



# Accountability Planner

## Gratitudes

- Mon
- Tues
- Wed
- Thurs
- Fri
- Sat
- Sun

## Big Picture

What is my *Why*? Why is aging strong important to me?

Where do I want to head?

How does this contribute to my farm journey?



## August week of

What challenges lie ahead that could affect my goals?

How can I prepare for them?

## Health & Well Being Goals

Movement: \_\_\_\_\_

Nutrition: \_\_\_\_\_

Spirit: \_\_\_\_\_

Something I will do once this week for my mental health:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

**“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”**

— John Lubbock

## Reflections

What went well this week?

What did I learn?

What tweaks can I make next week?



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