

# Grow Make Learn Presents...



## The Self-Sufficiency Quick Start Checklist

5 Tiny Wins to Rebuild Your Life Around Self-  
Sufficiency at Home

*"Growing Self-Sufficiency, One Box at a Time."*  
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# Welcome to Your New Beginning

Rebuilding your life doesn't happen overnight — it unfolds one mindful action at a time.

This checklist gives you five simple wins you can achieve this week to weave self-sufficiency into everyday life. Tick them off, celebrate each success, and let small steps build big change.

You've got this.

*Niki Wilkinson*  
"Start small, grow steady, live simply."

## Want to go further?

Each step pairs perfectly with the Grow Make Learn Box — monthly seeds, make projects, and learning resources delivered to your door.

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# Your 5 Tiny Wins

Start any time

Take the time to reflect on these, and write notes after each win

## Audit One Area of Your Life

Notice where things feel out of balance  
— food, waste, money, or time.

**Mini Action:** Write down one thing you'd like to simplify this week.

## Grow One Thing You Can Eat

Herbs, salad leaves, or a tomato in a pot — start small, start visible.

**Mini Action:** Plant something today, even in a recycled container.

## Make One Thing From Scratch

Bread, soup, or a simple cleaner — creation builds confidence.

**Mini Action:** Choose one recipe and give it a go.

## Learn One New Skill

Watch, read, or join a local class; curiosity is self-reliance in motion.

**Mini Action:** Pick one skill to practise this month.

## Share One Thing You've Made

Swap, gift, or trade — connection keeps sustainability alive.

**Mini Action:** Give one handmade item to a friend or neighbour.

*Remember: progress beats perfection every time.*

# Reflect & Celebrate Your Wins

Take a moment to notice what you've achieved this week.

Use the space below to jot down thoughts, lessons, or new ideas.

## Your thoughts:

WHAT SURPRISED YOU MOST THIS WEEK?

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WHAT FELT EASIER THAN EXPECTED?

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WHAT WILL YOU TRY NEXT?

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*"Every new beginning is a continuation of who you've always been — capable, creative, and enough."*

# Keep Growing with Us

You've taken your first steps towards a simpler, more intentional life. Ready to keep building momentum?

Each month brings something to Grow, Make & Learn — seeds, projects, and digital guides designed to help you live more self-sufficiently at home.

## Share Your Wins



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