



Dreaming Big

- 1 First, I want you to sit back, close your eyes for a moment, and think about why you started riding...
What did you dream of then, and what do you want now? What are your goals?

This may be accomplishments such as going on a long trail ride, riding on a beach, competing in a certain discipline, or it may be more feeling based – a connection with your horse, confidence in yourself, etc....

Perhaps there's a skill you want to learn or master: equine massage, learning to jump, or riding a great dressage test. Or maybe you dream of owning your own horse!

Whatever comes to mind, just write it down.

- 2 Now look at your list and pick the three goals that are most important to you now. The ones that stand out. They can be big or small, **but if you could only do three, which would they be?**

In the next exercise, we will start determining what is between where you are now and your riding goals and dreams!