

# Operation Freedom Paws

**VISION BOARD**

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**DAILY  
GOALS**

**WEEKLY  
GOALS**

**MONTHLY  
GOALS**

**PASSIONS  
VALUES & BELIEFS**

**HEALTH  
WELLNESS GOALS**

**AFFIRMATIONS  
QUOTES & MANTRAS**

Name/Service Dog

# Operation Freedom Paws

## VISION BOARD

### DAILY GOALS

Examples:

- Puppy Push-ups - 5x a day
- Watch Me - twice a day 10 sec hold
- Sit - practice before opening door
- Stand - practice putting on doggy jacket.
- Stay - Make sure to use hand gesture.
- Down - pull treat away from nose.
- Wait - test in the house and walk away.
- Off
- Heel
- Leave it
- Give lots of LOVE
- Learn something new about your SD

### WEEKLY GOALS

Focus on OFP class:  
 What is one goal you would like to achieve with your SD this week of training? How can you create a daily goal to compliment your weekly goal?

Write out your OFP training this week below.

Tuesday  
 730pm-900pm  
 focus on "watch me" 10sec hold without break.  
 maybe try a different treat or buy different treats this week for class. If my SD completes my weekly task we will go get a pup cup from Starbucks as our reward.

### MONTHLY GOALS

Be Realistic & Unrealistic:  
 What are a few goals you would like to accomplish with your SD, at home? after 3 weeks of training? at the store? event? community? Outdoors? Restaurants? etc..

Learn the basic commands and test myself twice a month, to see where I'm at.

### PASSIONS VALUES & BELIEFS

Whats something you are truly passionate about but let it go for a few years or stopped when you "grew up" ?

What's something you value or cherish?

Focus on things that bring joy, happiness, and laughter.

### HEALTH WELLNESS GOALS

I listed out a few things I've been thinking about working on about myself.

For example:  
 Stretch and re read my affirmations first thing in the morning, because I know if I don't focus on myself in the morning, I get distracted very easily.

Maybe do some puppy yoga afterwards with my SD.

"My service dog has an appointment 2/24 @ 2pm, make sure to set reminder in phone tonight. "

### AFFIRMATIONS QUOTES & MANTRAS

What are self empowering words, statements, quotes, something someone said, that motivates you?

What is something you tell yourself to change your mood or behavior?

If you don't have any that come to mind, set a new weekly goal to find one that you like.