**THE WHO, WHAT, WHEN, WHERE, WHY, AND HOW**

**OF YOUR GOALS FOR 2013**

Below is a list of factors involved in accomplishing a goal for this year.

These factors can act as building blocks to a strategy that will enable you to reach your goals.

On the back of this page, on another page, or on a word processor answer each of these question

according to the order in which they are asked. Don’t forget to go back and review all of the answers

to make sure they all coincide and support each other!

**WHAT** is a good goal for yourself for 2013? Think of a goal you would like to accomplish in your riding within one year’s time, and perhaps a few smaller that support the main goal. The main goal doesn’t need to be competition related, just something you would like to accomplish or obtain in your equestrian endeavors by the end of this year!

**WHY** is this goal good for you this year, and how might this goal help you meet a more long term goal? Is this goal specific, measureable, achievable, realistic, and time bound??

**WHEN** will you begin working on this goal? Often, the best time to initiate strategies is immediately, but there may be some obstacles to overcome before beginning to work on your goal. What might some of those obstacles be??

**WHERE** will you start? Are there any changes to your current routine that you need to implement in order to begin working towards this year end goal??

**HOW** will you reach this goal? What is in place for any obstacles you might encounter? How will you maintain a routine that will enable you to accomplish your yearend goal? Perhaps overcoming these obstacles is a matter of setting and meeting smaller, relational goals which build up to the completion of this year end goal. Finally, how will you recognize completion of your goal?