

What gets people in trouble when homesteading?

1. With a homestead or farm there are many reasons that cause failure and unnecessary problems.
2. Taking on animals before we are able to care for them
 - Lack of planning-we do not know what we do not know-seek help
 - Inadequate Infrastructure
 - Overextending Resources
 - Underestimating Cost
 - Inadequate Skills
 - Overestimating time and energy
 - Poor land selection
 - Inadequate Infrastructure
 - Lack of proper tools
 - Overextending Resources
 - Ignoring or failure to learn zoning and legal regulations
 - Ignoring weather or climate
 - Lack of community or support
 - Unrealistic expectations
 - Inadequate pest and disease management- plants and animals
 - Inadequate water
 - Poor financial planning
 - Improper fencing
3. My mission with consulting and education is to help people do it well and to stay. For this presentation I will focus on my top choices that cause us to quit.
4. By the end of this I will have delivered tools and information that can help you:
 - a. plan better before you start to minimize loss
 - b. re-evaluate if you have already begun to prevent more loss
 - c. give you hope that perhaps your family or homestead can be saved, if you are hopeless, if we identify the root of the problem.
 - i. note: if you are at step C: do not leave this conference without speaking to me or one of the other veterans here, that do what you do, and let them know where you are at. We want you to succeed!
5. Burnout, stress and lack of resources ultimately cause us to quit. Let's look at some of my top choices that cause us to experience these.
6. Do you know your why? We will quit if we do not have conviction.
 - a. We have to know from our core why we are farming.
 - i. food sovereignty

- ii. to get off SAD and regain health
 - iii. fear- the way things are changing? Prophecy?
 - iv. to save money? Really??
 - b. When the going gets tough we will quit if we do not believe from within that we are supposed to be farming / homesteading.
 - i. emotional exhaustion is real-you still have to get up
 - ii. sick-still have to get up
 - iii. having babies-the animals are just as important as they depend on us like children
 - iv. working off the homestead then coming home to work more
 - c. Farm life never stops, we simply organize it in such a way to get to sleep between feedings.
 - d. Simon Sinek-stole my teaching on "Find your Why" and is a millionaire- lol, great minds think alike. quote
7. What are your values as individuals-We get in trouble when we are out of line with these. Some of us have never taken the time to look.
- a. This is in my number 2 on the list as our values are underlying beliefs that direct all of our goals or achievements.
 - i. Fun
 - ii. Growth
 - iii. Conflict resolution
 - iv. Intimacy
 - v. Goals
 - vi. Equality-things are not "fair" in farm life
 - vii. Spiritual principles
 - viii. Mental, physical, emotional or spiritual health
 - ix. Hard work or easy street
 - b. We have to know our relationship with our internal value system so we even know what is driving us to do what we do.
8. Analyze- The next step to that is to evaluate if what you are doing is in line with your value system?
- a. What gets causes stress, burnout and ultimately quitting, is if our actions are out of line with our internal blueprint or belief/ value system.
 - b. Let us take a look at a few examples to identify our relationship with these farming beliefs or practices.
 - i. Self-sufficiency
 - 1. food, energy, goods, soil
 - ii. Sustainability
 - 1. conservation practices, fuel (firewood), water source,
 - iii. Resilience
 - 1. do we have systems that withstand economic and environmental challenges

- iv. Stewardship
 - 1. caring for land, animals and resources correctly
 - 2. quality over quantity
- v. Family
 - 1. creating traditions
 - 2. allowing autonomy
 - 3. passing down knowledge
- vi. Community
 - 1. supporting local networks
 - 2. sharing knowledge
 - 3. bartering
- vii. Health and Wellness
 - 1. goats or greens
 - 2. exercise
 - 3. mental and spiritual space
- viii. Work Ethic
 - 1. valuing hard work, accomplishments
 - 2. guiding principles
 - 3. perseverance
- ix. Respect for Nature
 - 1. working in harmony with natural cycles
 - 2. organic or poisons
- x. Permaculture or Production

9. Analyze-Is what you are doing in line with your partners values

- a. get honest- take the list to each other
- b. If we are not honest with each other, we **WILL** become a house divided that cannot withstand what farming throws at us.
- c. Who knows what people pleasing is? It will kill your mission if this is out of balance (define people pleasing)
- d. I had an insatiable need to save the world- **WHY?**

10. Analyze- Are you unequally yoked on the farm?

- a. yoking an ox and an ass together will cause major wounding- they walk differently (don't be so quick to identify your partner as the ass. lol
- b. find your wounds to identify where you are unequally yoked- analyze your complaints- if your partner is complaining to you, before you reject it, consider if any of it is true.
- c. Success in homesteading only happens if you are on the same team. -power of agreement, truth is established by 2 or 3 witnesses

