

Building Your Farm Legacy

TABLE OF CONTENTS

PREFACE	7
INTRODUCTION: 12 PHRASES THAT WILL HELP YOU TAKE CHARGE OF YOUR FARM	8
RELATIONSHIPS	12
CHAPTER 1: 9 TIPS ON HOW TO LOVE A FARMER	13
CHAPTER 2: DEALING WITH SIBLING RIVALRY ON THE FARM.....	18
CHAPTER 3: FATHER AND SON: ADVICE FOR FARM TRANSITION RELATIONSHIPS	23
CHAPTER 4: UNDERSTANDING AND ENCOURAGING YOUR SON-IN-LAW	26
CHAPTER 5: TOOLS FOR IN-LAW RELATIONSHIPS	30
CHAPTER 6: 14 WAYS TO HELP PREVENT DIVORCE ON FARMS	39
COMMUNICATION	43
CHAPTER 7: FARM TEAM SKILLS: FORGIVENESS AND RECONCILIATION	44
CHAPTER 8: THE FINE ART OF APOLOGIZING	48
CHAPTER 9: HOW TO DEAL WITH BULLYING ON THE FARM	52
CHAPTER 10: COMMUNICATION ESSENTIALS: MAKING YOUR VOICE HEARD ON THE FARM	57
CHAPTER 11: HANDLING INTERPERSONAL CONFLICT	61
TEAMS & OPERATIONS.....	65
CHAPTER 12: HOW TO AVOID UNDER APPRECIATION BY TRACKING FARM WORK LOADS	66
CHAPTER 13: FARM MENTORING: WHY, HOW, AND GUIDING PRINCIPLES FOR SUCCESS	71
CHAPTER 14: WOMEN ON THE FARM: THE IMPORTANCE OF ASSESSING ROLES	76
CHAPTER 15: 3 QUESTIONS TO IMPROVE THE DECISION-MAKING PROCESS ON THE FARM	80
CHAPTER 16: WHAT DOES CARING FOR THE FARM LOOK LIKE?	84
PLANNING	88
CHAPTER 17: SETTING GOALS: THE YEAR-IN-REVIEW QUESTIONNAIRE	89
CHAPTER 18: IDENTIFYING AND ACCOMPLISHING GOALS AND PRIORITIES	96
CHAPTER 19: PLANNING AND DECLUTTERING FOR YOUR MOVE OFF THE FARM	100
CHAPTER 20: LEAVING THE FARM: SIGNS THAT IT IS TIME TO GO AND WHAT TO DO NEXT ...	104
CHAPTER 21: FARM WIDOW BUSINESS SAVVY: PREPARING FOR THE UNFORTUNATE	110
CHAPTER 22: WHAT WILL HAPPEN TO YOUR PERSONAL PROPERTY?	114
SUCCESSION	119
CHAPTER 23: 8 INTERNAL CONFLICTS THAT STALL SUCCESSION PLANS	120
CHAPTER 24: DEFINING AND DISCUSSING “THE PLAN”	124
CHAPTER 25: THE 3 C’S FOR FARM OWNERSHIP TRANSFER	128
CHAPTER 26: UNDERSTANDING THE NEXT GENERATION OF FARMERS.....	131
CHAPTER 27: ACHIEVING MUTUALLY BENEFICIAL LANDLORD RELATIONSHIPS	135

HEALTHY HABITS.....	139
CHAPTER 28: CAUSES (AND SOLUTIONS!) FOR PROCRASTINATION	140
CHAPTER 29: DEALING WITH STRESS ON THE FARM	144
CHAPTER 30: 30 WAYS TO LOVE YOUR BRAIN	149
CHAPTER 31: SPARKING FRIENDSHIPS AND A SENSE OF COMMUNITY	154
CHAPTER 32: RETIREMENT: A TIME TO REINVENT YOURSELF	158
CONCLUSION	162