Setting Goals

When you set training goals, it's important to be realistic. For example, if you're working on your dog's reactivity, achieving complete neutrality quickly might not be doable. Instead, focus on smaller goals like reducing reactions' intensity and improving recovery times after incidents.
Here are some top tips for setting effective training goals:

1. Aim for achievable targets to feel like you're making progress.
2. Break down goals into smaller milestones to celebrate successes throughout the year.
3. Keep a training log or use a colour-coded system to track progress.

These tips apply not only to reactivity training but also to simpler goals like teaching settle cues, preventing jumping on visitors, improving recall, loose-lead walking, and more.
When measuring training success, we often concentrate on big moments like a dog ignoring squirrels or staying calm around other dogs. But celebrating small successes is key:

- Remaining calmer in challenging environments
- Increased engagement and focus
- Ability to explore without fixating on triggers
- Not reacting to every dog
- Shorter pauses before reacting
- Lower-intensity reactions
- Quicker recovery after a reaction
- Maintaining loose-lead walking for longer
- Recalling from one dog before multiple
- Settling at home
- Increased confidence with new stimuli
- Relaxed behaviour around past fears like cars

While these successes may start small, they build up to bigger results. By focusing on these victories, you can enjoy the training journey more.

Long Term Goals

Short Term Goals

What I can do Right Now