



My 2024 Riding Goals:

Your Name: _____

✓ *Dream Big* ✓ *Set Goals* ✓ *Take Action*

Your Horse's Name: _____

My B.H.A.G. (Big, Hairy, Audacious, Goal)

Key Results:

1. Consistency

2. Rider Position

3. The Basics


COLLECTION
STRAIGHTNESS
IMPULSION
CONNECTION
SUPPLENESS
RHYTHM

4. Exercises:

3 Exercises I do Well:

1. _____

2. _____

3. _____

3 Exercises I need to Master in 2024:

1. _____

2. _____

3. _____



5. Education:

6. Fitness:

7. Emotions & Mindset: List 3 good emotions you feel with your horse

1. _____
2. _____
3. _____

Failure Statement:

I _____ agree to accept failures along the way. Failure is data. I will learn from
(NAME)
it and move on. My failure will not define me.

Failure Plan:

Friendly reminder to join Strides With Amelia. I'm dedicated to helping you reach your 2024 riding goals. Enrollment ends 01/07/2024. **[Click here to join Strides.](#)**

Happy Riding!

Amelia