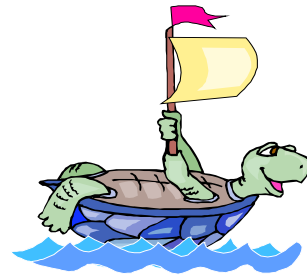


My Action Plan Worksheet



What I'll Do To Keep Moving Forward	And By When
1. Complete the worksheets for all of the life events that I believe will occur.	
2. Find a solution for eliminating all of my red flags.	
3.	
4.	
5.	

My Life Events That Will Occur	Worksheets I'll Need To Complete

My Red Flags	My Solutions for Eliminating My Red Flags

Common Grab and Go Items



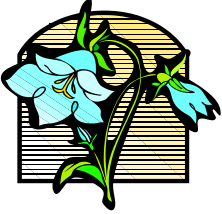
Item	Car Kit	Evacuation Kit	Home Kit
Family documents (scanned, on disk)			
Pet records and photos (scanned, on disk)			
Water for drinking and sanitation			
Non-perishable food			
Battery-powered radio and extra batteries			
Flashlight and extra batteries			
First Aid kit			
Whistle to signal for help			
Moist towelettes, garbage bags, and plastic ties for personal sanitation			
Dust mask or cotton t-shirt to help filter the air			
Tarp and duct tape to shelter-in-place			
Can opener for food (if kit contains canned food)			
One complete change of clothing and shoes per person			
A sleeping bag or warm blanket for each person			
Rain gear and umbrellas			
Mess kits, paper cups, plates and plastic utensils			
Cash or traveler's checks, change			
Pet Care supplies			
Paper towels			
Fire extinguisher			
Matches in a waterproof container			
Signal flare			
Paper, pencil			
Personal hygiene items including feminine supplies			
Disinfectant			
Insect repellent			
Tow rope and snow shovel			
Mini tool kit			

Doing The Thing You Think You Cannot Do



Life Event	Things I'll Have to Do to Respond	How I'll Take Action to Do Those Things

My Fears and Solutions Worksheet



Life Event:	
The Fears I'll Have To Face Because Of This Event	But I Can Do This Anyway
	1. 2. 3. 4.
	1. 2. 3. 4.
	1. 2. 3. 4.
	1. 2. 3. 4.

My Life Events Worksheet



Life Event	Likelihood of This Event Occurring	When
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Likelihood Ratings:

1 = Will Occur

2 = Might Occur

3 = Unlikely to Occur

My Passenger Mode Worksheet



Activity That Others Do For Me	Knowledge Category	How I'll Take Action To Address This

Knowledge Categories:

- 1 = I will never need or want to know how to do this, and I don't need to be familiar with how it's done.
- 2 = I probably won't need or want to do this but I should be familiar with how it's done.
- 3 = I will want or need to know how to do this.

My Personal Profile

My Life Events That Need This Information

Event #1:

Event #2:

Event #3:

Personal	Relationship	Name and Address	Phone Number(s)	Date of Birth	Social Security #	Medical Alerts
	Self					
	Spouse/Domestic Partner					

Pets	Name	Breed and Gender	Date of Birth	AKC Registry #/ Microchip #	Medical Alerts

Doctors/Medical Information		Name, Address, Phone Number
	Physician	
	OB/GYN	
	Dentist	
	Pediatrician	
	Veterinarian	
	Other	
		Family Health History
	Blood Types	
	Allergies	
	Medications	
	Other	

Financial		Issued By	Account #		
	Checking Account				
	Savings Account				
	IRA				
	401k				
	Money Market				
	Brokerage				
	Home Owners/ Renters Insurance				
	Car Insurance				
	Life Insurance				
	Other				
		Issued By	Account #	Expiration Date	Credit Limit
	Credit Card #1				
	Credit Card #2				
	Credit Card #3				
	Debit Card #1				
	Debit Card #2				
		Name, Address, Phone Number			
	Financial Advisor				
Accountant					
Attorney					
Insurance Agent					

Document Locator	Type	Location (Safe Deposit Box, Home File, Online, Etc.)
	Birth, Marriage, Death Certificates	
	Insurance Policies	
	Wills, Living Trusts	
	Bank Statements	
	Health/Vaccination Records	
	Pet Records	
	Burial Instructions	
	Social Security Benefits Statements	
	Divorce Papers	
	Mortgages/Other Loans	
	Income Tax Records	

	Passwords – All Accounts	
	Investment Documents	
	Personal Property Inventory	
	Other	

Who Ya Gonna Call? Worksheet



If This Happens	My Ghostbusters Plan of Attack Is