



Set yourself goals this season and then go all out to achieve them




Have some lessons to keep progressing with your driving

Achieve your goals in 2019

In order to achieve your goals in 2019 and beyond, you'll need to do a little planning, says Sue Mart from Bennington. Here are some strategies to get you started and help you stay on track.

It's all too easy to put goals on hold and say 'I will start thinking about them tomorrow' but there's no time like the present, so why not get started right away? Grab a notepad and pen, draw yourself a chart similar to the ones on this page and then decide what driving goals you would like to achieve in the different time frames.

Here's an idea with some examples of the types of goals you might set yourself, plus we have included a smart goal map you can fill in to help you stay on track of your goals for 2019.



Smart Goal Map

Date: _____ Name: _____

My Goal is: _____

S	Make It Specific	What do you want to accomplish?
M	Make It Measurable	How will you know when you have accomplished your goal?
A	Make It Attainable	How can the goal be accomplished?
R	Make It Relevant	Is this goal worth working hard to accomplish? Explain
T	Make It Timely	By when will the goal be accomplished?

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MY GOALS	
What I want to accomplish By next week	I want to have my vehicle serviced and driving equipment up together ready for the season. My pony will be trimmed, had the relevant health checks and be ready to start fitness work. I will have completed a fitness/schooling plan for my pony and paid my membership subscriptions. All the closing dates for entries will be put in the diary.
In the next month	I will have completed three weeks of fitness work with my pony. I will have started flatwork schooling and driven through a couple of dressage tests that I plan to do this season. I will have had at least one lesson with my driving instructor.
In the next year	I'll have completed three novice pony classes with double clears in the cones and achieved a dressage score of 50. I'll be ready to step up to the next level.
In five years time	I'll be successfully competing in open classes and progressing to advanced level. I will have a good support team in place. My pony and I will have been included in the training programme for team GB. I will have bought a new carriage.
OBSTACLES AND STRATEGIES	
What obstacles might I have to overcome in order to achieve my goals?	Money. I need to budget for lessons, competitions and equipment. I have no surface to practise on, which means I will need to make time to box over to use a local arena once a week and mark out a dressage arena at home on grass, which I can use when the weather is dry. Juggling family life. Note to self to keep Sunday afternoons free to spend time with my husband and the children.
Things I will need in order to achieve my goals	Dedication. I need to practise in all weathers. Support from family and friends. Think of ways to get them involved and how I can make it fun for them. A sound pony. Regular check ups from my farrier, physio, harness fitter and dentist are essential, as well as good stable management and protecting him during turnout.
What I can begin doing tomorrow to work towards my goals?	Watch videos of top drivers on YouTube to gain inspiration. Read around the subject as much as possible. Strengthen my weaker areas, for example the dressage phase or competition nerves. Fill in my Smart Goal Map (see left).