



## **The Amish Prepper Mindset**

**Get You, Your Family and Your  
Community Working Together**

**The “Other Side” of Prepping that No One  
Really Talks About**

**A Special Report By John S. Cohoat, Co-Founder, Amish Survival  
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**The “Other Side” of the Prepping World That No One Really Talks About Is Actually the Key to Prepping Success...  
And, the Amish Have Figured This Out Long Ago**

I'm an entrepreneur, business growth coach, former healthcare executive and recovering CPA (I was a full-time CPA, but I moved on a long time ago). Anyway, I've been working with businesses of my own and helping others with theirs for over 30 years.

And, I've come to realize that no matter how good someone is at the technical side of things, no matter how hard they work in their business, no matter how much they say they want to be successful, there is something that holds most of us back. The simple answer is that there are 2 sides to every coin and 2 sides to each of us... the outer side that everyone can see and the inner side. It's our psyche, our innermost thoughts, our drive, our attitudes about how we approach business and life.

As I've been studying the world of preppers I've come across almost nothing on this topic. And, I will tell you that it's without a doubt, the element that will mean the difference in most prepper's lives as to whether they truly achieve success.

Now, along with these observations, I've also noticed that the Amish really have this part of their prepping lives much more in balance. So, this report sets out my insights into what sets apart the Amish in their simple life style and how you can adopt this prepping mindset for you and your family.

## **A Little Background Before We Get Started**

Amish Survival Secrets offers a glimpse into the "Simple Life", which the Amish have lived since the 1600's when they were formed in Europe by a man named Jakob Ammann. A related group with similar conservative religious values is the Mennonites. So, for purposes of our discussions, when I refer to the Amish, I am talking about the Amish/Mennonite culture.

The Amish migrated to the United States in the 1800's to escape religious persecution. They have established several small areas which they live in throughout the U.S. and one of them happens to be central northern Indiana where I have lived for many years. About 10 years ago my wife and I bought a business from a Mennonite family and we had many Amish working for us during the time we had the business. (We sold it in 2009, just before real

estate market got really bad. Made a nice profit and everything was paid off. The business just sold again for a few hundred thousand less than we sold it for.)

We still live among the Amish and, in fact, have 15 acres, in the country. We have been prepping to some extent the entire time we've lived here, but have stepped up our activity dramatically the last year or so.

With that in mind, I have a member of Cohoat Business Growth Group, Willis Yoder, who is an Amish entrepreneur. Willis has been active in my Mastermind Group, been a private copywriting client and we've collaborated on a few projects. All the while, we've been discussing the potential for major changes in our world and the threats to all of us, including the Amish. I've also observed more about how Willis and his family live and he's given me some great tips for my prepping.

Willis revealed to me a few months ago, that he'd really like to find a way to help others by getting survival and prepping tips out to society. So, with my colleague, Hari Luker, Willis and I have formed Amish Survival Secrets.

This is all a long way of setting the stage and giving you a feel of where we're coming from. You see, the Amish have been made fun of, sometimes thought of as very mysterious. There are shows on TV like Breaking Amish (<http://tlc.howstuffworks.com/tv/breaking-amish/videos> ) that sensationalize the Amish lifestyle. There's even one coming out about the "Amish Mafia".

Then there's the Amish Heater, which has been sold for several years through full page, direct response ads in virtually every newspaper in the country. The fact is that the Amish don't use these heaters and the only thing that might make them Amish is a wood surround cabinet for the electric heater. ([www.heatsurgesale.com/](http://www.heatsurgesale.com/) ) From a business growth specialist, I have to tip my hat to them, but from someone who knows the Amish I realize how fake it really is.

In our case, this is not fake. Willis is really Amish and I have worked with and know the Amish. By combining our technology and online skills with Willis's personal knowledge and access to secrets only the Amish know, we can bring you "true Amish" ideas that you can use in your life.

So, what are the threats to consider? Well this report isn't going into all that could happen to us in any detail, but consider just a few things that could happen:

- Major economic upheaval due to burgeoning debt and failing economies throughout the world.
- Natural disasters... Earthquakes, Tsunami, Hurricanes, Volcano. We've seen all of these play out recently. See how many people were devastated in these situations.
- Solar Flares on Electro Magnetic Pulse (EMP). Wipes out everything electrical and would shut down everything, instantaneously. Internet, modern cars, phones, electrical grid, computers, etc. This has happened a few times in the last century and our enemies now have the capability to do it us.
- Nuclear Strike
- Terrorist Strike
- Major Energy Shortages
- Skyrocketing Inflation
- Whatever Else??

