



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?



November 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?

“Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns.”

– George Eliot



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