



Monthly goals

These are goals, not a to do list. They are here to help you decide what to prioritise this month, work, rest, relationships, or what matters to you.

Some goals will be met, some will change, and some will not, and that is ok too.



















**How's
it going?**

Check in on your own wellbeing using our online resource:
www.farmstrongscotland.org.uk/how-s-it-going