

Sample worksheet for “packing light” – adult hopes/wishes (support for using Tool #3)

A hope/wish in my backpack right now:

*I would like to have a therapy horse program that has a full herd of well-trained horses available for people to come and ride or interact with to improve their physical and mental health. I would like to work with a full team of professionals to create a safe space for health and participation in horse-related activities at anyone’s (no matter how diverse!) ability level.*

Why do I want to do this?

Top three reasons:	Selfish (hidden agenda) reasons:
<ol style="list-style-type: none"> <li>1. I like horses and I’d like to work with them full-time.</li> <li>2. I like people and I’d like to help those with barriers experience horses like I do.</li> <li>3. I think there is a need for this service in northern Saskatchewan and it could be a good fit for my interests and skills.</li> </ol>	<ol style="list-style-type: none"> <li>1. I want to have access to more horse-people and their wisdom.</li> <li>2. I want to work outside with horses rather than in buildings.</li> <li>3. I want a way to have cash flow that will support my horse habit and allow me to have more horses, and horse facilities.</li> <li>4. It would be so much fun!!</li> </ol>

Factors

God factors	Other People factors	Me factors
<ul style="list-style-type: none"> <li>• weather and available daylight</li> <li>• climate</li> <li>• time/space limitations</li> <li>• aging and energy and hidden health processes</li> <li>• the nature of horses and their ability to learn</li> <li>• laws of physics and economics and all that</li> </ul>	<ul style="list-style-type: none"> <li>• my income</li> <li>• costs of building</li> <li>• cost of horses, and horse-related expenses</li> <li>• needs of my family (for my time)</li> <li>• health care limitations (waitlists, etc.)</li> <li>• distance people are willing to travel</li> <li>• training/certification requirements</li> <li>• ability to build structures, fences, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• my own health, fitness</li> <li>• my own training level with horses</li> <li>• my ability to manage time to do daily, mundane or repetitive tasks</li> <li>• my ability to shift priorities as needs change in my family or job or other...</li> <li>• my emotional stability as a rider, therapist, co-worker, etc.</li> <li>• my interest in the goal</li> </ul>

Given these factors, what outcome could I work on with *no cooperation* from others (but which would statistically support progress toward my hope/wish if I did it)?

I would like to learn as much as possible from my own relationship with my horse, as well as continuing to safely and sustainably grow my skills, confidence, and emotional stability as a rider.

So, rephrasing hopes into outcomes (use Tool #2 for this)

Hopes and dreams and wishes....	Desired outcomes:	SMART-ready goal
<i>I would like to have a therapy horse program that has a full herd of well-trained horses available for people to come and ride or interact with to improve their physical and mental health. I would like to work with a full team of professionals to create a safe space for health and participation in horse-related activities at anyone's (no matter how diverse!) ability level.</i>	<i>I want to continue to grow my horse skills and use my own experience with my horse as a way to support my own mental and physical health (which needs support!).</i>	I will plan my life to include a weekly amount of "horse time" that is flexible, but will allow me to either relax mentally and emotionally with my horse, or to physically engage in learning new skills, each week. I will measure progress based on my subjective experience of shared relaxation with my horse, rather than external performance indicators. The <i>process</i> is the <i>destination</i> in this case.

How will carrying this one rock help my hope/wish happen?

It may not, but my hidden agenda says I like to be outside with horses, have fun, and at least enjoy the facilities I already have. So, I could meet those selfish desires right now. Also, the more I myself experience healing and therapy from my own horse, the more likely it is that I could share this experience authentically if other factors did allow it. And carrying all those other hopes/dreams is very heavy, given all the factors I can't control and which cause me to feel constantly thwarted, rather than grateful for what I can do. So I think this is probably going to be worth it to travel lighter for now!