

NOMEN CHRISTI APOSTOLATE *PREPPER ROSARY PROGRAM*

15 POINTS PREPAREDNESS WORKSHEET

1) Expect wonderful things. Do I often find myself thinking negatively? Do I project this onto others? What is my positive vision for the future?

2) Extend yourself to others. Is there someone in my neighborhood who may need help? Can I join a church ministry? Can I be more cognizant of the needs of those around me?

3) Acquire a sustainable skill. Have I thought about the possibility of losing my employment? Is there a useful skill I have always had an interest in? Will this skill be possible to employ in a grid-down situation?

4) Improve your spiritual life. How can I do better to put God first? Have I been to confession? Do I give God my best, or do I tend to just do the minimum?

5) Know opportunity when you see it. Am I observant of my environment? Have I cultivated an eye for possibilities? How can I enjoy the simple pleasures of life with my loved ones more often?

6) Incorporate general preparedness into your life. Am I willing to adopt a lifestyle of preparedness (which includes always learning more)? What are some dangerous scenarios that could present themselves in my area? Can I start a food garden or raise farm animals? Is there a local water source? Would I function well without power?

7) Stock up on supplies (within reason, the world transition has already begun and major stockpiling is no longer an option). How long can I manage without a trip to the grocery store? Where can I store supplies in my house or apartment? What are the unique necessities of my family?

8) Become a minimalist in all things. In what ways can I simplify my life? What are the sources of my stress? Do I expect too much of myself or do others expect too much of me?

9) Investigate alternate living arrangements, locations and resources. Have I cultivated “outside the box” thinking? Where could I go if my home was damaged or if I was forced to leave? What can I do to become more financially secure (with the understanding that the current financial system may no longer function)?

10) Love, Love, Love! Am I aware of how those around me may be hurting during these difficult times? How can I be more patient? How can I be more understanding?

11) Work on home improvement. Could I benefit from a new home inspection? How can I make my home safer? What long-term improvements can be made right now, before access may become more difficult?

12) Investigate alternative media. Am I willing to question the status quo? How can I access information with an alternative point of view? How can I exercise good judgement in evaluating these options?

13) Consider the needs of your extended family. Am I able to accommodate family members in my home? What are the ways we can communicate in an emergency? Can I transport family members, if necessary?

14) Address all medical care and general health issues. Am I up to date on all medical tests? How can I become healthier and stronger? How can I reduce stress?

15) Address security and self-defense issues. How can my home be made more secure from intruders? What are my self-defense options?

www.nomenchristi.org director@nomenchristi.org