other events.

In 2013, with respect to my riding skills and experiences:

- 1) One improvement that I'm really happy about is:

- 2) One thing that I did with my horse that was really great was:

- 3) One thing that was stressful but helped me to learn was:

In 2014, with respect to my riding skills and experiences:

- 4) One skill I'd really like to improve this year is:

- 5) One thing I'd like to try this year is:

- 6) At the end of 2014, I'll feel a huge sense of accomplishment if: