

# A Personal Note from Sherry:

## GOAL SETTING AND ACHIEVEMENT

Hello Horse Lovers,

During this time of year I am not only reminded of how many things I have to be thankful for I also reflect on the past year. Then I begin to set goals and make new plans for the coming year. Part of the planning involves a busy schedule you can see the new **2010 CAMP SCHEDULE** on my website. If you want to host a clinic in 2010 please let me know as I am sure this is going to be another very busy year, as last year was my busiest yet even though the economy was suppose to be so slow. However, it didn't seem to slow horse lover's activities that much, at least not in my world.

I have always been a big goal setter, a visionary, and builder. Being motivated to get things done has never been one of my weaker areas. On the other hand dreaming too big or biting off more than I can chew has happened occasionally. One of my big dreams for many years has been to have a place where horse lovers could come to enjoy their horses in a safe learning environment. This has certainly happened to a degree with the camps at Calamus Outfitters beautiful guest ranch in the sandhills. However they are getting busier and busier so that dates for me to lease the facilities are getting harder to come up with although not impossible. So to alleviate that little inconvenience I am putting in a cabin at my own place for the times that Calamus Outfitters may be full. Plus I will have a place for the apprentices and people coming to young horse handling classes to stay. I will also rent it out to folks who want to come enjoy a weekend trail ride either with their own horses or one of mine.

Having a small lodging facility here at my own place especially for you will be very advantageous. **Making this dream reality is the next step.** This will be a great addition to your experience here in the sandhills with me. I will still continue to have camps at Calamus Outfitters because they have the indoor arena etc. However, after the cabin is paid for in a couple of years, I plan to build my own indoor arena as well. One step at a time. This will take a lot of hard work and careful planning, but I am not afraid of a little hard work or risk.

Other goals for 2010 on the top of my list are a brand **new revamped website, another book and making some DVD's**. The website is currently under construction: [Click Here to View](#)). *The only pages complete are the Home, About Us, Contact Us, and in the Product Link the page about my book.* **The book** is still in my head and I will begin to put it on paper after the holidays. The making of the **DVD's** will get started as soon as I get a videographer to help tape. These are all big projects and I may be biting off more than I can chew. But I also know that progress will not happen unless I have the vision. Setting big goals is easy, the plan to activate them isn't even too hard, but rolling up your sleeves to actually get the job done can be challenging and down right hard work. However, I know that I am up for the challenge, I love to work, and I am motivated to face any obstacles to achieve these dreams with a positive attitude using wise thinking and problem solving strategies.

The last piece of goal setting that I feel is important is setting some kind of projected completion date. If we leave this last piece out we often never get around to living our dreams. Oh and don't forget BELIEVE! Believe in yourself, and surround your self with the right people to support your dream and you may be surprised at what you can achieve.

### **This is my schedule for the rest of 2009**

I will still be taking private lessons at my house or in Omaha and Lincoln as normal.

**Dec. 6** Open House Christmas Party at Sherry's in Burwell

**Dec. 11-12** Omaha Private Lessons (*nearly full, so call now to reserve a time*)

**Dec. 13** Horsemanship Clinic at BKT in Lincoln 10:00-4:00 only \$100  
Plus private lessons after the clinic

**Dec. 14** Private Lessons in Lincoln (*nearly full, so call now to reserve a time*)

Remember **Goal Setting** is important if you want to **LIVE YOUR DREAMS**.

1. **Write the dreams down.**
2. **Set some goals to help you achieve those dreams**
3. **Make plans that will put the goals in action.**
4. **Develop a time frame.**
5. **Surround yourself with the right support people.**
6. **Work Hard, don't give up.**
7. **BELIEVE!**

*Until next time,*

*Sherry Jarvis*

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**"You have got to discover you, what you do, and trust it." -- Barbra Streisand**

**"Always bear in mind that your own resolution to succeed is more important than any one thing." -- Abraham Lincoln**

**"A man must make his opportunity, as oft as find it." -- Francis Bacon**

**"A successful man is one who can lay a firm foundation with the bricks that others throw at him." -- David Brinkley**

## ***Student Testimonies working with Sherry:***

***From Lori in Florida: Living her DREAMS:***

When I returned home, it was quite challenging to readjust and catch up with daily life here. During quiet moments, I often thought about my NE experience. I practiced some of the techniques you and Cisco taught me with the pups. Jet is responding well to using the leash like we used the lead rope. He is also responding to the approach and retreat exercise re: some of his fears. I used life up, life down a smidge this morning on our walk when crossing big streets. I've thought about the horseanality chart as it pertains to the dogs.

Thinking about your book brings me back to thinking about how much I admire what you have accomplished. Really, it's more than that. **You inspired me to think that maybe my dream could be manifested.** Then...