If this sounds like doomsday talk and you just want to go about your daily business and react when you have to... no problem. Just quit reading and we don't really care. However, consider how many are listed above and others that haven't been considered. Is it possible that at least one of these could happen to you in the next 10 years, even if you are not a gloom and doom person?

You see, just like every aspect of life, there will be those who heed the call, study, prepare and take personal responsibility. Frankly, the percentages are small and dwindling. I know some very smart people and family members who take this tact and they think I'm nuts to prepare. Fine.

Chances are if you are still reading you understand the need to prep and are on board. I just wanted to make sure you knew where we are coming from.

## **Seven Keys For the Amish Prepper Mindset... The “Inner Game” of Prepping**

One thing I haven't told you yet is that I'm an avid golfer. I actually have played in some tournaments and consider myself to be above average. Not as good as I used to be, but at one point, I took the game pretty seriously. During that time I came across a book called “The Inner Game of Golf” by Tim Gallwey.

The premise is that there's this whole other side of the golf game (and any other game) that is the Inner Side, which can really be the key to success. And there are many techniques to get your mind in tune with your body, to overcome nervousness, etc. Anyway, I studied some of this and had some success with it in my golf game. I also realized that many Inner Game concepts can apply in business. So, when I'm getting ready for a big speech, radio interview or something, I use some of these techniques.

In this report, I'll get into the Inner Game of Prepping.



## 1. Create a Community of Preppers

While some Amish may live in and among the rest of us, for the most part they have chosen to live in just a few small areas of the United States. These regional communities are further broken down by their small church districts. So, the Amish naturally already organize themselves for success by how they create a sense of community.

As such, they really support each other in many important ways. You may have heard of the famous Amish barn raisings. If a member needs a new barn they arrange to have it built and the whole local community is involved including the women and children who help with food. I used to be the president of a small hospital in the area and the Amish mostly paid their own medical bills, without insurance. So, if there was a major illness, the other Amish would help to pay the bills. We had some ornate furniture in our maternity department that had been given by Amish craftsmen in exchange for an Amish woman's substantial bills from a premature birth and complicated delivery.

Living in and around other preppers can give you support that you aren't alone. I know there are prepping Meetup groups around the country. Go to Gun Shows and look for talks in your community about camping, sustainability and creating your own energy. If you are Mormon, you naturally have a community that is committed to this lifestyle. I happen to have some very good Mormon friends and we exchange ideas on prepping. They are very Christian in their approach, just like the Amish, so if you have some Mormon friends, invite them into your network.

Many preppers realize that no matter how much prepping they do on their own, the support of like minded individuals with varying skills is essential in a real, widespread emergency. We can learn much from how the Amish organize and use that to form our own prepping communities.

## **2. Education Can Grease the Skids**

When I was taking my courses for my Masters in Business Administration (MBA), I remember one course on how to manage and motivate people in a business. One principle is that if they are educated and understand what you want them to do and why it's important, they will be much more motivated.

Same thing with prepping. Certainly, your own education is key. And, if you're like me, you take this side of prepping seriously, by reading books, obtaining online resources, attending courses, watching relevant TV shows, etc. So, your self education is an important component and as you become educated you can become a better teacher to those around you.

The Amish take responsibility for much of their own education and the education of their children. Small Amish schools educate the children up through eighth grade and then they are done. Within the family, they will have daily Spiritual devotions.

The elements of prepping education really become the lifestyle, so for Amish children, this becomes the normal. Raising animals, gardening, alternative energy, canning, hunting, food preparation, food storage, etc. are all taught by parents to their children on a daily basis. Then it's passed onto the next generation.

Within your family and your community, become the educator. Provide materials. Tell them about success stories, show them how it's done, and talk

about challenges and mistakes. You can start a community prepping newsletter or online forum. Share emails with others.

All of this will provide internal sustenance for you to move forward and create credibility that you know what you are doing and are committed. Long-term you will feel more confident about your prepping knowledge and this will fuel you to new heights.

