



# Roadmap to Success: Actionable Steps for You and Your Students to Achieve Your 2024 Goals

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A new year is the time to reflect on aspirations and set meaningful goals for you and your students. Any good trainer knows that winning in competition takes preparation,

dedication, and perseverance. Achieving these objectives requires careful planning, determination, and consistent effort, and understanding your goals is the first step to-

ward achieving them. Now is the time to get laser-focused on your goals for 2024 and to communicate with your students your shared plans to achieve their hopes and dreams.

By delving deeper into what truly matters to you, you'll be able to develop a more realistic and achievable plan, but you need to get crystal-clear on what you want to achieve. If goals are vague, such as "I want to win" or "I just don't want to chip a fence," you're not planning for success. Furthermore, monitoring your progress and maintaining a suitable work-life balance can provide the motivation and stamina needed to persevere through challenges and achieve your objectives.

My work helping clients achieve balance in the eight aspects of what I call The Wheel of Life include Family, Fun and Happiness, Health, Purpose/Meaning, Lifelong Learning, Relationships, Finances, and Position in Life/Career can be found in my book “Figuring it Out,” available on my website, [laurakinghypnosis.com](http://laurakinghypnosis.com), and on Amazon. It’s an interactive guide with accompanying downloads to help you and your students achieve the kind of balance that seems elusive these days. In it, we’ll explore the principles and fundamental tenets of emotional intelligence as well as The Laws of the Universe and The Natural Laws of the Mind. Then, we’ll discover some tools to help along the way, including hypnosis and Neuro-Linguistic Programming (NLP). Finally, we’ll objectively note where you are on your path and create a roadmap to success.

As baseball great Yogi Berra said, “If you don’t know where you are going, you’ll end up someplace else,” so let’s start planning!

## Create a Clear Plan for Success

Although my book can help you achieve work/life balance, my advice within this article offers practical tips and advice to develop a thoughtful action plan for 2024 for both you and your students. Creating clear goals allows you to easily track your progress and stay motivated. To begin, consider organizing your goals with the **SMART** criteria, which stands for **Specific**, **Measurable**, **Achievable**, **Relevant**, and **Timebound**.

## Set Specific Goals

To effectively set and achieve your goals in 2024, it’s essential to make them **clear**, **specific**, and **measurable** by including a timeline and a level of competency you wish to achieve.

For example:

**Vague goal:** I want to show in the dressage ring.

**Clear goal:** I will compete in Third Level at my local dressage show in May.

It’s important to be honest with yourself when setting goals and choose objectives that challenge, but make the goals **achievable**. Establishing realistic goals will prevent disappointment and keep motivation high throughout 2024.

To check if your goal is realistic, ask yourself:

1. Do I have the necessary resources (time, skills and finances) to achieve this goal?
2. How does this goal align with my current life situation and responsibilities?

Reflecting on these questions can help you create a **balanced and achievable** set of objectives for 2024. Take advantage of personal strengths and allow for growth and development. Action starts with deciding there are things about your riding that you need to change. The pivotal moment is when that decision becomes action.

## Planning Your Path

To achieve your 2024 goals, it’s crucial to create a **detailed plan** that outlines the steps you’ll need to take. Begin by breaking down your goals into smaller, manageable objectives or milestones. *Divide and conquer* is the motto here. Next, prioritize your objectives based on their importance and identify dependencies, if any. Establish a timeline for each milestone. Consider using a table or a calendar to organize these objectives and work backward from the due date. Note all the small steps necessary to achieve your goal and create deadlines for each step. Finally, be specific with your actions. Instead of writing “Work on the flat,” try “Work on regulating length of stride every Tuesday, Thursday and Saturday.”

Remember:

*A goal without a plan is just a wish.*

– Antoine de Saint-Exupery

## Assess and Adjust

Plans aren’t set in stone. They should be adjustable as circumstances change. Regularly

review and evaluate your progress. If you hit a roadblock, don’t be afraid to recalibrate. Ask yourself:

1. What challenges did you face?
2. Are there any new opportunities?
3. Can you complete certain tasks more efficiently?

For example, if you initially scheduled a client for leg-yield practice twice a week but realize that her horse requires daily reinforcement, adjust the schedule to maximize learning.

