



# Goal Setting Guide

Tomorrow starts right now. Get to work!

## Turning Dreams into Goals

Time to turn your dreams into goals. Pick a few goals that you can achieve in the next year that will move you toward that dream life from page one. Want the horse of your dreams? Well what is holding you back?

Money? Okay...what is a goal for increasing your income in the next year?

Get a promotion? Sell your other horse? Start a business? There are so many ways to make a dream happen.

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## Be SMART

What next? Well dreams are air until turned into achievable goals. Sorry, but it's true!

For a goal to be a goal it has to follow the following criteria. Be SMART.

1. **It has to be Specific.** No "I want to do a training level show this year with my horse." You need to say "I will show at beginner novice with my horse at the Joyful Horse Equestrian Center in Happyland, USA at their April 15th show." See how that is different?
2. **It has to be Measurable.** It has to have a specific point. Saying "I want to get fit." isn't measurable. Saying "I will be able to run a 5k by June this year." is!
3. **It has to be Achievable.** "I want to ride in the 2021 Olympics" isn't achievable unless you're already on the list and if you're reading this goal guide...Hi! You're my hero! Keep on being awesome! Anyways... "I will show at the Regional Championships at level (whatever your level is) this year." is much more achievable.
4. **It has to be Relevant.** You have to REALLY TRULY want to do it. If it's not going to make a difference to you one way or the other, then it's not going to happen. You have to do the work after all! If you don't want it badly enough, it won't happen no matter how much goal setting you do!
5. **It has to be on a Timeline.** The goal needs a clear and specific completion date or you will let it drag on FOREVER!!! We all know about procrastination. This date needs to be firm and real. Even better if you give yourself consequences for failing (like donating to a cause you disagree with if you fail).



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Here goes nothing! Time to turn a goal into something that can really be done. When writing your goal, continue to review to ensure that it is following the SMART criteria! If you have gotten this far, feel happy in the knowledge that you're so much further than so many ever get. Congrats! This type of goal writing is going to be HUGE for your future. Set a SMART Goal for all goals you want to reach.

## SMART GOAL

My Goal Is:

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Why is this Goal Important?

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Potential Problems that might derail your goal (and how you might solve those):

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Goal Completion Date:

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Remember that while you want your goal to be SMART, you also need to be flexible. Problems can and will arise and your goal will only be met if you face those problems ready to find a solution and carry on. You can do it and you will do it, you just may need to make an adjustment.

What's next? Flip to the next page to make this goal actionable.

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You are so close now. Great work...seriously...you're a badass for getting this far. You will have the best life ever, "98 and 3/4 percent guaranteed." (that's some Dr. Seuss for you).

Now go make it happen. Goals require planning and action. What do you need to do to achieve your goal? If your goal is to ride in a particular show your action items might be: 1. Ride 4 days a week between now and show date. 2. Learn your tests by a certain date or go cross country schooling at event location. 3. Work on specific challenges - dominate those skinny jumps by working on them during your weekly lesson! 4. Clinic with so and so on this date. 5. Prepare equipment. 6. Enter Show...etc. Action Items should be broken down very specifically into a Plan. The more specific the better your chances are of getting it all done. Action Items are simply are a checklist plan towards your goal. Simple right?

## Take Action - The Plan

Action Item 1:

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Complete By:

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Action Item 2:

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Complete By:

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Action Item 3:

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Complete By:

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Action Item 4:

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Complete By:

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Action Item 5:

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Complete By:

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Not enough room for all your Action Items? Good! You're on the right track.

Grab another piece of paper and keep listing every action item you need to get you go your goal. Small goals may not need 6 action items. HUGE goals may need 100's. Scary? Sometimes. But breaking the goal down into little to-dos will make that mountain of a goal seem pretty attainable. Just close your eyes and imagine what it is going to feel like when you check off the last box on your action items...SOOOO GOOD!



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Feeling accomplished yet? You are well on your way to having the life you want rather than settling for random chaos thrown your way! Going forward though is up to you.

Print out sheet 3 and 4 for as many goals as you want, but you'll probably want to start with just a couple. To keep yourself on track it is easier to focus on one or two goals at a time.

Once you're momentum is flying on your goals, you can start working on other goals.

**Here's another tip:** break down your goals even further and for even more epic results.

Make monthly goals and action items. Make daily goals and action items.

Break your BIG goal into hundreds of little goals, and your chance of success just gets better.

Just think about it... Saying, "My goal is to compete in the Olympics" sounds too big and frankly, not achievable for most of us. Saying "This month I will work on shoulder in until it becomes second nature," is doable AND actionable (and there's no way you're getting to the Olympics without this basic)! Months of little goals can and will land you a much bigger goal down the road if planned out.

Smaller steps make it easier to stick with your goal. You can not scale that mountain in one leap, but you can with hundreds of small and consistent steps towards the top.

Less overwhelm and immediate rewards are the quickest way to the top!

Now take a moment to thank yourself for taking this step towards having the life you dream of.

Now get out there and start!

Rachel Masen - Goal Setter and Goal Achiever

Need some motivation or help? Questions? Just want to chat?

Email me! I'm here for you and I'm rooting for you!

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*Be that person that decided to*

*GO FOR IT ... and succeeded!*

