

## Goal Setting Worksheet

Pick one health & fitness goal and that will help you improve your horse riding. It should be something you can accomplish this month. Your goal needs to be specific and measurable.

### Examples:

- ✓ This month I will not drink soda.
- ✓ By the end of this month, I will lose 10 pounds.
- ✓ I will consistently workout out 4 days a week for 30 minutes a day.

### Write your goal:

**See your goal. Visualize yourself at the end of the month  
having already hit your goal:**

# COWGIRL UP Fitness Challenge

**Feel your goal. How will it feel when you hit your goal?**

**Reason your goal. Why do you want to hit this goal? How bad do you want it?**

### **Success tips:**

- ✓ Schedule 10 minutes every day to write, see, feel and reason your goal.
- ✓ Find a quiet time and space in your home where you will not be disturbed.
- ✓ Journal about your goal everyday.

### **Additional Goal Setting Books:**

- With Winning In Mind** by Lanny Bassham
- Flight Plan: The Real Secret Of Success** by Brian Tracy

**Great job!**

- Now, go share your goal in the Cowgirl Up Fitness Community Facebook Group.