

# Am I prepared?

*Our book, Personal Safety Nets, presents stories of how life happens to people from ages 8 to 80+. Experiencing unexpected and unwanted challenges and changes happens to all of us.*

*Are you prepared?*



1. If I were experiencing a challenge in my life, on whom would I call? List 5-10 people.

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2. Do they know I count on them?

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3. Do they know about each other? Do I have a list of their contact information?

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4. Who is on the backup or reserve team: Family? Friends? Church? Colleagues? Neighbors? Professionals? Here are other people I can turn to and their contact information.

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5. If I needed to learn more about whatever illness, injury, disease, or change it is, how could I find out?

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***Knowledge is power! Preparation plus knowledge allows strategic, effective, powerful action.***