



# Equestrian Goal Setting Worksheet

Fill in your long term goals then talk to your riding instructor and come up with a strategy and list of short term goals to help you get there.

Name:

Start Date:

## Long Term Goals:

What goals do you hope to achieve in one year, two years or five years?

*Example: Compete in my first horse show, or buy my first horse*

Goal 1:		Date Achieved:
Goal 2:		Date Achieved:
Goal 3:		Date Achieved:

## Short Term (Monthly) Goals:

Talk to your trainer about skills you need to work on in order to meet your long term goals.

*Example: Learn how to halter and lead a horse by myself  
Work on trotting on the correct diagonal*

Month 1:		Date Achieved:
Month 2:		Date Achieved:
Month 3:		Date Achieved:
Month 4:		Date Achieved:



## Short Term (Monthly) Goals Continued...

Month 5:		Date Achieved:
Month 6:		Date Achieved:
Month 7:		Date Achieved:
Month 8:		Date Achieved:
Month 9:		Date Achieved:
Month 10:		Date Achieved:
Month 11:		Date Achieved:
Month 12:		Date Achieved:

**Notes:**

## Progress Journal: