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Annex 3: WORKSHEET "What does Quality of Life mean to you? (From: A Planning Guide and Workbook for Ag Families. If necessary, use blanc pages to write your perceptions).

Questions to ask yourself	Your current perception
What does my farm mean to me?	
What does it mean for my wife and family?	
What is the story of this farm?	
How did it all start?	
How does the history of the farm influence me?	
What type of challenges or disability conditions do I have?	
How are these challenges/conditions affecting quality of my life?	
How sure am I to overcome the challenges	
What is a typical day on the farm?	
What do I like most about farming?	
What do I like least about farming?	
What do I value about being a farmer?	
How do I define quality of life?	
How does farming influence my quality of life?	
In good ways?	
In negative ways?	
How do I rate overall perception of quality of life?	
1= high; 2= good; 3= neutral; 4= low	
What will I need to maintain or improve my quality of life?	
Health (physical; mental; emotional)?	
Environmental (lay-out; tools; equipment; assistive modifications)	
Support (wife; family; neighbors; community; church)	