

A Quiet Simple Life Series

The Prudent & Prepared Homemaker

A close-up photograph of a pair of hands with light-colored nail polish, gently cupping a single, ripe apple. The apple has a gradient of colors, from bright red at the top to a golden-yellow at the bottom. The background is a soft-focus blue and white striped fabric.

Sallie Schaaf Borrink



A Quiet
Simple Life
Sallie Borrink

Thank You!

Thank you for purchasing this product. I hope you enjoy it!

Terms of Use

The Terms of Use are located at sallieborrink.com/digital-products-terms-of-use

Permission is granted only for usage as outlined on the current Terms of Use page, which is updated as needed by law. Feel free to contact me if you have questions about the Terms of Use. I will be happy to discuss them with you.

Contact Me

Email: Sallie@SallieBorrink.com

Website: SallieBorrink.com

Shop: SallieBorrink.com/shop

Pinterest Boards: pinterest.com/sallieborrink

Graphics Credits

Images and Clip Art: Etsy.com, Jenny Allsorts, Deposit Photos

All artwork in the Public Domain

The image is a vertical composition. The top half shows a lit lantern with a warm glow, set against a background of a snowy window with bare trees. A person's arm in a light-colored sleeve is visible on the left. The bottom half shows a person's hands holding a single red and yellow apple. The text is centered in a white, decorative frame.

