



# My 2026 Riding Goals:

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

Your Name: \_\_\_\_\_

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