



Welcome to the 30 Day Challenge

Please Read – This Will Help You Get the Most from the Month

First of all – welcome. Reading all of your introductions, one thing is very clear: **you are not alone here.**

This challenge is not about fixing dogs, pushing through fear, or “being more confident”. It’s about **understanding, regulation,** and building safety on both ends of the lead.



How This Challenge Works

We’ll be working on **three core areas**, every week:

The Handler

Your mindset, nervous system, confidence, and emotional load. Because reactive dogs don’t exist in isolation and when *you* feel safer, your dog has space to feel safer too.

The Dog

Understanding behaviour, thresholds, arousal, and practical skills that support calmer responses **without pressure.**

- No flooding.
- No forcing.
- No “just make them do it”.

Myth Busting

Challenging some of the most damaging beliefs in the dog training world that create guilt, shame, and unrealistic expectations, especially for reactive dog owners.



Weekly Flow

Each week follows the **same gentle structure** so you always know what to expect:

- **Monday – Handler Lesson**
A short lesson focused on *you* – your thoughts, emotions, and nervous system.

- **♦ Tuesday – Reflection Prompt**

A simple question or check-in to help you notice patterns and reflect. You're welcome to share, but there is **no pressure**.

- **♦ Wednesday – Dog Lesson**

A practical, understanding-based lesson about your dog's behaviour and emotional state.

- **♦ Thursday – Reflection Prompt**

Another low-pressure prompt to help you apply what you've learned.

- **♦ Friday – Myth Busting**

A short post challenging common advice or beliefs that often make things harder for reactive dogs and their people.

Weekends

There is **no homework** on weekends.

On **Sundays**, there will be a gentle check-in where you can share:

- a win (big or small),
- a moment that felt lighter,
- something you noticed,
- or simply that you showed up.

Progress here does not have to be loud.

A Few Important Things to Know

- You do not need to do everything
- You are not behind if you miss a post
- Distance, management, and rest are valid choices
- Your dog is not broken
- Neither are you

This is not a race. It's a reset.

How to Use This Group

- Read what you can
- Apply what feels safe
- Share when it helps
- Lurk when you need to
- Ask questions without fear of judgement

This is a **supportive space**, not a performance space.

Final Thought

If all this challenge did was help you feel:

- **less alone,**
- **more understood,**
- **and more compassionate toward yourself and your dog,**

then it's already working.

I'm really glad you're here 