

FOLLOW YOUR DREAMS TO



A
Simple
Life



THEFARMWIFE.COM



Introduction

Before we begin any journey, we need to know two things: Where are we going, and How do we get there? Once we decide where, the best way to know how to get there is to use a map.

With a map, we can find our beginning location, and mark it with a highlighter. Next, we locate where we want to go and mark that location. From there, we begin to map out our journey.

The journey to living a Simple Life works basically the same way. First, you decide where you are in your life. Next, you consider who you want to be. The journey you take is the adventure between those two locations.

If you downloaded this free e-book, you have a desire to live a life that is less complicated and gets back to the very basics. Maybe you love your current job, but just want to 'de-clutter' the rest of it. Maybe you do not like who you have become, and have a strong desire to return to who you were designed to be.

Either way, this e-book is designed to help you along the journey. It asks questions you need to ponder. There are places where you can put your thoughts into writing. And it offers the 'location' of a few rests stops along the way.

Ready to start your journey to a Simple Life?

Grab your suitcases and let's go!



Dare to Dream

You have already decided to take the journey that leads to a Simple Life. First, you need to visualize what that means to you. You need to know *who you want to be*. Take some time to really explore these questions before writing in your answer. Remember, you may have more than one.

What is your Strongest Passion?

What is it about this Passion that calls to your heart?





Dare to Dream

Now it's time to put all your Passions together. Brainstorm ways you can use your Passions to begin a new Life Journey!

As an example: My passions for writing, gardening, animals and living a simple life led me to starting a homestead and a website, writing a book and a newspaper column, speaking, and teaching on all things related to homesteading, homemaking and living a simple life.

Taking My Passions to the Next Level





The Pros & Cons

Now that you know who you want to be, it is time to take a look at those passions and see how they can work for you. What do you want to do with them? How do they fit with 'the new you'?

Because changing lifestyles can mean a lot of time, dedication and work, you need to make certain this is the journey you want to take. The best way to do that is to make a list of Pros and Cons. But don't let a longer 'Con' list dissuade you from making the journey. Look closely at the list, and see if there are things that can be changed now, or can be altered later on.

Pros

Cons





Break Time

With every journey, we need to take time to refuel. On our journey, it may mean stopping to save money, taking a class or just doing something different to prevent burnout. Copy this page each time you need a 'rest stop' along this journey!

Money To Save

For	Amount Needed
_____	_____
_____	_____
_____	_____
_____	_____

Research

Books to Read / Research to Do

Classes To Take

Class	Where	Date / Time	Cost
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Set Your Goals

Now that the Pros have won (and we knew they would, because, after all, this *is* your Passion!), it is time to set a few goals. What is it going to take to help you reach your destination? This could be saving enough money, learning a new skill or even starting small.

Goal #1

Goal #2

Goal #3





Reaching Your Goals

You have your first three goals ready to go. Now, what steps do you need to take to reach those goals?

Goal #1 _____

Steps to Take





Reaching Your Goals

Goal #2 _____

Steps to Take





Reaching Your Goals

Goal #3 _____

Steps to Take





Start Your Journey!

You have determined your Passions. Your destination is set, and the Pros and Cons have been weighed. Goals have been set and you know what it will take to reach them.

All that is left is to start the journey to the new you and your new life. Congratulations!

But with any journey you set out on, there are times you need to stop to refuel. With any passion you have, there is a time where we need to take a break while saving our money for the next stretch. Other times it means you need to consult your map through research or taking a class.

It is always helpful to have a 'Pit Crew'. These are folks who can help by offering support and encouragement. I am definitely one who is willing to be a member of your crew! Just drop me an email at julie@thefarmwife.com, or leave a comment on my website (<https://www.thefarmwife.com>)

Even a passion can get wearisome. We also need to refuel our bodies by doing something for ourselves. Learn to take a break every now and then to do something fun and different. This will help clear your mind in order to better focus on a 'glitch' in your plans. Taking a break also helps to prevent burn out.

The only thing left for you to do is grab your suitcases and hit the road! Please keep me posted on how you are doing on your journey. And anything I can do to help, just let me know!

Safe Travels!