

# FARM LIFE - THE REALITIES



## WHAT KEEPS YOU AWAKE AT NIGHT?

The natural tendency of farmers is to avoid discussing difficult issues but the sooner these are discussed the better for all.

## WHY ARE YOU FARMING?

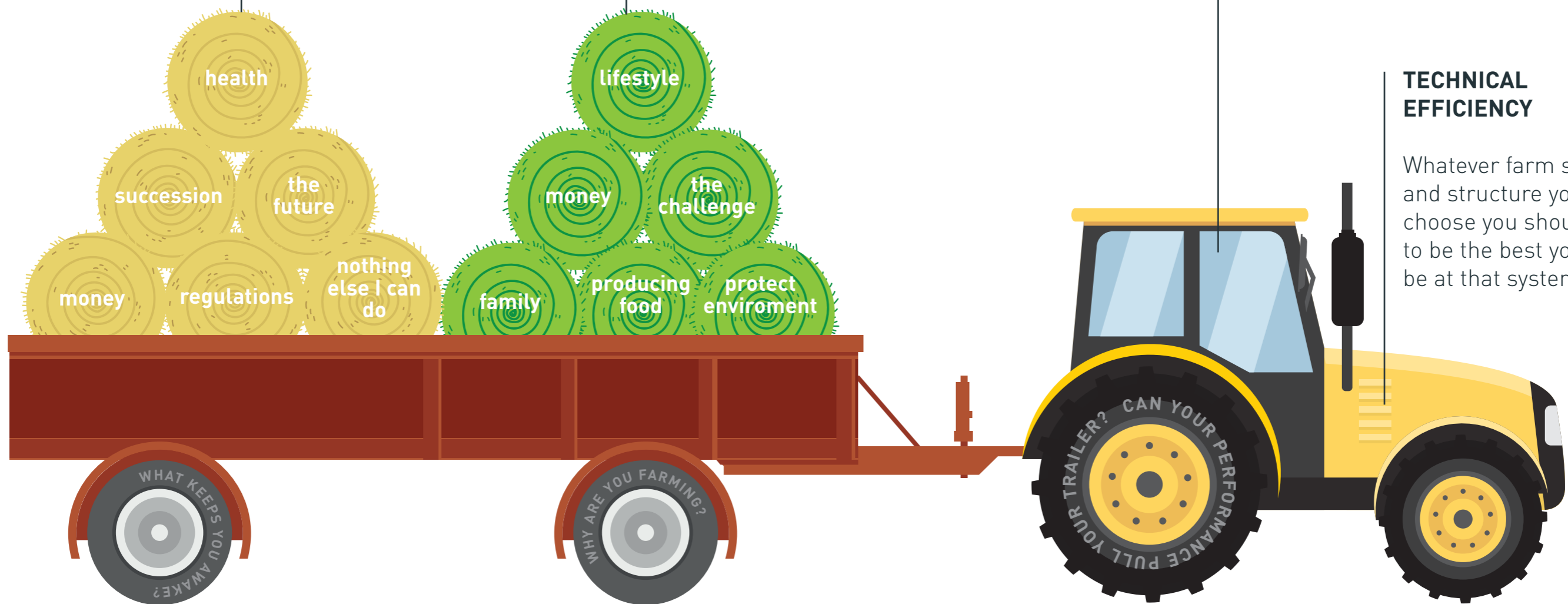
Being very clear on why you are farming reduces day to day stress and allows you to focus on being the best you can be.

## FORWARD PLANNING

Vitally important to plan ahead and have vision on where you want the farm business to head.

## TECHNICAL EFFICIENCY

Whatever farm system and structure you choose you should aim to be the best you can be at that system.



# THE TRACTOR WHEEL OF LIFE

- a quick way to check the pulse of your business



YOUR NAME: \_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_

## COMPLETE THE WHEEL:

1. Think about the spokes of the tractor wheel and the subject each spoke relates to.
2. Think about your everyday life at the current time for each of these subjects.
3. Give yourself a score for each subject and put an X on the spoke that corresponds with that score - 0 being the lowest score at the centre of the wheel and the outer edge of a spoke being 10, the highest score (important that your score is the first number that comes into your head not the score you think it should be).
4. When you have a score on each spoke draw a line from score to score to create a 'wheel' shape.
5. What shape is your wheel?

If you are happy in your day to day life and confident about the future then the shape of your wheel should be large and smooth. A smaller, bumpier wheel would reflect that you may be feeling stressed and unhappy with the lowest scoring spokes highlighting what is causing you the most stress.

