

Action Plan – Personal Safety

This worksheet is designed to help readers develop a personal safety action plan using information provided in Chapter 19 (Personal Safety – Don’t Mess with Me!) of *The Practical Prepper: A Common Sense Guide to Preparing for Emergencies*.

The surest way to stay safe is to avoid dangerous situations all together. However, that may not always be possible. It is critical to know how to defend yourself, build physical skills, and be skilled using the weapons of your choice.

What are your personal protection goals? Train each member of your family in a self-defense program that is appropriate for individual ages, mental and physical abilities. Which weapons will work in your budget and circumstances? Carefully evaluate your situation and develop a realistic action plan. Work on it regularly and keep up those skills!

Personal Safety and Security Action Plan			
	Goal	Plan to Achieve	Completed
Avoidance			
Awareness			
Self-defense training			
Child safety training			
Weapons			
Firearms			
Pepper spray			
Weapons Training			