

# SETTING A PERFORMANCE GOAL FOR YOUR HORSE

Complete this worksheet after you watch the "Having Confidence in Your Horse's Performance" video.

## LOOKING BACK

Think back to something that was tough for you to learn. This can be something recent, or something you learned a long time ago that seems easy now, like reading or tying your shoe or riding a bicycle. Complete the table on the next page as best you can to remember how you learned this. Here's an example for inspiration.

### EXAMPLE:

<b>SKILL/ACTIVITY YOU LEARNED</b>
<i>Learning to safely saddle my horse and prepare to go horseback riding</i>
<b>What was your specific goal?</b>
<i>Safely put a saddle on a horse without the supervision of an adult to be able to compete in the horse show at the county fair.</i>
<b>What steps did you take to learn/improve?</b>
<ol style="list-style-type: none"><li><i>1. I attended a clinic on safe horse handling where I was taught how to safely saddle a horse.</i></li><li><i>2. I started by practicing saddling up my horse for a ride with the supervision of a mentor. After about 10 times with supervision my mentor gave me feedback that I was doing well on my own.</i></li><li><i>3. Next, I tried saddling a different horse with unfamiliar tack. I got frustrated with the difference in the horse's behavior and the unfamiliar tack. I asked my mentor to help me, and they told me it is normal to be frustrated and ask for additional help to work through it.</i></li><li><i>4. I went back home to my familiar horse and tack. I found that I had even more confidence when I put my own saddle on my horse as a result of the new challenging experience.</i></li><li><i>5. I had become confident in doing this independently. With my mentor's support, I decided to enter the county fair to show my horse. When we got to the fair, my horse and I were nervous and it was challenging to get it saddled. So I recalled the importance of having a growth mindset and making continuous progress at my small individual goals.</i></li><li><i>6. I was a lot better at saddling up my horse after putting about 12 hours into learning how to do it from all the practice I described.</i></li><li><i>7. I rode my horse in the county fair as my mentor encouraged me from the side of the arena. After the ride, my mentor and I discussed how my ride went, both the strengths I demonstrated and the areas for improvement.</i></li><li><i>8. When I got back home from the fair, I felt completely confident about saddling my own horse and had a new set of individual goals to focus on from the fair about improving my riding.</i></li><li><i>9. At the monthly 4-H meeting, I discussed my progress with my mentor so I could continue on my way to even more growth.</i></li></ol>
<b>When did you know you had reached your goal?</b>
<i>When I competed for the second time at the county fair.</i>
<b>How long did it take you to get to the point where you were confident that you reached the specific goal you had?</b>
<i>Hard to say, but probably around 15 or 20 hours of just practicing. It was helpful to learn what it takes to make a long term commitment to achieve something complicated.</i>
<b>When did you find it most frustrating to improve? How did you get past that point?</b>
<i>I got stuck when I needed to learn to use an unfamiliar horse and saddle. Asking for help was new to me, but my mentor showed me that doing that was really helpful. I learned that with getting extra help when I need it I can actually accomplish my goals faster than trying to do it alone.</i>

**HOW I LEARNED:**

<b>SKILL/ACTIVITY YOU LEARNED</b>
<b>What was your specific goal?</b>
<b>What steps did you take to learn/improve?</b>
<b>When did you know you had reached your goal?</b>
<b>How long did it take you to get to the point where you were confident that you reached the specific goal you had?</b>
<b>When did you find it most frustrating to improve? How did you get past that point?</b>

## LOOKING AHEAD

Now apply what you learned to set your next goal for your horse. Complete the table below to plan your progress. You can then show this to a family member or 4-H leader to help you meet this goal.

<b>WHAT IS YOUR NEXT GOAL FOR YOUR HORSE?</b>
<b>How will you know when your horse has achieved this goal?</b>
<b>What are the smaller steps involved in getting your horse to this goal?</b>
<b>As mentioned in the video, you should commit to spending at least 20 hours to achieve this goal. Don't give up before that! Where can you find time in your schedule for 20 hours of practice? Write down the specific dates and times.</b>
<b>How will you make sure to keep pushing forward even when you're frustrated? Think back to what you did for skills you learned in the past.</b>
<b>Who are some people who could serve as mentors or coaches in this process?</b>

What specific help do you need from your coach or mentor?

When and how will you reach out to this/these potential mentors/coaches?

How can you involve your family in helping reach this goal?