



Your Guide to Self-Sufficient Living

Beginner's Edition

CLAIRE@BECOMINGTRADITIONAL

the Roadmap to Self-Sufficient Living



hello lovely

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. 🌱

xo, claire

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.

Inside

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 self-sufficient 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 / TECHNIQUES

"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 self-sufficient 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.

xo, claire

roadmap

the roadmap to

self-sufficient living



1

DEFINE YOUR GOALS

Create actionable steps. Does your self-reliance mean cooking more at home or having a robust emergency fund? This will shape your journey.

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.

2

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!

3

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4

ORGANIZE/DECLUTTER

No matter how much you have, your space will work better for you if it's neat & organized. Such a space will be enjoyable to grow in too!

ORGANIZE YOUR FINANCES

Self-reliance is an ongoing path. But be prepared to make some financial investments too! Practice responsible spending & saving habits.

5

6

BASIC KITCHEN SKILLS

Start with the fundamentals like chopping, sautéing, boiling & baking. Along with simple tools like knives, mixing bowls & glassware, these are the building blocks of self-sufficiency in the kitchen.

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7

DIY 3 ITEMS

Choose 3 things you use most frequently & based on pre-existing skills. Think: pancake mix, interior decor or pet treats.

SUSTAINABILITY

Reuse, reduce & recycle is the mantra here. These practices will repay you & the community in the end.

8

RINSE & REPEAT

Keep practicing, refining your skills & learning from your experiences. Be patient with yourself & embrace the journey. Experiment and expand your skills gradually to maintain momentum.

9

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1

2

3



Steps 1-3 are the **foundation** & truly set the tone for your journey. Be sure to devote enough time, energy & possibly money towards making the most of these steps.

4

5



Steps 4 & 5 are the **framework** in a sense. Preparing the environment ahead of time means you won't be doing double work in the end.

6

7

8



Steps 6-8 are the interior **features** that make your self-sufficient living journey unique. This is where your goals really come to life with color. Immerse yourself into these bits because this is the good part.

9



Step 9 is where you add your **finishing touches**. Fine tune your processes, optimize your storage configurations & learn new skills to do it all over again!

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?

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assess & elevate your mastery of these key areas today

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