

7 STEPS TO START PREPPING WORKBOOK

Start prepping for emergencies with confidence!

POSITIVIELY PREPPING

ABOUT THE AUTHOR

ANNIE

Blogger, Speaker



Annie is a blogger, author and public speaker. She resides in Central Florida where she operates an almost completely self-sustainable farm. She is passionate about teaching others to become as self-reliant as possible and prepared for anything.

Annie can be found at her websites, 15acrehomestead.com or roadtoreliance.com. She can also be heard on her weekly podcast, [Positively Prepping](http://PositivelyPrepping) or her YouTube channel.

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A 7 step list to make your prepping journey less stressful and more enjoyable.

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MY NEEDS

List everything you need to grow, gather or buy.

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BUDGET OVERVIEW

List all of your prepping expenses you need to budget for and the amounts with a deadline

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STORAGE IDEAS

Figure out where your prepping supplies will be kept to help with planning.

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NOTES

A blank page for you to take notes and keep track of anything you want to remember

7 STEPS FOR BEGINNING TO PREP

Use these 7 steps as a guide to start prepping with less stress.

STEP	1	Know What You're Prepping For Are you prepping for short-term or long-term situations?
STEP	2	Don't Panic Stay calm and keep a level head. No one can plan when panic is in the room.
STEP	3	Create a Prepping Plan Think about what you need to gather, buy, grow or create before you start.
STEP	4	Set Up a Budget Know what you have to spend and how often. Buy what you need not just what's on sale.
STEP	5	Make Room for Supplies Be creative and find places to store food, water and supplies you will need.
STEP	6	Learn New Skills Start learning new skills that help you to be better prepared as often as possible
STEP	7	Go at Your Pace Do what you can do and when you can do it. Prepping is not a race, it takes time.

My Needs

List all of the items you need to buy, gather, or grow to start prepping.

You can add to this list as your needs change. Cross them off as you grow, gather or buy each item.

Budget Overview

Month :

Income

Amount

Saving

Amount

Expense

Amount

Deadline

Notes

STORAGE IDEAS

List all of the places you can possibly store your prepping supplies. Be creative and then use your answers to develop a more detailed plan for prepping.

WATER

A large, empty rectangular box with a green border, intended for listing storage ideas for water.

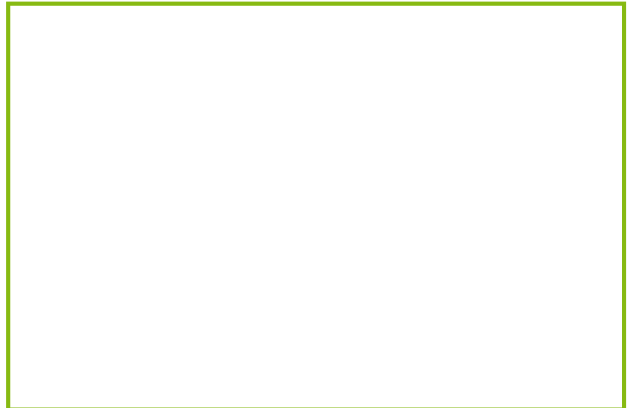
BULK FOODS - BUCKETS

A large, empty rectangular box with a green border, intended for listing storage ideas for bulk foods in buckets.

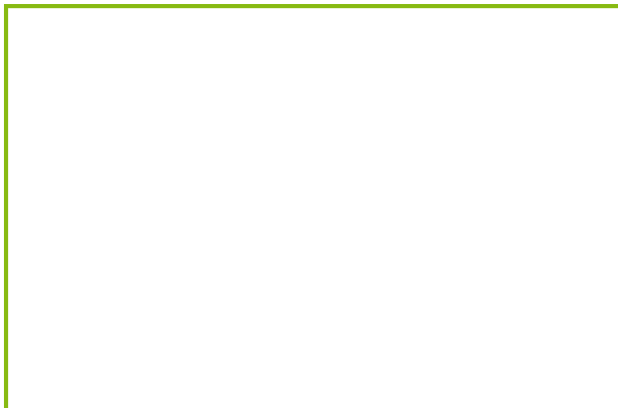
CANS

A large, empty rectangular box with a green border, intended for listing storage ideas for canned goods.

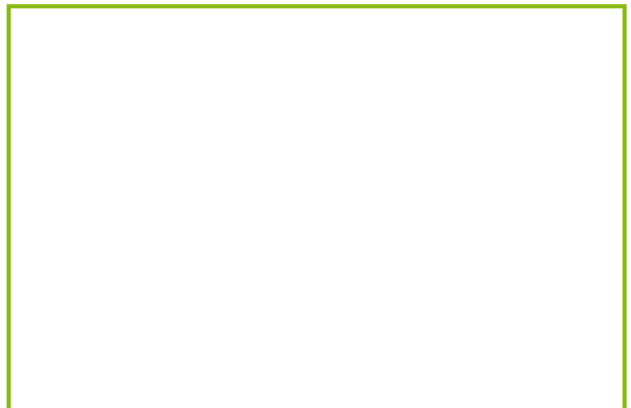
MEDICAL SUPPLIES

A large, empty rectangular box with a green border, intended for listing storage ideas for medical supplies.

HYGIENE ITEMS

A large, empty rectangular box with a green border, intended for listing storage ideas for hygiene items.

MISC. SUPPLIES

A large, empty rectangular box with a green border, intended for listing storage ideas for miscellaneous supplies.

Notes

RESOURCE LIBRARY

- 01 -

[PREPPING SKILLS FOR A SELF-RELIANT LIFESTYLE](#)

[READ IT HERE](#)

- 02 -

[75 SELF-RELIANT SKILLS YOU SHOULD LEARN](#)

[READ IT HERE](#)

THANK YOU

THANK YOU!

Thanks for downloading this free workbook! I hope it helps you on your journey. Please feel free to reach out to me at annie@roadtoreliance.com if you need any help along the way! I am always more than willing to help in any way I can.

Good luck and happy prepping!

Annie

