



<b>Farm Risk Management</b>	<b>Mindfulness</b>	<b>Health</b>	<b>Resiliency</b>	<b>Family</b>
My Farm has a business plan	I practice yoga on a regular basis	I take advantage of my annual / wellness check-ups	I have a strong family support network	My farm has a succession plan
My Farm has a plan if someone is injured	I enjoying taking walks to decompress	I review my health insurance plan on an annual basis	I am aware of local resources to address farm challenges	My family has discussions about farm finances
Farm equipment is maintained	I use deep breathing exercises to relax	A balanced meal is important to me.	I plan for fluctuations in crop production and income	I have a retirement plan
Crop Insurance is part of my risk management plan	I can recognize the signs and symptoms of stress	I carry my insurance card with me	I evaluate new opportunities to increase farm income	My family plans meal time together several times a week
I have a long term plan for my farm	I exercise several times a week	I ensure my health insurance meets the needs of my family	I have someone to talk to about difficult situations	I am aware of my family's medical history