### 3. **Have a Sense of Personal Responsibility**

If the Amish need something, they go get it or they find someone in their community who can help them. They certainly don't expect those outside the Amish community to provide them the knowledge, resources or tools to help them on a daily basis.

This is really a mindset for the Amish; They take personally responsibility for their own lives and providing for their families. If you are a prepper, you already probably have a great sense of this.

This sense of autonomy and idea that it's really all about you is not a selfish idea. It's just this attitude that you don't believe that anyone is responsible for how you feel, whether you are a success in business or whether you are prepared for TEOTWAWKI.

It's just a sense that you have about yourself and that will come through to those around you. An aura that you've got their back and sooner or later they will get your back, too. Really a great feeling.

#### 4. **Healthy Skepticism of Government and Other Major Institutions**

With all that's going on in our world this shouldn't be a hard one, but when you look at election results you have to scratch your head. Anyway, the Amish philosophy really embodies this skepticism, although not really overtly. It's just an undercurrent that small is better, big government is trying to control us and we better have our guard up when dealing with them.

The Amish I've met are model citizens, patriotic and believe in the roots of our Country. In fact, I can imagine that the Pilgrims and our founders really lived like the Amish and probably based our government on these principles.

In any event, have that skepticism. Question what government is doing with their regulations, laws and new programs. Not necessarily that you are a lawbreaker, but you don't have to lay down for everything the government or their officials throw at you. Have back up plans and workarounds that will work for you when the government breaks down or becomes way too intrusive.

You may even need to get involved politically and be the voice of reason showing others the truth or shaking things up to make a point. Groups like the Tea Party may be vilified by some, but they have been successful in questioning much of what has been happening in our Country. You should, too.

## **5. Prepping Can Be Really Fun**

So, while some may think this is all about doom and gloom there is no reason it has to be. The Amish spend lots of time as families or in church

gatherings or community events. They play many games indoors and out, like ping pong, volleyball, etc.

They might take family camping trips, have quilting days, barn raisings, canning days, etc. All the while singing songs, laughing, enjoying food, telling stories, enjoying each other....

You can do the same with your family and your prepping community. Maybe you have some family members who are too sure about all of this, but it might take a camping trip or hunting trip to turn them on. Maybe it's a party with your local preppers that will create some friends and fun for your sullen daughter or unenthusiastic wife. Target practice, contests who can create a fire quicker, whatever. Prepping can be fun!!

## **6. Sustainability Creates Power**

When you feel personal power, you are more at peace. If you feel that you don't have control you won't sleep as well and there will be an overwhelming sense of anxiety. Not to get to Dr. Phil here, but you want to have your head on straight every day.

The simple idea is that if you live a sustainable lifestyle, you will exhibit and feel that sense of power that comes from knowing you're prepared. Like a football team knowing they have great game plan and are prepared for victory. Like an executive going into the Board Room knowing he's put together a great strategic plan and will nail the presentation.

Power, autonomy...whatever you want to call it. You will be a better leader of your family and exude more confidence in all areas of your life if you are a successful prepper.

## **7. One More Thought... Prepping is Not the Be All, End**

### **All... You Need a Higher Purpose**

The point is that the Amish do what they do because they believe their lives are intended to honor God. It's the greater sense of purpose behind all they do.

My message to you is that your prepping can't be the end game. You will become way too obsessed and actually deflect those around you. Plus, there will be a certain inner emptiness instead of inner peace.



So, whatever it is for you, spend time with your inner thoughts and decide what prepping is all about for you. If you don't believe in God, find something that can be your purpose... your family, your community, your Country. Or maybe like the Amish, the Mormons, etc. your Faith can be the guiding light.

Whatever that guiding light is, keep it shining brightly so you don't make prepping too unbalanced in your life. You will be the leader you want to be.

To your prepping success,

*John*

John Cohoat

**P.S.** If you've read this whole report, I can tell that you are serious about learning and sharing your prepping experience. We've created the **best and only preppers membership site**. Check us out here: [www.amishsurvivalsecretsmembers.com](http://www.amishsurvivalsecretsmembers.com) We're adding content all the time, there's a forum and many tools to help you with your prepping.

**P.P.S** Any questions or comments, sent them to [info@amishsurvivalsecrets.com](mailto:info@amishsurvivalsecrets.com) .

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