



Living Homegrown Podcast – Episode 37 6 Steps to Creating Productive Homesteading Goals

Show Notes: www.LivingHomegrown.com/37

This is the Living Homegrown podcast, episode #37. Happy New Year!

Announcer: Welcome to the Living Homegrown Podcast, where it's all about how to live farm fresh, without the farm. To help guide the way to a more flavorful and sustainable lifestyle is your host, national PBS TV producer and canning expert Theresa Loe.

Theresa: Hey there everybody welcome to episode 37 of the Living Homegrown podcast, the first podcast of 2016. Wow, Happy New Year everybody! I'm your host Theresa Loe and this podcast as you probably know by now is where we talk about living farm fresh without the farm and that's through artisan food crafts like canning, fermenting and other preserving, growing your own organic food and just living a more sustainable lifestyle. If you want to learn more about any of these topics or my online accounting courses just visit my website LivingHomegrown.com.

So Happy New Year everybody! I hope you are all doing awesome and geared up and ready for a fantastic year I know I am -- it was nice kind of taking a break from the podcast and from blogging so that I could spend the last few weeks kind of regrouping and getting ahead of the game for the upcoming year. There are a lot of irons in the fire and so I have still been recording the podcast over the break and getting different posts ready for you but I just have not been releasing them so that I could be a little bit ahead of the game because of all the projects that I have going on in the first few months of the year. So I'm very excited about some of the interviews that are already done and up on the shelf and ready to go.



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You know it's funny you do this you try to get ahead and then you can't wait to share it and I was so tempted to just release all of the episodes that I've already done all at once because there's some really great information but I'm going to stay calm and release them one at a time so that I can keep this plan in place because over the next few months we're gearing up for filming for our TV show Growing a Greener World. And I have a lot of new training coming out for the Canning Academy and a lot of free training that I'm going to be offering to all of you so there's just a lot going on. And so I have to have to stay to the the plan.

One of the things I've been doing also which most people do at this time of year is create my goals for the year, for the upcoming year. And some people do New Year's resolutions. I don't do New Year's resolutions. They're just to me basically statements without any meat behind them so what I do every year is I create very specific goals for myself, for my business, for my homestead. I've had a lot of success with that and I've taken courses on how to do goal setting over the years and kind of developed my own little way of doing it and it's been very very successful for me so that's what today's episode is about.

I'm going to share with you six steps for creating productive homesteading goals because most of the goal setting information is business related or health related and there isn't too much out there for home studying goal setting. I thought this would be a really great way to kick off the New Year.

Now here's the thing... I find goal setting among a lot of us homesteading types most of us in the setting goals that are either too vague like you can't really tell if you've attained them. For an example would be like I want to be more sustainable... how do you know when you've reached it you know what I mean? Or the other thing that I see very commonly happen within homesteading type goals is that it's just a list of to-do's without any deadline or urgency and it never really gets completed. There's the list of what you want to accomplish but you haven't really set yourself up so that you reach that goal it's inevitable that you reach that goal.



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So a lot of them fall by the wayside and a to-do list is not the same as a goal there is a really big difference and that's part of what I'm going to cover here today so that you can really set yourself up for success with your home and your homestead. But you can use these goals and tips and techniques and I'm going to talk about today for either short term goals, very short simple things, or big massive change your life type of goals. I try to have a little bit of both every year you know you don't want to set yourself up with too many change your life type goals. But you definitely want to have something in there that is going make you a better person or to be a little bit better today with the environment... whatever it is that is your goal.

Having a life changing goal is great but you don't want to overwhelm yourself at the same time so for me a goal should be something that you really want to reach. It's an accomplishment with either your homestead or your lifestyle or your health something like that. And in most cases a good goal will take multiple steps to achieve so you need to plan for it and you need to take those steps as small little baby steps until you reach that goal. Kind of like you know the peak of the mountain. And that goal should be measurable — you want to know that you reached it and you also want to be able to see that destination that you're working towards. So that's why I am saying I want to be more... sustainable isn't such a great goal because you really don't know when you've reached it. It's something you're kind of shooting for but it's a little too vague if that make any sense.

