



SYSTEMS for Barrel Racing Success

Systems are the plans, reminders, calendars, goals, lists, habits, rituals, practices, and more that provide structure to keep us on track toward our goals. Below I've shared some questions to serve as framework and guidance for establishing and benefitting from "systems" in your life.

- **Personal/Relationships**

- Who do I desire to BE? What do I desire to do & have?
- What learning, action steps or tools will I need?
- In what ways have I been challenged in this area?
- What type of SYSTEMS will help me stay on track?

- **Business/Career/Financial**

- Who do I desire to BE? What do I desire to do & have?
- What learning, action steps or tools will I need?
- In what ways have I been challenged in this area?
- What type of SYSTEMS will help me stay on track?

- **Horsemanship/Barrel Racing**

- Who do I desire to BE? What do I desire to do & have?
- What learning, action steps or tools will I need?
- In what ways have I been challenged in this area?
- What type of SYSTEMS will help me stay on track?

- **Household Maintenance/Tasks**

- Who do I desire to BE? What do I desire to do & have?
- What learning, action steps or tools will I need?
- In what ways have I been challenged in this area?
- What type of SYSTEMS will help me stay on track?

Be specific! Use another sheet of paper or notebook if necessary for brainstorming and planning. What **date** do you intend to have your systems developed and established?
Congratulations on taking a BIG step toward making your barrel racing dreams REALITY!