

The 90-Day Self-Reliance Plan
Beat the Next Crisis Before January 1, 2026

****Start Date:**** _____

****Goal:**** By Day 90, you will have:

- \$500 cash in small bills
- 30-day pantry of storable foods
- Off-grid phone charging
- 1 high-demand skill mastered
- A local support network

Week 1-2: Money That Can't Be Frozen

- [] ****Day 1:**** Pull \$500 in \$5s, \$10s, \$20s. Hide in 3 spots.
- [] ****Day 3:**** List 5 barter skills (e.g., baking, repair, haircuts).
- [] ****Day 7:**** Open high-yield savings. Auto-transfer \$50/week.

Week 3-5: 30-Day Pantry for \$150

- [] Buy: 20 lb rice, 10 lb beans, 10 lb oats, 6 PB, 24 tuna, etc.
- [] Seal in Mylar bags + oxygen absorbers. Label with date.
- [] Practice FIFO: Eat oldest, replace what you use.

Week 6-8: Power That Doesn't Need the Grid

- [] Buy \$99 solar panel + 20,000mAh power bank.
- [] Charge weekly. Store in car trunk.
- [] Fill 3x5-gal water jugs + 8 drops bleach each.

Week 9-10: Master 1 High-Demand Skill

- **Skill:**** _____
- [] Day 1: Watch 3 YouTube videos (30 min)
 - [] Day 5: Practice on real object
 - [] Day 7: Teach a neighbor

Week 11-12: Build Your Community

- [] Host "Prep & Pizza" night - invite 5 neighbors
- [] Start group text: "Block Watch + Swap"
