



# 2020 Goal Setting Worksheet

## *The Miniature Horsemanship Way*

Putting your horse's health, happiness and well-being first to build a more rewarding relationship.

Let's start with a look back at the year that was! How did things go for you in 2019?

*(Click the space below each question to type, or print if you'd rather write than type!)*

Horse Health & Management: What part of your 2019 routine do you want to be sure and continue in 2020?

Relationship: What activity did your horse enjoy the most in 2019? What did you find the most enjoyable? What was the biggest improvement in your relationship with your horse?

Education: What were the most useful things you learned in 2019? What clinics, seminars or other learning opportunities did you attend in 2019?

Achievements: What did you teach your horse in 2019? What personal goals did you reach?

# 2020

Horse Health & Management: A healthy horse is going to be better able to learn and perform, and your horse's health depends on your knowledge of care and management practices. Check in below!

	I am happy with 2019.	I need to learn more.	New Plan to Implement
<a href="#">Feeding Program</a>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
<a href="#">Parasite Control</a>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
<a href="#">Vaccine Protocol</a>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Housing/Management	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Hoof Care	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

In what areas do you need to expand your knowledge to help you in your journey this year? What lessons, clinics, book, online courses, or research are you planning to implement?

When setting goals, it's important to focus on things you can control. Instead of setting a goal of "winning first place", try "improving my dressage scores", "practicing my grooming skills" or "learning a new skill".

Check back to your answers from page one. What did you find more enjoyable over the past year? What about your horse? Do the goals you chose above align with where you had the most fun? If not, maybe you might want to tweak, or even totally re-evaluate your goals. How can you incorporate the things you and your horse enjoy the most?

# Making a Plan

Choose areas of focus or educational goals for each month of the year – in winter months, you might add books you want to read, or topics to research, while in the summer training goals might be more easily accomplished. Include major events (clinics, shows, events) in the months they'll happen to help you plan.

Remember to be flexible – horses don't read the plan. When you're planning your year in advance, you might want to use if/then statements: if Skookums is getting really comfortable with his obstacle skills, then plan to enter halter obstacle at the show.

Revisit regularly. Things change. Your horses training and health, your finances, new interests, or even your own health, could all quickly throw a monkey wrench into your plans. Put a note into your calendar to pull out your goals and revisit quarterly, or even monthly, to make changes or help keep you motivated and on a positive track, even when things aren't going exactly as you planned. Just make a new plan!

- January**      Click or tap here to enter text.
- February**      Click or tap here to enter text.
- March**      Click or tap here to enter text.
- April**      Click or tap here to enter text.
- May**      Click or tap here to enter text.
- June**      Click or tap here to enter text.
- July**      Click or tap here to enter text.
- August**      Click or tap here to enter text.
- September**      Click or tap here to enter text.
- October**      Click or tap here to enter text.
- November**      Click or tap here to enter text.
- December**      Click or tap here to enter text.

It can be helpful to also schedule time each week to work towards your goals, to make sure it's a priority, but be sure to also schedule time off. You don't want to burn out, or cause your horse to lose their enthusiasm for their job. Our horse time is fun time!

One last question: Why do you have Miniature Horses? Write down some reasons below, and while you're learning, practicing, and reaching your goals in 2020, don't lose your why!

Click or tap here to enter text.