

Action Plan – Survive or Thrive

This worksheet is an action plan intended to be used with the information provided in Chapter 3 (Survive or Thrive) in [The Provident Prepper: A Common-Sense Guide to Preparing for Emergencies](#). Will you just survive a disaster or will you learn the necessary skills to thrive and be better for the challenge?

Preparing Children to Thrive in a Disaster

Children generally fear four things will occur in a disaster—they will be separated from their family, someone will get hurt, they will be left alone, or that the disaster will happen again. Whatever the fear may be, acknowledge it and come up with a plan. We conquer fear by preparing for our fears. Discuss and plan for each scenario below as well as other fears your child may verbalize. Write it down. Talk about it and review it frequently.

Fear Mitigation Plan	
Fear	Plan
What do I do if I am separated from my family?	
What will happen if someone gets hurt?	
What will I do if I am left alone?	
What if it happens again?	

The same pattern can be followed for adults. Identify your fears and come up with a plan to deal with that situation to the best of your abilities.

Preparing to Thrive -- Action Plan

As with every other principle taught in our book, preparing to thrive emotionally is an important aspect worthy of time and planning. Take the ideas discussed in the book and expound on them.

This is a good time to take the steps necessary to become the person you want to be. Look at the first action item *Who survives?* Earlier in the chapter we reviewed traits of people who survive. What do you need to do to increase your chances of survival? Lose a little weight? Develop better relationships? Work to improve your standard of living? Record your plan next to the action item. Create a specific plan for each action item.

Preparing to Thrive – Action Plan	
Action Item	Plan
Who survives? Take action on whichever points might increase your chance of survival.	
Nurture a positive, can-do attitude	
Develop resiliency	
Provide a mastery experience for each member of the family	
Prepare children emotionally to thrive	
Cognitive drills – What if . . .?	
Recognize fears, understand them, take steps to lessen fears	
Build faith	