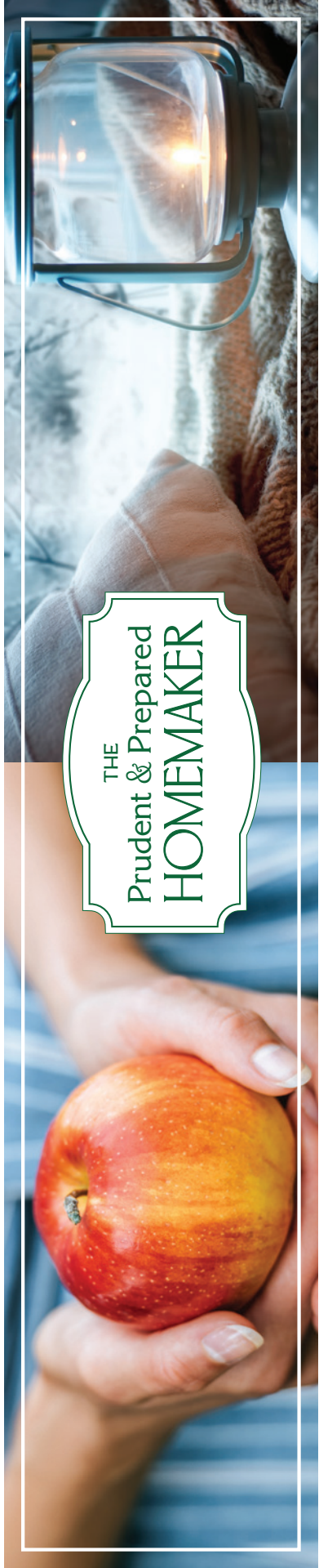
THE
Prudent & Prepared
HOMEMAKER



THE
Prudent & Prepared
HOMEMAKER



THE
Prudent & Prepared
HOMEMAKER



THE
Prudent & Prepared
HOMEMAKER



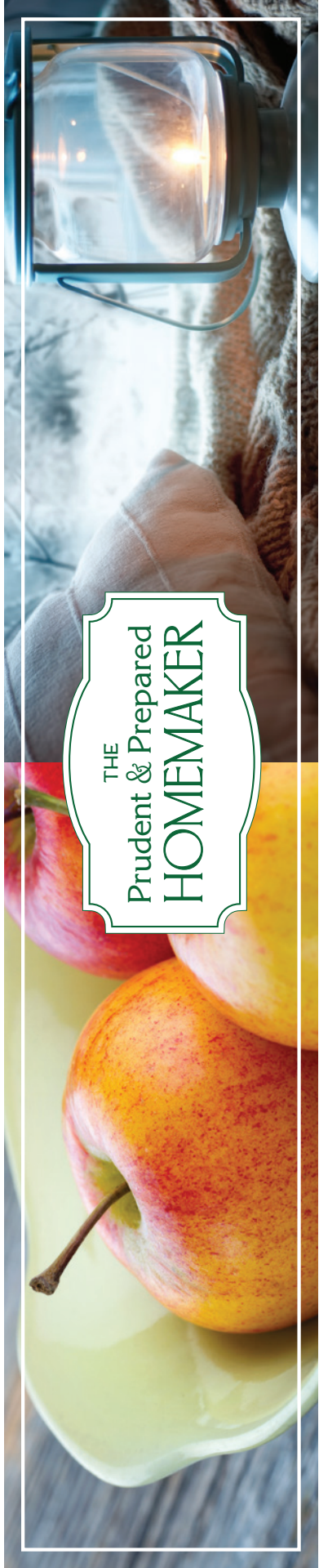
THE
Prudent & Prepared
HOMEMAKER



THE
Prudent & Prepared
HOMEMAKER



THE
Prudent & Prepared
HOMEMAKER



THE
Prudent & Prepared
HOMEMAKER

Setting Personal Goals

Take a few moments to reflect on where you are and where you hope to be.

1. Where are you now with your goals? How long could you comfortably go without having them?

2. How prepared are you for emergencies such as no power, storms, etc.?

3. What is your biggest concern that you can prepare for?

4. What would you like to accomplish this week?

5. What would you like to accomplish in two weeks?

6. What would you like to accomplish in three months?

7. What do you think are your biggest obstacles to meeting your goals?



Types of Emergencies

Below is a list of possible emergencies you might face. Use the list to help you think through which ones are most applicable to your personal location and life situation.

The list goes from the most likely to occur to the least likely. Start with the ones that would face the most immediate impact on you and work your way through them. For each emergency threat that applies to you, use a copy of the following worksheet to assess how it would impact you. Then make a list of steps you could take both immediately and long term to prepare for the possible emergency.

Many of your steps will overlap with multiple emergencies so as you prepare to deal with one, you will actually be preparing for many!

Personal

- Personal or Family Threat
- All Care
- Home Burglary
- Home Fire

Utilities

- Home Care
- Natural Gas or Propane Disruption
- Water Disruption

Weather

- Winter Storms
- Heat Wave
- Flooding
- Drought
- Hurricane

Natural Disasters

- Earthquake
- Fire
- Tornado

Disruption to Supply Chains

Problems

Natural Disasters

- Train Disruptions
- Cell Service
- Electric Lines
- Nuclear Meltdown
- Nuclear Attack
- Oil Pipelines



My Threat Assessment

Emergency _____

Potential Length of Impact _____

How it Will Impact Me _____

Steps I Have Already Taken _____

Next Steps to Take _____





Finding Extra Money

1. List the places where you can collect money to your budget.

Wages from _____

Amount: _____/Month

Total

_____/Month

2. List sources of extra money.

Handbook and Coupons _____

Chores _____

Wash _____

House Work _____

Gifts (Birthdays, Christmas, etc.) _____

Extra Work _____

Use Refund _____





Water in the Home

1. How much water do you need?

Minimum 1 gallon per person per day

- people x 1 gallon x 3 days = gallons
- people x 1 gallon x 7 days = gallons
- people x 1 gallon x 30 days = gallons
- people x 1 gallon x 90 days = gallons
- people x 1 gallon x 365 days = gallons

2. Do you have other water needs? If so, how much do you need to have on hand?

- Pets _____
- Plants and Garden _____
- Health Needs _____
- Recreation _____
- Other _____

3. What kind of purifying plan would you like to develop? Check all that apply.

	Yes	No	Wouldn't Use
Individual Services
Boiling
Purification Tablets
Block
Pool Block





What Do You Really Eat?

Days 1 & 2

Day 1 _____

Breakfast _____

Lunch _____

Dinner _____

Day 2 _____

Breakfast _____

Lunch _____

Dinner _____

Breakfast _____

Lunch _____

Breakfast _____

Lunch _____



One Week Food Plan

Now it's time to get into the details of your pantry in a real way.

After completing the "What Do You Really Eat?" worksheets, you are going to break it down. On the following pages you will go through the parts of each day and determine how much of each ingredient, food, etc. you need to feed your loved ones for the week.

Write as many copies of the worksheets as you need. Record the week, month, or year for the foods that you eat. Then write down what you would need to make it.

After you tally everything up, ask yourself if you have that much in your pantry all of the time.

