

Goldilocks Zone

Not Too Easy. Not Too Hard. Just Challenging Enough.

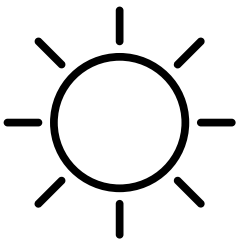
What is the Goldilocks Zone

Dogs learn best in the Goldilocks Zone, where training is challenging enough to create growth, but not so difficult that the dog becomes overwhelmed, stressed, or shuts down.

Think about working out in a gym. If the weight is too light, there is no growth.

If the weight is too heavy, you fail completely or get injured. Progress happens in the middle. The same applies to dog training.

TOO EASY = NO GROWTH



Dogs may:

- Depend on patterns
- Avoid learning problem-solving skills
- Plateau Progress

Examples:

- Practicing only in quiet environments
- Repeating easy skills constantly
- Rewarding without effort or engagement

TOO HARD = OVERLOAD



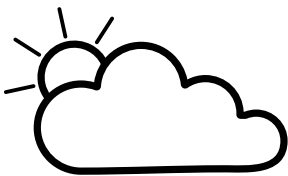
Dogs may:

- Shut down
- Become reactive or frustrated
- Fail repeatedly with no progress

Examples:

- Working too close to triggers
- Sessions that are too long
- Advancing too quickly
- Expecting too much too soon

The Goldilocks Zone



- Small amounts of struggle
- Manageable stress
- Structure and guidance
- Success mixed with failure
- Clear communication
- Opportunities to recover and try again

Your dog should look challenged – but still able to think, recover, and re-engage.