

MINDSET

Worksheet

1 Make the decision today to fit in a few minutes of training with your dog every day. Start with committing to doing it for one week.

2 Every day write down 3 wins you had with your dog. These can be low key – don't worry about finding big wins every day. You might write:

- My dog sat with me for a while
- My dog has the most beautiful eyes
- I watched my dog sleeping and felt so much love for them.