Okay but there's also another element to goal setting that I think is really really important that a lot of people miss and that is that you need to have a reason why you want to accomplish any particular goal. Without that driving force of why you're doing it is just so easy to let the goals fall by the wayside.

After you reach the end of the first month that's one of the reasons why so many people drop their goals because you know let's face it — if it's a life changing goal or something where you're trying to change your habit it's going to get us at some point in the first few weeks as you're making all these changes all of a sudden it gets hard. And if you don't have a reason



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or driving force as to why you're doing it it is just too easy to stop. You have to always want to remember what your why is. I'll go into that more in this episode but let me give you an example of a really solid goal. Let's say your goal is something like if you were saying before I want to be more sustainable a better goal would be something really concrete like I want to reduce our household trash waste by 50% by the end of 2016. Now that's a good goal right but you can see how it's very solid when you reach it or you don't. And you have a date.

Now don't freak out, don't freak out and think "Oh my gosh Theresa reduce my waste by that much I'm just looking at making a garden this year!" That's totally fine. I'm just trying to give you some examples and you can take this to a really high level if you're making some really drastic changes or you can have a really simple goal like you just want to start gardening. It can go either way but to give you the big picture.

I'm going to be showing you all different kinds of extremes and then you can apply it to whatever you're trying to do. You remember this is your goal this is what you want to accomplish throughout the year there's no comparison there's no trying to push you to do more or less than what you want to do. But just to give you some sort of a framework to work within so that you can get done what you personally want to do.

Now let me give you a couple more examples like maybe you have a goal of "I want to learn one new canning recipes every month of 2016 so that by the end of the year I have 12 new recipes and skills under my belt." That's a really solid goal.

Now here's one I had from last year... now remember I live in Los Angeles and we are in a drought so one of my goals was to reduce my garden's dependence on water and my family's water waste to cut our summer water bill in half by July of this year.

Did I meet that goal? Not quite. I was a little over ambitious but I did reduce our water bill by 30% which I still consider a huge win. And you can see how it would take a lot of steps to get to that goal. I had to devote



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some time I had to set up a different sprinkler system and different areas of my garden I had to be a little more careful with mulching, a little more careful with what I was growing. I tried not to grow so many water heavy plants.

And then there's always things that come up that are unexpected that kind of getting your way of your goal. Like one of mine was I had to spend a considerable amount of time training my teenagers not to take 25 minute showers. Which is a tough one and it was one I hadn't been conscious of until I started working towards the goal so it became a little bit of a challenge there but we made it through and we did make a huge difference. So even though I didn't reach my goal I did make a huge leap and so I consider that a win.

You get the idea right. Alright so what I'm going to tell you in this episode can really apply to any goal from losing weight to eating healthy or anything like that but I'm going to be using here today as homesteading examples because most of the how to articles already are geared towards health or business goals but I just want to use homesteading examples so you can really see how you can use goal setting for your homestead and your home life.

Alright so as you sit down with a piece of paper and kind of think "What do I want to accomplish here in 2016?" ... and if any of those goals include things like learning sustainable food skills like hanging and cheese making or growing your own food. Maybe you want to start a garden this year or even starting your own flock of chickens. Well what I'm about to tell you should really help you reach those goals so that at the end of the year they're not just dreams they're actually reality.

So I want to go through the steps now and the first step the very first step you need to take is to get all of your ideas out of your head and onto paper or onto your computer. If you like to make a list I like to do a lot of mine on the computer and the reason you want to get it all out of your head, you want to do a brain dump and it's so important because it's floating around in there and it ends up distracting you. And those distractions kind of send

you down different rabbit holes so the first thing you want to do is get all of your ideas out of your head and onto paper or onto a list on your computer.

