



Flight Tower Books

THE FIRST STEP - GRID-ADJACENT: **How to Thrive in Two Worlds**

Vision, Strategy, Clear Direction.





The First Step - Grid-Adjacent: How to Thrive in Two Worlds

A practical alternative to the all-or-nothing approach of traditional off-grid living.

This is a self-audit of your current status regarding life essentials and resilience.

Area	Observation (Current status re: the grid)	Action (What to do next?)
Water Resilience	* How dependent are you on municipal water?	* Calculate minimum daily water needs.
 Field notes		
	* Do you have any stored water or purification?	* Purchase a basic filter or stored water.
 Field notes		
Food Resilience	* How many days of food do you have on hand?	* Purchase 3 days' worth of staple goods.
 Field notes		
	* Do you have a garden or local source?	* Start a small container garden.
 Field notes		

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

— The Resilience Experiment





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Area	Observation (Current status re: the grid)	Action (What to do next?)
Energy Resilience	* How would a 3-day power outage affect you?	* Purchase candles/battery lights and power bank.
 Field notes		
	* Do you have backup lighting/charging?	* Identify critical energy loads (phone, lights).
 Field notes		
Skill Resilience	* What survival/repair skills do you possess?	* Identify one skill to learn (e.g., first aid, simple repairs).
 Field notes		
	* Are you physically fit enough for manual labor?	* Plan for increased physical activity.
 Field notes		

 **Field note:** If a space can be pride or cashflow, pick the one that pays the base-load bills. If a crop can be dinner or inventory, make it both.

— The Resilience Experiment





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Area	Observation (Current status re: the grid)	Action (What to do next?)
Community Resilience	* Do you know your neighbors well enough to help?	* Purchase candles/battery lights and power bank.
 Field notes		
	* Introduce yourself to two neighbors.	* Research local mutual aid/community groups.
 Field notes		

Part 2: Deeper Dive

(Identifying Priorities for Off-Grid/Grid Adjacent Action)

This phase helps you identify which areas are most important to focus on for personal traction in resilience.

Area	Importance to you (1-5, 5 being most important)	Why is this area a priority?
Water Resilience		
Food Resilience		
Energy Resilience		
Skill Resilience		
Community Resilience		



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Part 3:

The Traction Plan (Next Steps)

Based on your priorities, here are your three most important next moves for personal resilience and traction:

Top Priority Area:

Action: _____

Goal: _____

Second Priority Area:

Action: _____

Goal: _____

Third Priority Area:

Action: _____

Goal: _____



Field Note

A field note is a brief, practical observation recorded in a real-world setting (the "field") rather than a lab or office. In the context of a book or personal development, it often serves as a concise, actionable takeaway or a sharp summary of a practical lesson learned through direct experience.