Oh, for example, how many eggs did you use? How many vegetables? How much bread? How many pieces of fruit? How much milk? How much flour? How much butter? How much oil?

When are you baked? What did your loved ones ask for that you didn't have or picked up on a quick trip to the grocery store?

Do you have an easy substitute in your pantry? For example, if you used 10 pieces of fresh fruit, you could substitute some of those with canned fruit, applesauce, dried fruit, etc. as a pinch.

When you are done, realize that this is just for one week. What if you needed supplies for two weeks? Or three? Or a month?

Completing the one week food plan will help you see in very real numbers how much food you need to keep in your pantry to meet whatever personal goals you have.



One Week Food Plan

Day of the Week _____

Remember to record all ingredients needed, including the quantity.

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

On the Go _____



One Week Food Plan

Day of the Week _____

Remember to record all ingredients needed, including the quantity.

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

On the Go _____



1. **Prayer**
2. **Scripture**
3. **Journaling**
4. **Service**
5. **Community**
6. **Gratitude**
7. **Rest**
8. **Reflection**
9. **Acts of Kindness**
10. **Self-Care**

11. **Reading**
12. **Walking**
13. **Listening to Music**
14. **Spending Time in Nature**
15. **Volunteering**
16. **Helping Others**
17. **Staying Organized**
18. **Meal Prepping**
19. **Creating a Routine**
20. **Limiting Screen Time**
21. **Establishing Boundaries**
22. **Seeking Support**
23. **Practicing Mindfulness**
24. **Engaging in Hobbies**
25. **Staying Hydrated**
26. **Getting Regular Exercise**
27. **Limiting Caffeine**
28. **Staying Consistent**
29. **Being Patient**
30. **Trusting the Process**

31. **Seeking Professional Help**
32. **Joining a Support Group**
33. **Practicing Self-Compassion**
34. **Setting Realistic Goals**
35. **Being Present**
36. **Letting Go of Perfectionism**
37. **Embracing Imperfection**
38. **Forgiving Yourself**
39. **Accepting Help**
40. **Staying Positive**

41. **Remembering Your Strengths**
42. **Visualizing Success**
43. **Surrounding Yourself with Positivity**
44. **Limiting Negative Influences**
45. **Staying Motivated**
46. **Celebrating Small Wins**
47. **Being Grateful for What You Have**
48. **Staying Flexible**
49. **Embracing Change**
50. **Staying True to Yourself**
51. **Being Open to New Experiences**
52. **Staying Curious**
53. **Learning from Failure**
54. **Staying Resilient**
55. **Being Brave**
56. **Trusting Your Instincts**
57. **Staying Authentic**
58. **Being Vulnerable**
59. **Staying Grounded**
60. **Staying Hopeful**

61. **Staying Inspired**
62. **Staying Encouraged**
63. **Staying Determined**
64. **Staying Focused**
65. **Staying Committed**
66. **Staying Dedicated**
67. **Staying Passionate**
68. **Staying Driven**
69. **Staying Ambitious**
70. **Staying Motivated**

71. **Staying Inspired**
72. **Staying Encouraged**
73. **Staying Determined**
74. **Staying Focused**
75. **Staying Committed**
76. **Staying Dedicated**
77. **Staying Passionate**
78. **Staying Driven**
79. **Staying Ambitious**
80. **Staying Motivated**

81. **Staying Inspired**
82. **Staying Encouraged**
83. **Staying Determined**
84. **Staying Focused**
85. **Staying Committed**
86. **Staying Dedicated**
87. **Staying Passionate**
88. **Staying Driven**
89. **Staying Ambitious**
90. **Staying Motivated**
91. **Staying Inspired**
92. **Staying Encouraged**
93. **Staying Determined**
94. **Staying Focused**
95. **Staying Committed**
96. **Staying Dedicated**
97. **Staying Passionate**
98. **Staying Driven**
99. **Staying Ambitious**
100. **Staying Motivated**



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
35. _____
36. _____
37. _____
38. _____
39. _____
40. _____
41. _____
42. _____
43. _____
44. _____
45. _____
46. _____
47. _____
48. _____
49. _____
50. _____

51. _____
52. _____
53. _____
54. _____
55. _____
56. _____
57. _____
58. _____
59. _____
60. _____
61. _____
62. _____
63. _____
64. _____
65. _____
66. _____
67. _____
68. _____
69. _____
70. _____

