

MAINTAIN PRODUCTIVITY AND WELLNESS WHILE AGING ON THE FARM - PART 1

Reflective Questions

WHAT DO YOU VALUE?

WHAT ACTIVITIES DO YOU ENGAGE IN ON A DAILY BASIS THAT ARE IMPORTANT TO YOU?

HOW WOULD YOU FEEL IF YOU COULDN'T ENGAGE IN THESE ACTIVITIES OR FULFILL VALUED ROLES?

BLUE ZONE STUDY LESSONS I WOULD LIKE TO IMPROVE UPON INCLUDE:

1.

2.

I WILL ACHIEVE THESE BY:

1.

2.

Blue zone study resource:

www.bluezones.com/2018/08/future-of-health-care-is-creating-environmental-change

