



World Permaculture
Association
We believe in Abundance!

Self-Reliance Self-Assessment Test

Begin your family's self-reliance plan by
considering these questions and your responses:

1

To what potential natural, people-caused, or personal disasters are you vulnerable?

How can you eliminate them or mitigate their negative impact on your family's life and lifestyle?

2

What if there were no water available from your faucets, what would you do?

How much drinking water is “hidden” inside and outside your house?

Can you utilize those resources? yes no

Could you treat unsafe water to make it safe for drinking and cooking? yes no

3

Inventory your refrigerator, freezer, kitchen cabinets, cupboards, pantry, closets, or under your bed—wherever you keep your supply of long-term foodstuffs. What do you have on hand in these categories:

canned & bottled foods

packaged foods

dried foods

dehydrated

freeze-dried foods

What’s in your home that’s truly nutritious—that would sustain you in a near-normal manner?

How long could your family eat if the foods in your pantry and refrigerator/freezer were the only food available?

1 day

1 week

1 month

longer

4

If you need life-preserving medication(s), how long will your current supply(ies) last if not immediately available?

What OTC medications, vitamins, minerals, herbal supplements, and health aids are on hand in your home?

In what way do--or would--they support your health during extremely stressful times?

How long would your supply last if not replenished now?

- 1 day
- 1 week
- 1 month
- 3 months
- 1 year

5

Do you know which foods to buy, in what priority, quantity of each, and where to buy them most economically? yes no

6

Can you prepare your stored foods, maximizing their shelf life, flavor, and nutritional qualities?
yes no

7

Do you know how to sprout seeds to provide "live" foods when there's a shortage of fresh vegetables for:
essential vitamins and minerals,
plant proteins and enzymes, or
there's neither time, nor the season, nor space for a garden?

8

Do you have the knowledge, skills, tools, seeds, and available space to plant a garden and raise your own food? yes no

9

Do you know how to preserve food(s) for the future—especially if electric and gas supplies were unreliable? yes no

10

Given your current situation, if you could no longer obtain water, food, vitamins, medication, and money in a routine manner, how long would you be able to sustain yourself and your family without access to these necessities?

11

What type of job(s) can you qualify for if your current employment were terminated?

What education or training do you need to acquire now so you can be a viable candidate for future jobs?

12

Where would you live for the next year if a catastrophe occurred and destroyed your family's residence today?

13

How long could you live—or even survive—on your current savings if your current occupation were terminated?

14

Do you have the faith, spiritual foresight, skills, abilities and commitment to prepare for the uncertain future?

yes no

15

Are you willing to make the required investment in your family's future well-being and security by:

taking time to learn how to prepare?

defining a self-reliance plan?

expending energy to accomplish it?

If these questions—or rather, the answers to them—make you uncomfortable, then this is your opportunity to start the work on finding answers that will make you more comfortable! Resolve these questions, and many others you may have about being self-reliant by reading, studying, and utilizing available information. Now is the most appropriate time to begin your (1) in-home convenience store, (2) family preparedness program, and (3) a fully-developed self-reliance program! When you've established your family's security with both emergency supplies and a long-term storage provisions in your possession, you would be able to turn a life-threatening situation into a manageable problem!

Set Your Personal and Family Self-Reliance Goal(s)!

For Example — Your self-reliance goal could be *to be able to live in a near-normal manner with family resources for an extended period of time — regardless of external conditions.* For this to become a reality, your family will:

- **Acquire** a reasonable in-home supply of water, food, clothing, shelter, heating/cooking fuels, and medications;
- **Commit** to a **4-M** program — (1) **Money**, (2) **Materials** (food/equipment/supplies), (3) **Manpower** (energy and effort), and (4) **Minutes** (your time!) to acquire the items you've identified for your needs for an extended time; and,
- **Get out of debt** and have a readily available cash fund (not in an account) for emergencies!

There are no emergencies for those who are truly self-reliant!

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