Having a well-thought-out plan and being adaptable significantly increases the chances of achieving your 2024 goals.

## Developing Discipline

Developing discipline is essential for achieving your 2024 goals. The key to success is applying a consistent work ethic and persevering through difficulties, which will help you get closer to your desired results. Implementing the following strategies can help build a strong work ethic:

**Set daily work hours:** Establish a routine and stick to it *every day*, which can help improve productivity.

**Prioritize tasks:** Create a to-do list and rank tasks according to their importance, focusing on the most critical items first.

**Break tasks into manageable segments:** Dividing larger tasks into smaller, achievable parts can keep you motivated and better focused.

## Persevering Through Difficulties

Embracing challenges and persevering through them is an essential aspect of discipline. Here are a few ways to cultivate this trait:

**Maintain a positive attitude:** Adopting a *can-do* outlook helps you stay motivated even when facing obstacles. Listening to my

MP3s on a daily basis can have a major impact on your attitude and your goals. Two conscious affirmation and subliminal affirmation MP3s I suggest, “Equestrian Peak Performance Subliminal” and “Motivational Subliminal,” can be found at <https://www.laurakinghypnosis.com/product-category/subliminal>.

**Practice patience:** Remember that Rome wasn't built in a day.

**Learn from setbacks:** Turn hiccups into learning experiences.

In summary, developing discipline entails cultivating a consistent work ethic and persevering through difficulties.

## Monitor and Review Progress

Managing and evaluating progress toward your 2024 goals is crucial to ensure success. It's essential to track achievements, analyze obstacles, and celebrate success.

## Tracking Your Achievements

Creating a **visual representation** of your progress can increase motivation and give a clearer perspective on your accomplishments. Consider these options:

- **Progress tracker:** A simple table or spreadsheet to track your goals, actions, completion dates, and notes.
- **Goal calendar:** Mark off days or milestones achieved on a physical or digital calendar. How about a white board in the barn where you track your success? I find there is something so satisfying and motivating about placing a checkmark into a chart.
- **Goal journal:** Document your progress, thoughts, and experiences along your journey. Even small achievements will keep you motivated and serve as stepping stones toward your final goals.

## Analyzing Your Obstacles

Every path to success has obstacles, and it's essential to acknowledge their presence. Here's a method to tackle them effectively:

1. **Identify** the obstacle: Understand what's slowing down your progress.
2. **Determine** the cause: Figure out if it's something that can be changed or if it's outside your control.
3. **Stay flexible:** Sometimes, things don't go according to plan. It's crucial to be ready to adapt and find alternative ways to overcome challenges. A flexible mindset can help you navigate unforeseen obstacles and stay focused on the prize.
4. **Develop** a strategy: Brainstorm solutions to overcome the obstacle or minimize its impact.
5. **Implement** the strategy: Execute your plan and track its success.

Remember, obstacles aren't necessarily a negative aspect – they can lead to personal growth and valuable lessons. By continually monitoring your progress and addressing challenges, you'll steadily move closer to achieving your goals.

## Celebrate Success

It's important to celebrate success along the way. This can help boost motivation and maintain momentum. In this section, we'll explore a few quick ways to celebrate victories, big and small.

One way to celebrate success is to **treat yourself** for each milestone accomplished. Having a reward system in place will inspire a continued effort toward goal completion. Possible treats could be:

- A relaxing massage
- A new book
- An evening out with friends

Another effective approach is to **share your achievements** with others, be it your loved ones, colleagues, or peers via social media platforms. By sharing the progress, you'll receive encouragement and positive feedback, which can be highly motivating. Examples of sharing achievements might include:

- Posting a picture of a completed project
- Sharing a celebratory message with friends
- Updating your LinkedIn profile with new accomplishments

Last, remember to **reflect on and enjoy the journey**. Taking the time to recognize the effort, challenges, and growth experienced along the way is just as important as celebrating the end result. Celebrate your hard work and learning. You deserve it!

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**Laura King** is the Director and Founder of Summit Hypnosis and Wellness and is a Certified Hypnotist, NLP Practitioner, Life Coach, and Sports Performance Coach. Laura has written and published several books and workbooks, including “Power To Win” for equestrians and “Perfect Enough,” a guide to help you evaluate your perceptions and experiences around vital areas of your life.