

Obstacles	Activities	Enablers
<p><i>Routine – finding time to fit in extra practice</i></p> <p><i>Commit time to practice with training buddies</i></p> <p><i>Entering NW3 trials instead of hosting, judging or COing</i></p> <p><i>Time away from senior/ill dogs</i></p> <p><i>Time to travel to non-local trials (more 3 hr. drive)</i></p> <p><i>Funds for extra traveling expenses</i></p> <p><i>Time away from work – my NW classes & MM clients</i></p> <p><i>Weather (too hot/cold)</i></p>	<p><i>List all available trial entries on calendar (within driving range)</i></p> <p><i>Enter available NW3 trials and at least 2 ELTs ((LIC/LIV) for practice</i></p> <p><i>Work on NW3 Skills:</i> <i>Elevation</i> <i>Converging odor</i> <i>Larger search areas</i> <i>Blank areas</i> <i>Knowing when we're done</i> <i>Trapping odor</i></p> <p><i>Attend weekly NW class</i> <i>Train 2X outside of class weekly</i> <i>Add an extra drop-in class occasionally</i> <i>Practice in new places 2X month</i> <i>Coordinate practice with NW buddies</i></p> <p><i>Review trial or training video for insight on improvements</i></p> <p><i>Activity work Mental Management (visualize, preload, system, reload, directive affirmation, journaling)</i></p> <p><i>Attend Sniff & Go</i></p> <p><i>Attend Workshops (online or in person)</i></p> <p><i>Motivation exercises</i></p> <p><i>Build Reacher's endurance through longer searches, hiking, swimming, beach walks</i></p> <p><i>Begin more work later in year on Elite level hide challenges.</i></p>	<p><i>Wonderful husband that will watch the other dogs when I'm gone</i></p> <p><i>Funds budgeted for trialing and training</i></p> <p><i>Working on all aspects of Mental Management System consistently</i></p> <p><i>Watching online videos</i></p> <p><i>Listen to podcasts</i></p> <p><i>Attending class</i></p> <p><i>All I've learned over last 15 years as NW instructor, handler, host, CO, judge</i></p> <p><i>Recent purchase of dependable hybrid vehicle</i></p> <p><i>Environmentally and behaviorally sound dog who also travels and crates well</i></p>