71. _____
72. _____
73. _____
74. _____
75. _____
76. _____
77. _____
78. _____
79. _____
80. _____
81. _____
82. _____
83. _____
84. _____
85. _____
86. _____
87. _____
88. _____
89. _____
90. _____

Homeschooling & Preparedness

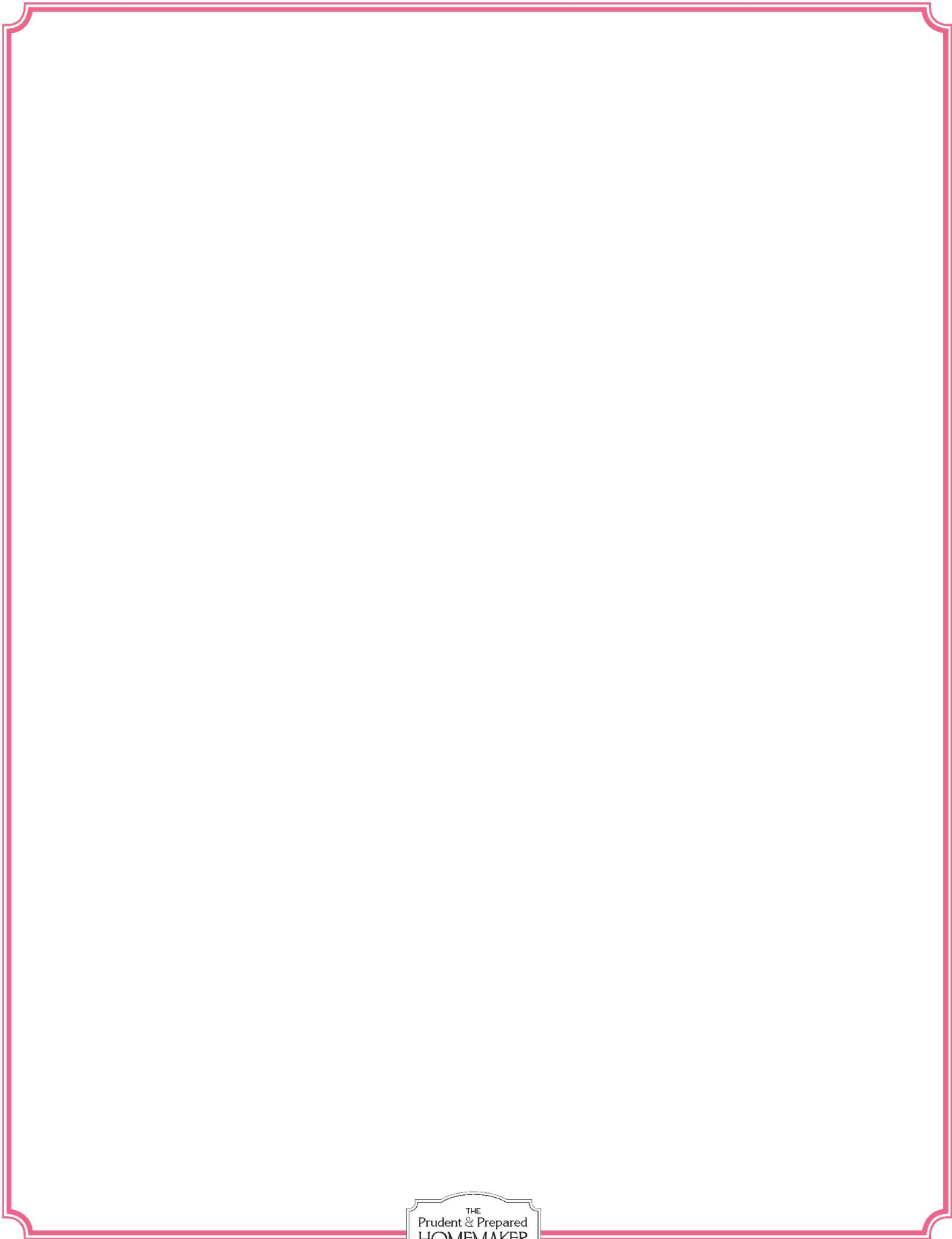
Consider ways to integrate your family building and preparedness into your homeschooling.

Week 1 _____



Lined writing area with a decorative blue border.





THE
Prudent & Prepared
HOMEMAKER