



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?

December 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
Movement:							
Nutrition:							
Spirit:							

Reflections

What went well this week?

What did I learn?

What tweaks can I make next week?

“A holiday gives one a chance to look backward and forward, to reset oneself by an inner compass.”

– May Sarton



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