11. Analyze- Who is going to pay and how we will do it.

- a. budget is absolutely essential
 - i. all the do-dads and feed selections eat us up one dollar at a time.
 - ii. leaky water hoses decrease our budget availability one dollar at a time.
 - b. managing the finances well is essential-take time to cost out what you are producing- ask yourself is it worth it. (time included).
 - c. Truth telling in this area will make or break you!
 - i. fuel, feed, water, mortgage, hours away from family
 - d. chickens- 5 hens for 4 people, cost of food vs return (eggs)?
 - e. (example slide)
 - i. the loss of 3 chickens, in one night from a coon, cost us 9 months of time, \$200 of non-gmo, organic feed and now someone doesn't get breakfast for another 7 months while we are feeding 3 more pullets until they start laying eggs. That is a \$500 3 egg breakfast if nothing else goes wrong.
 - f. having a few goats? for what? -cost feed, fencing and time- what is it robbing from you vs giving you- is it a healthy trade?
 - g. (example slide)
 - h. experience for kids, absolutely- worth the expense if you can afford it
 - i. doing it because someone offered and you couldn't say no, not healthy.
12. What life looks like as a homesteader not doing it well
- a. dirt built up in the corners of your home on the floor
 - b. schedule- late to rise, exhausted to bed
 - c. continually short on cash
 - d. bickering more than kissing
13. What life looks like as a homesteader doing it well
- a. family is happy and laughs a lot
 - b. everyone has a clean place to be
 - c. children are engaged
 - d. We have food and money to do things off the farm together
 - e. You are excited to wake up the next day and do it again
14. If you cannot do it well, you have too much on your plate
- a. causing 24/ 7 mental and emotional stress-chaos-leads to burnout
 - b. creating a bad witness for others
15. Tim Fletcher from REACT Canada teaches 12 Basic Needs for health- when out of balance these are not met- I have included a handout separately for you to take home and evaluate your life.
- a. Pleasure-4 primary hormones, 1 stress hormone
 - b. Physical-5 core
 - c. Sex-this is the one that we could live without- it is a major drive for most
 - d. Relationships

- e. Love
 - f. Security
 - g. Purpose
 - h. Rest
 - i. Beauty
 - j. Awe/ Sense of wonder
 - k. Spiritual-something bigger than us
 - l. Contentment
16. This one is near and dear to my heart: Is your busyness or homestead creation a coping mechanism for unhealed, internal pain?
- a. goes back to the why- ask others around you
 - b. are you creating a “well-meaning project” to fix inner turmoil
 - c. hijacked story/ beliefs/ fears (my need to save the world)
17. What unhealed trauma looks like on a homestead- become informed
- a. woman covered in animals pic- husband frustrated pic
 - b. 20 feral cats being given expensive food
 - c. grumpy faces and harsh directives
 - d. disorganization and mess-nothing finished
 - e. disconnected/ rebellious children
 - f. Trauma is not what happens to you. Trauma is what happens inside you as a result of what happens to you. Gabor Mate
18. Are you bringing home every animal to heal an unmet internal need-caretaking?
19. How to find harmony on the homestead
- a. It is my personal belief that we all can and will heal ourselves and the land if we practice good principles on a homestead.
 - b. starts with confession- confess your faults so they can be healed or acknowledgement- step one of the 12 steps to recovery
 - c. get honest- learn to truth tell about your life and relationships to these areas we have spoken of
 - d. be willing to adjust according to what is causing wounding which leads to failure. If you are not willing the only change sure to come your way is failure and brokenness.
 - e. hire a consultant- I know a gal!
20. Prioritizing Time- build a workable schedule to meet the 12 basic needs
- a. yourself
 - b. partner
 - c. family
 - d. your farm

21. Adopting plants and soil health as a core value for health and longevity

- a. Plant nutrition- green leaves are where heaven meets the earth.
 - i. the soil, bad or good, gives what it has
 - ii. the roots take that to the leaves where it meets the sun. This is where true conversion occurs.
 - iii. when we eat the leaves we get the fruit of the conversion.
 - iv. The leaves of the trees are for the healing of the nations.
- b. Herbal medicine for physical and mental clarity -our bodies came from the dirt these plants grow in. They are intelligently designed to partner with our bodies to heal us.
- c. Regenerative practices to give back the life we have been given-
 - i. we cannot survive as takers
 - ii. harmony is the balanced exchange of giving and receiving

22. Thank You for listening. My booth is Ratherbfarming and Farmfoundations . I consult for design, implementation steps, problem solving, agriculture financial management and bookkeeping. You can find me at www.farmfoundations.com. I also have an online course through www.ratherbfarming.com, please check that out!