



## **BONUS: Thirty Days – Four Moves**

A simple month-long reset for how your home depends on the grid.

This is not a challenge, a bootcamp, or a new identity. It's one honest month of tightening up the basics so your life is less fragile when the power flickers, shelves thin out, or systems stall.

You're not "going off-grid." You're building a little space between your life and somebody else's switch. Use these four moves at your own pace.

Thirty days is a guideline, not a rule.

### **Where This Fits in the Bigger Picture**

The Resilience Experiment goes deeper into money, meaning, and how your place can start to pay you back instead of just billing you.

These four moves are the bridge: a small, honest month where you stop hoping the grid never hiccups—and start being ready when it does.



## BONUS: Thirty Days – Four Moves

### Move One: See What Actually Runs Your Life

(Days 1–7)

Before you buy anything, notice what's already true.

In this first move, you're just getting honest:

- Walk your home and list the things that really matter if the power or water went out for two days: fridge, freezer, well pump, internet for work, medical devices, heat/cooling for certain people, etc.
- Write down which systems you don't control but depend on completely: utility power, city water, deliveries, card payments, online banking.

Finish one sentence:

- "If this stopped working for 48 hours, my life would get very hard, very fast: \_\_\_\_\_."

You're not fixing anything yet. You're seeing the wires.

 **Field note** (from The Resilience Experiment):

If your needs and comfort are reliant on someone else's switch, it isn't control—it's a countdown.



# BONUS: Thirty Days – Four Moves

## Move Two: Cover the First 48 Hours

(Days 8–14)

Now that you see what matters, you give yourself a two-day cushion.

Focus on immediate readiness, not perfection:

- Use your 48-Hour Essentials checklist to map what you already have for food, water, light, and basic comfort for Days 1–2 of a disruption.
- Plug only the obvious gaps: a couple of missing staples, a few extra gallons of water, batteries that actually match your flashlights.
- Decide what “good enough for 48 hours” looks like for your household, and write it down.

 **Field Note:** By the end of this move, a short disruption is an inconvenience, not a crisis.





## BONUS: Thirty Days – Four Moves

### Move Three: Stretch to 72 Hours

#### (Days 15–21)

Once 48 hours feels solid, you push it just a little further.

Use your 72-Hour Disruption Plan to:

- Extend your food and water plan by one more day, using normal food you already eat.
- Decide which few circuits or devices you'd prioritize if you had to power only part of the house.
- Note any meds, documents, or tools that would be a real problem if you couldn't find them quickly—and give them a consistent home.

 Field note: The goal here is simple: if things wobble for three days, you can say, "We're okay. We have time to think."





## BONUS: Thirty Days – Four Moves

### Move Four: Turn It Into a Shared Playbook

(Days 22–30)

A plan that lives in your head isn't a plan. It's a secret.  
In the last move, you:

- Fill out your Emergency Contact & Inventory sheet:
  - Key numbers, neighbors, work/school contacts.
  - Where the important gear actually lives.
- Print everything—48-Hour Essentials, 72-Hour Plan, Emergency Contact & Inventory—and put it in one spot: a binder, folder, or clip on the fridge.
- Walk your household through it once. Show them:
  - Where the water is.
  - Where the flashlights and batteries are.
  - Where the meds, documents, and emergency contacts live.
- If you're willing, run one mini test:
  - An evening with the lights off and only your backup lighting.
  - Or a day of eating only from your 48-hour food setup.

 Field note: You're not trying to impress anyone. You're just proving to yourself that this works in real life, with the people and place you actually have.