



# Accountability Planner

## Gratitudes

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

## Big Picture

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

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Where do I want to head?

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How does this contribute to my farm journey?

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*April week of*

What challenges lie ahead that could affect my goals?

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How can I prepare for them?

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## Health & Well Being Goals

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

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

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

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

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Movement:							
Nutrition:							
Spirit:							

## Reflections

What went well this week?

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What did I learn?

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What tweaks can I make next week?

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**“The beautiful spring came;  
and when Nature resumes  
her loveliness, the human  
soul is apt to revive also.”**

**— Harriet Ann Jacobs**



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