Sit down and think to yourself what do I want to accomplish this year and when I reach the end of 2016 what would make me proud... do I want to learn to make more artisan foods? Well then list those out. Do I want to be more organized? Write it down. In fact I should say if you want to be more organized make sure you listen to episode 22 of this podcast because I go all into the KonMari method of organizing your homestead so definitely check that out. I'll have a link in the show notes but going on I think of things like do you want to produce more of your own food? Do you want to get chicken for your backyard? Or do you want to expand a garden you already have? Just get it all out of your head and onto this paper.

And one tool I use when I do this is a free tool called workflow and it's basically just a list app and I'll link to it in the show notes. As well in fact everything and I'm talking about will be in the show notes for this episode and you can get them at LivingHomegrown.com/37 including a transcript of today's episode so it's always there in the show notes. But workflow is what I use for any kind of a brain dump exercise it's kind of like a to-do list sort of app and so I just a list everything out. I can organize it but by having it out of your head you don't have to worry about forgetting things and you can always add to it throughout the year and go back to this list when you complete a goal and you want to add something back into your list to work on next. It's just really nice to have it all in one place.

Okay so you have done your brain dump of step number one then step number two is to pick. You're going to pick some of these goals you can't do it all as much as you want to you can't do it all you're going to decide what you want to tackle and just the first quarter of the year and that's where I'm kind of different from other people. A lot of people are looking at their goals for the entire year and they set their deadlines or their goals being completed in September or in the middle of summer. And that's great for the big picture but I break down my goals in two quarters and I just look at the first three months of the year and what do I want to accomplish there.



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So depending upon how big your goals are you may only be able to pick like three to six goals per quarter and it's really important that you only have no more than six. I feel six is a good number anything beyond that is a little too overwhelming. But the reason why I do the quarter is not just because it's easier to manage but you're also more likely to get it done if you're only looking at 3 months at a time. It's not so scary. The other thing is that you can set yourself up with some smaller goals and as you cross the finish line it kind of gives you momentum and you can cross it off the list and then bring in something else on your list and keep on going by working in quarters.

You're also planning in weeks rather than in months at a time. That's a little bit easier to wrap your head around and I also find that most of my home setting goals are seasonal so working in quarters is really a much better fit for homesteading and gardening goals. And as things change it's a lot easier to adjust your goals along the way if you're only looking at three months at a time. So I always have worked in quarters. But what if you have a really massive goal that is going to take all year you can't squeeze it down to a quarter? What you do with that large goal is you break it down into for many goals or four parts. You would say to yourself I'm going to do this in the first quarter of the year and this little mini goal in the second quarter so that I'm halfway there and so you get the picture. So that's what I do when I have a really big goal. If I break it down and make it smaller so it's not so scary or overwhelming and it really seems to help.

Alright so now we're going to move on to step number three. You have four steps. Number one you made your list for stepping up. Two, you picked three to six goals that you can handle with in just the first three months of the year they were only looking at what you can accomplish by March 31st. Now for stepping up for step three we're going to drill those down. You're going to take those three to six goals and you're going to write them out very specifically so that you can look at this list and know exactly where you're headed.



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And this is where I drill them down using the SMART goal method. And you probably heard of this before it's super common — SMART is an acronym that I'll explain in a minute. But the use of SMART goals is so common in the business world but I never hear anybody use it in the homesteading world and I think it's a shame because it really works beautifully.

SMART goals give you a really clear picture of your target and they kind of force you to take action because they have a date associated with them so by the time you get to the end of the quarter you really have actually accomplished something. Now let me explain how it works... so a SMART goal, each letter of the word smart stands for something. So s stands for specific. You want to be very, very specific about your goal. And let me give you an example of a non specific goal. Let's say your goal is I want to get into cheese making. That's kind of not specific right? But an example of a very specific goal would be I want to learn to make ricotta and mozzarella cheese by February 15th. That's really specific like you're going to do it if you have that written down. I want to get into cheese making this year feels more like a dream and the other one feels like a real actionable thing.

So you always want to make sure that whatever you have picked you know you may have a big list right now and it just says you want to get into cheese making but we're going to take each one of those goals and we're going to make them be specific.

