

Your Self-reliance Plan

This workbook is not really about long-term planning, but it wouldn't be complete without some discussion of what you can do to be more self-reliant, particularly if you live in an area that is not lush farmland.

We'll go over a few topics briefly to think about dealing with them in a self-reliant way.

Water

In the first week, we discussed local sources of water as well as water collection. Ask yourself the following questions:

- *Can I set up a water collection system?*
- *If I can't set it up now, how could I set it up during a long-term emergency when no one cares about the rules?*
- *Where will I acquire water?*
- *How will I get it home?*

Remember that one gallon of water weighs 8.34 pounds, not including the container.

Food

Next on the list is food.

The need to be self-reliant with regard to food doesn't only occur when the apocalypse strikes. Being able to grow or acquire food on

your own is helpful during financial difficulties, shortages, or any kind of long-term disruption.

- *Can you grow/raise food at your home? Where will you do so?*

If you cannot grow/raise food due to your climate, an HOA, or the fact that you don't have a yard, consider some of the following ideas.

- Aquaponics
- Fishing
- Foraging
- Garden tower
- "Guerilla" gardening (planting in public areas or non-traditional places)
- Hunting
- Hydroponics
- Patio gardening
- Sprouting
- Stealth gardening (looks decorative but is edible)
- Windowsill gardening

Do you have the skills to preserve food?

Even if you buy your food at the farmer's market or grocery store, being able to preserve it for the long-term is a very important skill.

Do you know how to do the following? Do you have the equipment? Can you do it off grid?

- Air drying
- Fermentation
- Pickling

- Pressure canning
- Salting
- Smoking
- Dehydrating
- Freeze drying
- Water bath canning

Which of these skills do you need to learn?

What is your plan for learning them?

You can often learn these skills from your local county extension office, a friend, a family member, or even YouTube.

DIY skills

A great way to improve your self-reliance is to learn DIY skills. This can be anything from building a book case to sewing a costume for your daughter's ballet recital. (And lots of things in between.)

These skills are important because they save money, they can help you improvise if supplies are unavailable or limited, and they can be bartered.

In a real long-term scenario, the ability to make things yourself can enhance your creative, problem-solving mindset.

We live in a society that tends to buy instead of produce and tends to replace instead of repair. With the right skills, you can be part of the small percentage that does things differently.

Here are some suggested skills to learn:

- Processing meat
- Self-defense
- Tanning hides
- Archery

- Car maintenance/repair
- Baking bread
- Beekeeping
- Building a fire
- Building a shelter
- Candle-making
- Carpentry
- Carving
- Cheese-making
- Composting
- Cooking from scratch
- Cooking outdoors
- Crocheting
- Dealing with waste
- Fermenting
- First aid
- Food preservation
- Herbalism
- Home repair
- Knife-sharpening
- Knitting
- Making a snare
- Plumbing
- Quilting
- Raising livestock
- Sewing
- Shooting
- Soap-making
- Weaving
- Welding
- Wine-making
- Woodwork

What skills would you like to learn? Which ones would be the most valuable to your family or in your area?

Survival is a state of mind, not a location.

Remember, self-reliance isn't just about producing 100% of your own food and wearing homespun dresses.

It's about doing what you can where you are. It's about not letting your location or your physical limitations prevent you from surviving. People have survived in cities, on desert islands, and in less than ideal circumstances throughout many different crises during history.

Don't let others convince you that it's "impossible" for you.

More than anything, I believe that survival is a state of mind. I hope that this workbook has helped you to see the infinite possibilities, no matter what your current situation is.