



BE SMART

Setting Goals with Your Horse

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EXTENSIONHORSES.ORG

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SPECIFIC: The first step toward specificity is to write down your goals.

A specific goal should answer these questions:

- What and why exactly do I want to achieve these goals?
- Who is involved?
- Where? (Identify a location)
- Which restrictions or limits are important to consider?

MEASURABLE: Measuring progress can help you stay on track, reach targets and get satisfaction when reaching a goal.

A measurable goal will usually answer questions such as:

- How much/many?
- How will I know when it is accomplished?
- Indicators should be quantifiable

ATTAINABLE: It is important that your goals are realistic and attainable.

An attainable goal will usually answer the question:

- How can the goal get accomplished?

RELEVANT: A goal that supports other goals would be considered a relevant goal.

A relevant goal can answer yes to these questions:

- Does this seem worthwhile?
- Is this the right time?
- Does this match our other efforts/needs?

TIME-BOUND: A deadline helps focus your efforts on completion of the goal on or before the due date.

A time-bound goal will usually answer the questions:

- When?
- What can I do six months from now?
- What can I do six weeks from now?
- What can I do today?

