

# Self Sufficiency Guide

## Build Your Stability Toolkit

- Updated ID and documents
- A reliable mailing address (General Delivery or shelter address)
- A basic budget plan
- A small savings cushion, even \$20–\$50
- A support contact (caseworker, friend, outreach worker)

## Housing Readiness

Practice the habits that make housing easier to maintain:

- Doing dishes daily
- Taking out trash regularly
- Wiping surfaces
- Keeping laundry manageable
- Managing clutter
- Reporting maintenance issues early

These skills protect your housing and your peace of mind.

## Laundry & Clothing Management

- Keep a small, manageable wardrobe
- Wash clothes weekly
- Learn stain removal basics
- Keep a “clean outfit” ready for appointments or work

## Emotional Readiness

Understand the Feelings That Come With Housing

- Many people feel:
- Excitement
- Fear
- Guilt
- Pressure
- Loneliness
- Disconnection from shelter community
- All of these feelings are normal. Housing is not the end of the journey – it’s the beginning of rebuilding.

Build Coping Tools

- Journaling
- Walking
- Talking with a trusted person
- Attending support groups
- Practicing grounding techniques

You deserve emotional stability just as much as physical stability.

## Create a Simple Daily Structure

Start practicing:

- Waking up at a consistent time
- Setting a daily “anchor task” (job search, appointment, hygiene, etc.)
- Planning meals
- Keeping a small to-do list

## Build a Realistic Budget

A good transition budget includes:

- Rent or program fees
- Food
- Transportation
- Phone
- Hygiene & cleaning supplies
- Savings (even small amounts matter)

You don’t need perfection – just awareness.

## Income

- Day labor
- Part-time work
- Workforce services
- Skill trades/bartering
- Training programs
- Gig work (if accessible)

The goal is consistent income, not high income.

## Protect Your Stability

- Pay rent on time
- Communicate with your landlord or caseworker
- Keep your space safe and clean
- Set boundaries with visitors
- Ask for help early if something feels off

Housing is a skill – and you can master it. Never be afraid to reach out for support when you need it whether it be food assistance, mental health mediation with the landlords, etc.

**Self-sufficiency begins with your steps, but it’s sustained by the hands of a community.**

