

# Accountability **Planner**

### Gratitudes

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

#### **Big Picture**

What is my	Why? V	Vhy is ag	ging strong	important to me?

Where do I want to head?

How does this contribute to my farm journey?



## February week of

What challenges lie ahead that could affect my goals?

How can I prepare for them?

Health & Well Being Goals		Tues	Wed	Thurs	Fri	Sat	Sun
Movement:							
Nutrition:							
Spirit:							

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

#### Reflections

What went well this week?

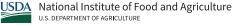
What did I learn?

What tweaks can I make next week?

"We have seasons when we flourish, and seasons when the leaves fall from us, revealing our bare bones."

Katherine May





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