



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?



September 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?

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

– John Lubbock



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