The second letter is M for measurable. And measurable of kind of similar to specific it's so that you really know when you have hit the goal. You want to really say how many or how far or how big you want to really use numbers. So instead of saying something like I want to be able to make more artisan food that's not really specific or measurable. You can't tell if you hit that goal completely so instead you would say things like "I want to make two kinds of cheese" or you actually name that so it's like I did in the first example and you have the date which I'll go into in a minute. So when you have something that's measurable you really know when you hit it or not.



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Now an example I gave about learning about cheese making when you say you want to learn how to make ricotta and mozzarella you'll have to list out some things very specifically that you'll need to do step by step in order to reach that goal. You'll have to take classes or read up on it you have to buy maybe some equipment or supplies. And you can totally see that by having that date you have to take some very specific steps right now in order to reach it. But you will also know when you reach it or not so you always want to use an action verb when you're writing down your goals not a non action verb.

Let me explain so an example of a non action verb would be I want to be more sustainable at home. Be more sustainable is a non action to be. And it's also not specific — sustainable in what ways? How do you want to be sustainable? It's also not measurable, you haven't listed out what you will have accomplished by that date. You really don't know for sure if you've reached the goal so to make a goal like that more actionable you would need to say something like “I want to reduce our green waste by 30% through composting by March 15th.” So that is a real goal and it may feel even a little bit out of your comfort zone because you've put numbers and a date to it but that's what makes it even better.

And the word reduce I want to reduce our garden waste reduce is an action verb. You're going to actually do something not just because that makes sense okay. And this is why it's so important to do that dump first because you're going to list a whole bunch of related goals and several of them may actually be heading you towards being more sustainable for example but if you truly want to be more sustainable or whatever it is that you're seeing all of your goals are heading you towards you need to dial that down to very specific actions to make it happen. Otherwise it's just a dream and not a goal. I hope that makes sense.

Alright so just to recap here the 'a' part of a SMART goal is to use an action verb like learn — I want to learn how to ferment sauerkraut or raise — I want to raise a small flock of 5 chickens in my backyard or growth — growing as another action verb, I want to grow 25% more vegetables this



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year. But what you don't want to say is I want to be — I want to be more sustainable. That's not really actionable to be.

OK alright so we've gone through the first three letters we've gone through 'S', 'M', and 'A' — specific measurable and actionable. The next letter is R for realistic. Now I have found that different sources especially in the business world will give you a different meaning for the letter R in a SMART goal and they're all kind of related. I prefer to use the realistic as my meaning for the 'R' because it forces me to give myself a reality check and make sure that I'm not over estimating what I can accomplish. Your goal needs to be realistic for the time. That you're looking at which in this case is 3 months or the first quarter of 2016.

So for example if you've never walked toward living sustainably before you wouldn't want to list something like I want to live completely off the grid by the end of the first quarter. Now you could do this but there's a lot to learn and to be completely off grid you have to have a lot of components to that and you probably don't have the time or the resources to do that in 3 months. Do you understand what I mean? So although that is a real goal it may be unrealistic.

So a more realistic goal might be something like I want to install solar panels by September 1st of 2016. That's still a big goal and there's lots of steps involved to get there — you want to learn about solar power, you want to investigate your options and your installation cost, figuring out how much to get that done. It's a really big goal but it's also realistic now because it's in the future of September 1st. It's not going to be in our first quarter but there might be some mini goals you have to accomplish now like the research so that you can reach that goal in September. See you always want to check when you're writing out your goal just to make sure it's realistic and you're not over estimating what you can accomplish.

This brings us to the 'T' in SMART which stands for being time-bound. You have to have a deadline or a date in your goal so that you have this sense of urgency and it sort of forces you to take an action. So let's pretend that you want to learn several different homesteading skills this year and you



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have as one of your goals learn about cheese making. We don't want to say learn about cheese making even though learn is an action verb but you don't want to just say that without having a date because it probably will never happen. Or other things will get put a head of it because you won't feel the urgency.

Instead you want to say I want to do this by this date. So when you're looking at that example of cheese making that's why I gave that example of I want to learn to make ricotta and mozzarella by February 15th 2016. It fits all the criteria it's very specific and measurable you have two cheeses in there that you want to have learned how to make by a specific date and it's actionable and it's realistic and that date has bound you to make you feel a little push to do it. And that is why a SMART goal can be so powerful.

