



# 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?



## February 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

## 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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