



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?

January 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?

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

– May Sarton



USDA National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE

This material is based upon work supported by USDA/NIFA under awards 2023-70027-40447 and 2021-49400-35641.