So just to recap you have SMART — 'S' for specific, 'M' for measurable, 'A' for actionable, 'R' for realistic and 'T' for time-bound. But there's one more factor here at most people miss when they're setting goals and it's not typically part of the SMART goal method but it's something I use every time.

You have to have a why. This is especially key for big life changing goals like a health goal. Because that goal is going to require you to change a habit and you're going to come up against a few brick walls along the way and you need a why. So step number four is to determine your why. Why do you want this? You need to know this because if you don't have a strong why you never complete the goal when the going gets tough and with those life changing type goals or habit changing goals it's going to get tough.

And that's when you pull out your sheet of paper where you have listed out your why... you tape it to the refrigerator you tape it to the mirror. Why am I going through this pain and agony of more exercise? Or of trying to eliminate the front lawn in the front yard? Why am I doing this? It's hard to come up with it when you're in the painful part but if you've already made out your list it's so easy to pull that out and read it over and go oh yes I get



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it. I know why I'm doing this. I will push through there's a bigger picture here and I'm going to keep on going.

When I've mentioned getting your why to people sometimes they're not quite sure how do you drill down to what the true why is. How do you find it how do you find your why? Well my really good friend Colleen Arneil she is a business coach and she has this great way of drilling something down to exactly what your why is so I'll tell you the method because that's what she taught me.

So let's use our cheese making example you may already know that learning how to make cheese for the year is part of an overall goal for learning more food crafting skills. So you may be thinking I want to learn how to make cheese because I want to learn more food crafting skills but you can drill it down a little bit deeper.

So what Colleen says to do is to keep asking yourself why with every answer you give. Let me walk you through this... So you say to yourself, I want to learn to make ricotta and mozzarella cheese. Why? Well because I want to learn more traditional foods. Why? Because they taste better. Why? Because they're not processed. Why? Because they are made with fresh locally sourced ingredients. Okay but why do you want that? I want that because these ingredients are healthier for me my, family and the earth and I have a better chance at a healthy life if I consume these types of products. Now that is your why. The bigger picture! It's not just that it tastes better. That's a great why but you want to go a little bit deeper. Your real reason for wanting to learn how to make cheese is this bigger picture of wanting for yourself, your family, the earth — you want a healthier life.

And I do this for every one of my big goals that are like the life-changing type goals that I know there's going to be difficult parts of it along the way. I write down all my whys on a piece of paper and I keep it in a notebook for when times get tough. And that method really works. Keep asking yourself why and you keep going until you really know that you hit the bigger reason, the deep dark in your gut reason that you want to do this in this year. What is that and write it down.



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And that brings us to step number five. Okay you have your list you have your SMART goal written out in a full sentence using all the components of the SMART goal message and you have your why and how you're going to reach this goal. Well this is where you reverse engineer your outcome. Reverse engineering is really a simple thing — it's just where you take something and you work backwards to see what steps are needed to accomplish it. For any of your goals you need to reverse engineer what needs to happen for each one of those goals to become a reality. And you do this by listing out all those steps that are necessary to reach the goal. It's kind of like a brain dump again and sometimes at this point that you suddenly realize that this goal can't be done in 3 months that's why it's important. You may have to break it up into smaller pieces or break it up over one or two quarters and after you've written down all the items that have to happen that becomes your framework so you know what you have to do each week to reach that goal.

So let me give you an example because I don't know it always seems to make more sense when I hear someone give an example. So let's say your goal is to completely eliminate all processed food from your diet by March 31st. That's a big goal and yes you could try and do it cold turkey but if you don't have some groundwork laid out first you probably will fail so it's probably better to do several steps to get you there. And then have some steps built in to help you maintain that goal so that you can actually by March 31st feel very confident that you have reached your goal.

