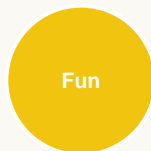




S.A.F.E.R. HORSEMANSHIP JOURNAL

Your Personal Pathway for a Safer and Successful Horsemanship Journey



www.SAFERHorsemanship.com

Safe • Achievable • Fun • Effective • Respectful



Name: _____

Horse: _____

Welcome to your S.A.F.E.R. Horsemanship Journal

Use this journal to record goals, lessons, breakthroughs, safety observations, show preparation, class notes, training plans and the small daily wins that build a stronger partnership with your horse.

My Focus

Safety • Awareness • Communication

My Promise

Lead clearly. Listen carefully. Stay kind.

Better horses. Better humans. Better together.



Horse Name

Favorite Things

Breed / Age

Things That Worry My Horse

Stress Signals I Notice

Confidence Builders

Our Partnership Goals

Care Notes / Vet / Farrier

Draw or paste a picture of your horse

Knowing your horse well is the first step toward safer communication.



Goal 1

What will help me accomplish this goal?

Goal 2

What will help me accomplish this goal?

Goal 3

What will help me accomplish this goal?

Clear goals create confident partnerships.



Monthly Goal 1

Small steps to reach it

Monthly Goal 2

Small steps to reach it

Monthly Goal 3

Small steps to reach it

One safety habit I will practice this month

Progress grows through patience, awareness and repetition.



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What needs improving:

My homework / next step:

Notes:

Notice the small wins. They become the foundation.



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Good notes help good habits stick.



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- Halter/lead
- Bridle
- Saddle
- Pad
- Girth/cinch
- Wraps/boots
- Treats/feed
- Water buckets

Rider Gear

- Helmet
- Boots
- Gloves
- Show clothes
- Rain jacket
- Water bottle
- Snacks
- Notebook

Safety + Paperwork

- First aid kit
- Coggins/health papers
- Emergency contacts
- Medications
- Phone charger
- Directions
- Entry forms
- Extra cash

Special notes for this event

Preparation supports confidence. Confidence supports safety.



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Make the plan simple enough to follow and safe enough to repeat.



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