

Your Guide to Self-Sufficient Living

Beginner's Edition

CLAIRE@BECOMINGTRADITIONAL

the Roadmap to Self-Sufficient Living



I'm Claire, a first-generation everything in my family who's passionate about learning traditional skills & spreading that knowledge with other women.

My goal is to encourage, inspire & equip you to enjoy your own version of self-sufficient living - no matter what skill level or space you're starting in.

So...

Start now. Start small.

Start where you are with what you have.

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Inside these pages you'll discover...

 6 main categories of self-reliance that I recommend starting with

Use these to identify where you are in your journey.

 The Self-Sufficient Roadmap

Use this tool to track your progress & keep an eye on what you have to look forward to & where you should focus next.



what category of self-sufficient living are you mastering?



I've identified 6 main categories of self-sufficient living that embody what it means to be resilient.

While less than 50% of Americans have emergency plans, YOU are taking the next step.

After all, it only takes one woman making one decision to change the trajectory of her life & her family's for better.

6 categories of zelf-zufficient living



FINANCES

When our finances are in order, we're able to manage other resources efficiently. This may mean being able to invest in tools, skills & sustainable practices that support the journey towards self-reliance.



FOOD STORAGE & PRESERVATION

Food storage & preservation are essential to self-sufficient living as they enable you to extend the shelf life of seasonal produce, reduce waste & build a reliable source of sustenance throughout the year. Food is such a basic necessity that it's only right we focus on this area early on in the journey.



SCRATCH COOKING / TECHNIOUES

"Food is essential to life, therefore make it good." S. Truett Cathy, Founder of Chick-fil-A. These skills are fundamental aspects of self-sufficiency because this is how we create wholesome meals. You'll learn your way around basic ingredients, reduce reliance on processed foods, and adapt to diverse cooking methods for a well-rounded, self-sufficient kitchen.

6 categories of gelf-gufficient living



HERBAL REMEDIES & FIRST AID

Herbal remedies and first aid knowledge contribute to self-sufficient living by offering the ability to address minor health concerns naturally, using plants and herbs, and reducing reliance on pharmaceutical products and healthcare systems for everyday ailments and injuries.



HOUSEHOLD PRODUCTS

Making household products from natural and sustainable ingredients is integral to self-sufficiency, reducing dependence on store-bought items and minimizing environmental impact through DIY alternatives & encourage healthy lifestyles by lowering your exposure to harmful chemicals



HANDICRAFTS

Handicrafts like sewing & woodworking make self-sufficient living possible. These skills empower us to create goods to **meet our essential needs** with little input from mass-produced goods and external supply chains.

Keep in mind...

This roadmap is merely a starting point to identify where you are on the path to self-sufficient living. It will help you see where you should focus your efforts to continue working towards greater independence so you can go from just beginning to having numerous options at your fingertips in every area of your life.

No matter what skill level or space size you're starting with right now, I want you to remember this: You are capable of excelling here. Whether you're the first in your family or you just need to brush up on skills you were raised with, you can do this. The beautiful part about self-sufficient living is that it can happen at any skill level, anytime & in any space.

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self-sufficient living



MIND YOUR MINDSET

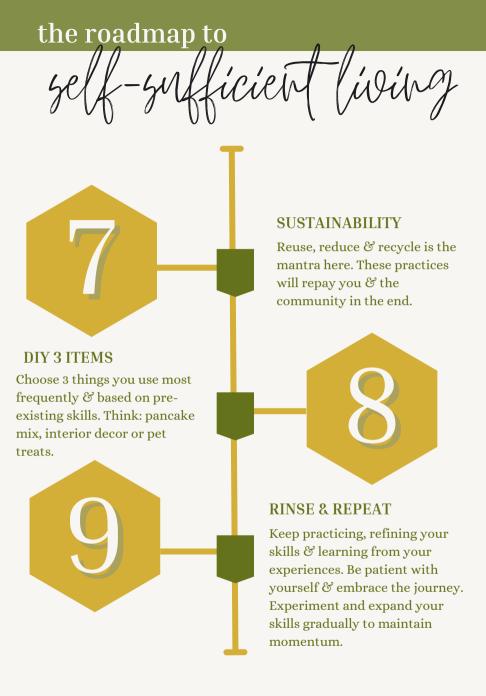
Be open, honest & realistic about the journey you're on. It is not easy, nor does it happen overnight. But it is worth it because your mentality will make or break you.

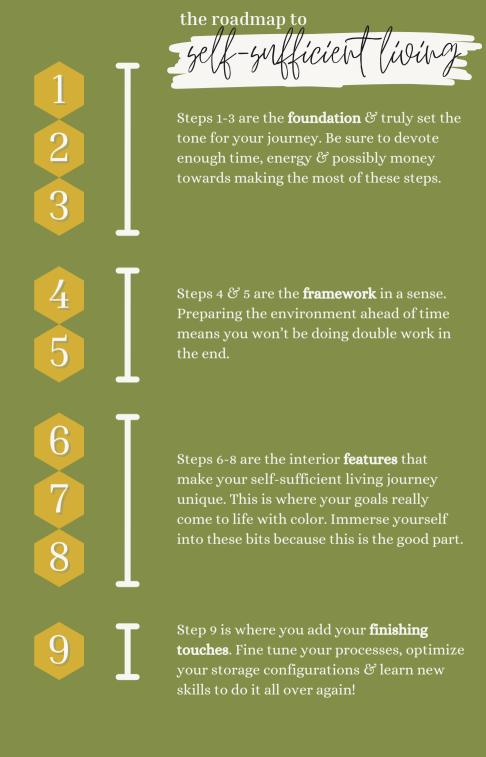


READ, WATCH, CONNECT

Learn. From books, podcasts, experienced farmers or leaders in the field. Consume every piece of information you can. And tell others about it to hold you accountable!







this is what happens next...



Listen, I know this journey can be overwhelming in the beginning. But now that you have this guide to cut through all the smoke of it, you can put feet to motion & just get started.

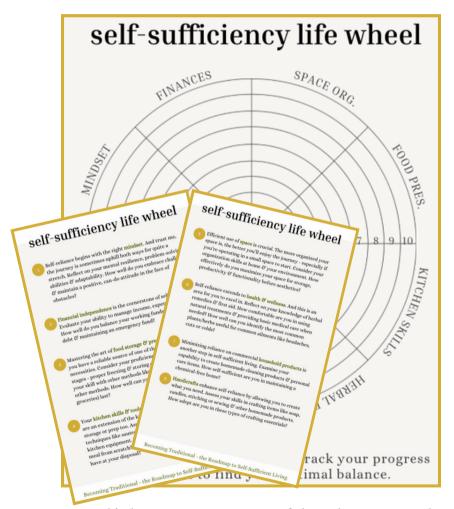
These steps will put you directly in line with living the life you've been wanting to.

And I can't wait to celebrate with you.

Becoming Traditional - the Roadmap to Self-Sufficient Living

ready to see just where you are?

DOWNLOAD YOUR OWN WORKSHEET TO FIND OUT!



assess & elevate your mastery of these key areas today