So you want to write down some steps that you need to take to make sure that that goal is inevitable and that's the key word here you want to make this goal inevitable. You want to list out if I do these things this goal will happen. Some items that have to happen to make your goal inevitable would be that you're going to need time to plan and cook more meals. You're going to need the knowledge to do that cooking from scratch. So you might want to build in time for learning things like cheese making. You are also going to need resources for getting food that is not processed so you're going to have to build into your list. That you want to check out different farmers markets or maybe want to grow more food. That can be

part of what will lead you to the inevitable goal of being completely process free. So in your listing out the different tasks that have to happen to reach your goal you might have things like I will clean out the refrigerator and every cupboard to eliminate the process foods I already have by January 21st so that I can start with a clean slate.

Maybe another one would be every Saturday morning I will plan out the weekly meals and do the grocery shopping every Sunday afternoon. I will prepare and freeze two of the weekly meals... you see where I'm headed here. You're making sure that it is inevitable that you will reach that goal. Another one could be every Monday I will start a new ferment of yogurt something like that. And by the way if you want to learn how to do that podcast episode #2 is all about making yogurt at home at room temperature. So this is a little side note. Another thing you might have to list is that you want to take some classes on canning and preserving or maybe you're going to want to grow all of your own salad greens and you would list that out. But you see what I mean you're going to be taking this big goal as the example here and you're going to reverse-engineer all the steps that have to happen to make sure that it happens.

And this can work even for a simple goal like maybe you want to plan and plant your first garden this year and you have that down as your goal as your big goal. Well it's at this point and in step 5 your reverse engineering you're going to write down all the tasks that would need to happen to make that happen. Like you would need to order seeds by a certain date, you need to find and clear a spot in your backyard, maybe you need to read up on trellising, maybe you know there's a specific plant fair at your local nursery in April for example. You want to have that as your list and make sure it gets on your calendar.

All you're doing with reverse engineering is listing out everything that needs to happen to reach your goal. And here's something that's really important. It's okay to adjust your goal especially the due date and sometimes that's why I think this step of reverse engineering is so important. It sometimes makes us realize this is a bigger goal and I saw it and I'm not sure I can handle it or maybe the date you originally thought



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you needed to do it as you're looking at everything you have to do to make that happen you suddenly realized you were being a little unrealistic.

Why I think it's an important step and also remember while goal setting it's not about getting to the end of the year and feeling bad about the things you didn't accomplish it's about feeling good about what you did accomplish. I mean gosh life gets in the way right life happens and you can get sidetracked from some of your original goals. And by doing it and quarters and by reverse engineering see you really have a clear picture in your head what has to happen to make that an editable it allows you to make adjustments and that's okay I mean gosh this is your goal you should be able to adjust it and not feel any guilt. So it's okay to adjust it's okay to not actually reach your goal but maybe change your goal part way through. Even if you only accomplish parts of it it can still be a big win and that's the other reason why I really love doing this in quarters. Because it allows you you to stop and reassess and maybe make adjustments at that time without feeling guilty or just dropping the ball all together.

Alright so we are at Step 6. The last step is to schedule. You have your goals with the completion dates you're going to do this by this date and you have your list of all the tasks that need to happen to reach that goal so this step is all about taking your main goals, your three to six main goals and just dropping them into your calendar. I want you to drop those all into your calendar then you go through your list of tasks and you just add maybe the first one or two tasks that need to happen to start the ball rolling. Don't overwhelm yourself by saying I have to do this and do this and have to do this... just start with maybe one, two possibly three tasks that has to happen in order for your goal to be inevitable.

And I'm talking here about those really big goals if you have a real small goal and it's like this is my goal I can do it in two days and then I've done it well that's different you can write in when you're going to do it and you get it finished and you cross it off and replace that. There's always something new but we're people where we usually get stuck is on those big life changing habits, changing type of goals and in that case if you were to fill up your calendar with all those tasks that need to happen to make it



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inevitable I just find it to be too overwhelming and I end up stopping right there or procrastinating.

