

## 7 Steps to Begin a Homesteading Lifestyle

Always keep as a framework that homesteading is a mindset that leads toward independence, resiliency and sufficiency. You can be in the middle of an urban area and still operate in a homesteading mindset. So what are some practical steps you can take to move into the lifestyle?

1. **LEARN** . Start with researching short articles on Pinterest that speak to what you want to learn. Find some authors that you enjoy and subscribe to their social media.



2. **IDENTIFY YOUR DREAM**. You don't have to want to farm 40 acres to live with a homesteading mindset. What level of independence, resiliency, and sufficiency do you want to have? *Write it down*. Then identify the skills and resources you will need to achieve that dream.



3. **SET SOME GOALS**. Don't overload yourself. From your Dream, select one goal you can achieve by a certain time frame, Write the date on your calendar and then fill in the dates between the present and the goal date with the steps you are going to take. (Hint: it really helps to have an accountability partner



4. **LIVE WITHIN YOUR MEANS**. You can't have independence if you are in debt. Look at your income and your outlay. What spending can you reduce to eliminate debt? There are many sources of assistance for mastering a budget and getting out of debt. Use them!

5. **DEVELOP A PRODUCER PERSPECTIVE INSTEAD OF A CONSUMER PERSPECTIVE**. Rather than running out and buying why not make your own? It helps to have a pantry of supplies on hand, especially meals that you've canned, but start out where you can. Just think, " How can I be a producer and not a consumer?" Plan ahead so you can make meals from scratch. There are a lot of DIY recipes on Pinterest for all kinds of housekeeping supplies.

- 6. START A SMALL GARDEN.** If all you have is a window sill, or a small deck or balcony, you can plant some herbs, or containers of lettuce and greens. If you own your home, look at the space around your yard and think about how you can plant some vegetables and fruit.
- 7. FERMENT FOOD.** One of the easiest food preservation methods is lacto-fermentation. You can do just one jar at a time if you want, so there's no extra storage space needed except for your jar in the fridge. It's a great way to begin your food preservation journey. There are a lot of blogs you can go to, but my favorites are Carolyn Thomas at The Homesteading Family, Melissa K. Norris at Modern Homesteading, and Lisa Bass at Farmhouse on Boone.

There you have it! 7 steps to help you begin a homesteading lifestyle. There is a lifetime of information available among all the various social media sites, so don't let yourself get overwhelmed. Just take your steps consistently and most importantly, be sure to find Joy in the Journey! Recognize the satisfaction that comes from gaining new skills that contribute to your family's well-being. Life is full of must-do tasks, but finding joy in them is priceless!