Twelve days ago, I had a class at UM with the group that granted my program 5,000 for kitchen equipment last year. Unfortunately, only 3 committee members showed, plus my dad. We had about 6 staff, so, the class was fun. The next morning, at 8:30, one of the men from class called me. He apologized for not knowing my last name until the emails flew around the afternoon after class. Turns out, he and my ex grew up on the same street. We met a while back and he goes

to my temple. I thought I had recognized his last name, but, since, I am often so bad with names and faces, I didn't say anything. We chatted for a bit and seemed to hit it off. Meanwhile, I was running late for work (9 a.m.). He told me that he thought I did a really good job and had I ever thought of "doing" something bigger? I told him briefly I dearly wanted to, but, didn't know how to put the pieces together. He said he would like to meet the following week and talk about it. I sent him my schedule as promised and he didn't really respond. I decided the following Tuesday, to call him. Turned out, he didn't get my email, so, resent. Long story short, we've been talking, meeting, emailing, and within 12 days we decided to work together. He gets me and my thinking. I am looking forward to working with him. We officially start tomorrow after my "day job". I'm so excited. **I feel hopeful that I am beginning a new chapter of my journey.**

And, Sherry, it is **REALLY all because of your website** which I found this summer, which led me to your clinic, meeting you, working with the horses, etc... **Thank you seems too small... and yet, it feels like the true words to say.**

I'll keep you posted. Lori

***From Michele setting goals of getting in shape again to be a better rider.***

Sherry, thank you again for the lesson on Sat. It was totally eye-opening. Total clarity. How refreshing and innovative! You are always evolving to find creative ways to teach your students and your enthusiasm is contagious.

I was so inspired by the Horse YOGA lesson that I have purchased a Beginner Yoga DVD. It is instructed by Rodney Yee. I even got Doug to participate with me! We did the poses instruction and then did a 15 minute evening instruction and we plan on doing the A.M. instruction each morning. We both feel so much better and even Doug said that he didn't realize he had as much tightness in certain areas of his body.

I also started this week walking on my cobwebbed treadmill for 20 min. 3X. I figure I can't expect Shelby to be the athlete and not me. Never thought a horse would motivate me so much, or an instructor. Thanks for the inspiration!!!

Michele

["We shall take great care not to annoy the horse and spoil his friendly charm for it is like the scent of a blossom – once lost it will never return." Pluvinel](#)

## The Feature Article:

# Creating Lesson Plans and A Time Line

## (To Ensure Positive Progress for your Horsemanship Journey)

Can you hear the fading sounds of the clock of 2009? It is nearly over. Can you believe it? You will be reminded as you flip the calendar page over to **December** that the year is about to close out. You may be thinking, "*Oh darn, I didn't do all that I wanted to do with my horse this year.*" Or "*Oh Yea, I got so much accomplished with my horse this year, what will I do next year?*" I guess it all depends on how you see things. Do you see the glass half full or half empty? Either way the fading out of an old year can be exciting because it means you can create new visions for next year. It can be like having a new start every 365 days no matter what happened the past 364 days.

Before your busy life becomes even busier with the advancing pressure system known as the holiday season, it's time to begin thinking about and planning what will be going on in your horse journey in 2010. You may want to ease into the planning process by joining our yahoo chat

group. I am giving weekly lesson plans for the people on the group to follow. Then they are reporting back about their experiences and progress.

There is a progression which will be meaningful and the activities will build each week. We are going to be doing this project together throughout the winter. This is only our second week so you can still catch up with us. The lessons are short 20 minute sessions so even the busiest person can get the activity done at least once during a week. I will even be giving the kinds of activities that you can do when the ground is frozen with ice and it is not safe to ride. I won't give away my secrets here; you will have to join to get these creative ideas.

Lesson plans are a great way to ensure your progress and you will be surprised how much quicker it will go when you have a plan. So if you have a hard time coming up with plans, we can help!

Another good way to **create a vision** for the new year and ensure achievement of your goals is to use a wall calendar. I do a date projection for my yearly goals every December, actually I did it in November this year. I identify and mark important dates on this calendar like:

1. Vacations (Why not plan yours at one of our Camps this year!)
2. Days Off
3. Horse Shows/Trail Rides
4. Clinics away that I hold and that I will attend
5. Summer Camps at the ranch
6. Young Horse Training/Apprentice programs
7. Open houses, demonstrations, Expos, Fairs
8. Significant holidays/Birthdays/Anniversaries
9. Deadlines for specific projects. . . and any other significant dates

### **The benefits of planning for 2010 now are:**

- Events and key dates won't sneak up on you
- Enthusiasm for events and projects will build due to anticipation
- Dates won't be, oops, double-booked
- You will have plenty of time to focus on a project
- Your friends and family can plan ahead, too, and set aside the dates on their own calendars
- You will have a greater sense of control over your time and feel more relaxed as a result and that will create more progress and fun with your horse.

In less than an hour, you can get your horsemanship journey for 2010 off to a great start with lesson plans and a time line. If you do I'll bet your 2010 riding journey will be even better than it was in 2009.

Best Wishes and a Very Happy New Year to you!

Hope to see you on the trail in 2010.

Sincerely,

*Sherry Jarvis*

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