But if you're only looking at this is what I have to do first or this is what I have to do next it kind of keeps you rolling and keeps the momentum going. So I usually only schedule in the first one, two possibly three tasks into my calendar that have to happen in order for me to keep moving towards that goal. And after you accomplish that one task then you look at your list and you say ok what has to happen next. And maybe the following week or the in 2 weeks you add that next task into your calendar.

So this is how I moved through the quarter and then when I get to the end of the quarter I just take 30 minutes or so and I look over what were my goals for this quarter did I reach the goals what worked with didn't and what's next on my list. You've already done most of the work so it just means every 3 months or so and I put this on the calendar.

Every 3 months or so I sat down and I look at the past quarter and I look at the next quarter and this is what businesses do right. Well I do the same thing with my homestead and the reason is that I have my little one tenth of an acre homestead here in Los Angeles but I also have a 14 acre farmstead in Northern California. I have to kind of balance and keep my eye on a lot of different things at the same time as well as producing a TV show and having teenagers. It can get really, really crazy so I can't look at the whole year at once. I have to look at just three months at a time.

I may know that in the future certain things have to happen by certain dates you know that maybe 6 months away. But I don't worry about those right now I just look at my little window of time of the first quarter of the year. So for me scheduling that reflection and planning time is really, really key. It's kind of like having multiple New Years. You know you always kind of feel new and refreshed at the beginning of the year.

When you look at the at the whole calendar as a whole broken up into quarters you get multiple do overs and I find that really helpful. It keeps me from not beating myself up. If I didn't get to you know doing some of the



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things in the garden that I wanted to do or doing some of the things that I wanted to learn or master in my skills that I had listed that I wanted to learn. So it just keeps me from being too hard on myself. And I also find that at the end of each quarter I'm kind of amazed at how much I really did accomplish. And doing these little mini sprints towards my quarterly goal really keeps me motivated for the rest of the year. And you know sometimes I end up totally abandoning a goal that maybe I had said at the beginning of the year because I was overly ambitious or you know life happens and I had to drop some of the goals that I had planned on.

That actually happens every year but I find that just by looking at that quarter I go wow you accomplished this and this and that's awesome! I didn't do everything but I got a lot done and it just keeps me moving forward and keeps me feeling productive.

The one thing that I would say to keep in mind when you're working on your goals whether it's personal goals or homesteading goals or whatever it is is to remember that these are your goals. There's no contest or comparison here it's just some things that you personally want to accomplish and you don't have to be hard on yourself if you don't reach every single goal. Even getting part way there is good and changing your mind is perfectly okay. So don't be too hard on yourself when you're doing this.

I hope this episode helps you. It's just some techniques for reaching those milestones, getting them out of your head and into doable stats so that you can reach some of those goals but you've been wishing for or dreaming about in your own life.

To help you even further I have a bunch of resources in the show notes for this episode and as always I have the PDF transcript in case you wanted to read through some of these tips rather than listen. And I also have a downloadable cheat sheet for you with the six steps to creating productive homesteading skills. And within that download I have a short list of free tools that I use when I'm making my goals. I started out with this post I was just going to do a post about the free tools and I realize that if you didn't



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have a clear method for setting your goals the tools wouldn't really help you. So that's why I created this podcast on how to create and follow your goals. And now within the download I have a list of online tools and apps that you can use to make this happen.

Now these are all free there not any affiliate links or anything like that they're just for list making and task management. Some of the things that I've used through the years not only for my homesteading goals but also for organizing everything for the TV show and I know there are a lot of different tools out there like this.

But in the PDF I just listed a few of my favorite and why I use them. So I thought that might be helpful to you. So to get all of that just to visit my website and go to LivingHomegrown.com/37 and the PDF will be there as well as everything that I've mentioned in this episode.

So that's it for this week I hope that helped and you're going to be well on your way to an incredible 2016. Until next time just keep working towards living a little bit more local seasonal and homegrown. Take care!

Announcer: That's all for this episode of the Living Homegrown podcast. Visit LivingHomegrown.com to download Theresa's free canning resource guide and find more tips on how to live farm fresh, without the farm. Be sure to join Theresa Loe next time on the Living Homegrown podcast.