

## EXAMPLE Worksheet 1: My Holistic Goal

### Quality of Life

### Commitment or Forms of Production

<i>We have meaningful work with time for rest, travel, and adventure.</i>	<i>We produce healthy food for ourselves and for our community with effective, efficient, and easy-to-use time, materials, and people management practices.</i>
<i>We are financially secure and able to provide for our family's needs.</i>	<i>We manage a profitable farm business.</i>
<i>We have good communication.</i>	<i>We have the skills and resources we need to discuss difficult issues, give and receive challenging feedback, resolve differences, and clearly communicate.</i>
<i>We are healthy, and we live and work in a healthy environment.</i>	<i>We use production designs and management practices that cultivate a healthy farm ecosystem.</i>

### Future Resource Base

*We have strong, healthy, and active bodies and minds. We enjoy the respect, support, and love of our friends, family, customers, and community. We have health insurance, savings, and no debt. Our landscape is home to a diversity of managed and unmanaged habitats; has healthy soil, healthy energy flow, and a healthy water cycle; is self-reliant and easy to maintain; and contributes to the health of our community. Our community welcomes and celebrates a diversity of people and is home to healthy land and people who have the skills, attitudes, abilities, and resources needed to work together for the benefit of all.*