



# GOAL SETTING WORKSHEET

## Welcome to your very own Horsey Mums Goal Setting Worksheet!

This worksheet will allow you to figure out (and write down!) what it is you'd ideally like your life and horsey dreams to look like - and then determine some basic steps as to how you can work towards achieving these goals.

And you have my complete permission to dream big! Dare to dream big! You never know what's possible, until you give it a shot 😊

Sarah  
Founder of the Horsey Mums Collective

### My Ultimate Dream With My Horse is...

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### The Steps I Need To Take To Get There...

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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## My 12 Month Target is...

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## My 12 Month Plan is...

Month	Goal To Achieve	Month	Goal To Achieve
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	

## My Ideal Daily & Weekly Schedule Would Look Like...

### Monday:

Morning	Afternoon

### Tuesday:

Morning	Afternoon



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## Wednesday:

Morning	Afternoon

## Thursday:

Morning	Afternoon

## Friday:

Morning	Afternoon

## Saturday:

Morning	Afternoon

## Sunday:

Morning	Afternoon

