



My 2026 Riding Goals:

Your Name: _____

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

Your Horse's Name: _____

My Riding Dream:

My 2026 Riding Goals: (Specific, Measurable, Achievable, Realistic)

Goal #1:

I will...

Goal #2:

I will...

My Why:

These goals are important to me because...



How: The rest of Bootcamp is all about teaching you how to achieve your goals.

1. Rhythm and Balance:

a. Why is rhythm important?

b. What is your commitment to consistency?

2. Independent Seat:

a. What is the #1 thing you need to fix in your rider position in 2026?

b. What is your fitness commitment?



3. Connection:

a. What do you dream of feeling in the connection?

b. What do you need to improve your connection?

4. Thoroughness & Topline:

a. How is your horse's topline?

b. Why is thoroughness important to reaching your goals?



5. Emotions & Mindset: List 3 positive emotions you feel with your horse:

1. _____
2. _____
3. _____

6. Resources:

What resources do you need to reach your goals?

What could fast-track your results?

Who is your coach/ inspiration?

I am committed to my riding goals in 2026.

Signed: _____

Friendly reminder to join **Strides With Amelia**. I'm dedicated to helping you reach your 2026 riding goals. Enrollment ends 01/07/2026. [Click here to join Strides.](#)

Happy Riding!

- Amelia