

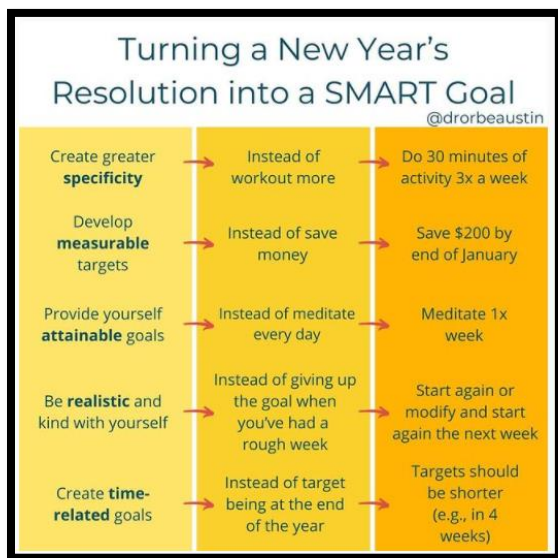
- 1) I have stored important documents and information in a grab-and-go binder.
- 2) I have stored a 72-hour kit with survival supplies for 3 days (a.k.a. grab-and-go bag).
- 3) I have stored waterproof, emergency shelter(s).
- 4) I have stored first aid supplies.
- 5) I have stored water.
- 6) I have stored food.
- 7) I have stored light sources that operate without electricity.
- 8) I have stored ways to keep warm without power.
- 9) I have stored ways to cook without power.
- 10) I have stored ways to communicate without cell phones and/or power.
- 11) I have stored ways to do laundry (especially without power).
- 12) I have stored ways to keep my family clean without power or running water.
- 13) I have stored emergency kits.
- 14) I practice spiritual self-reliance skills and strategies.
- 15) I practice financial self-reliance skills and strategies.
- 16) I practice emotional self-reliance skills and strategies.

Did you take at least ONE step toward better preparedness last year? If so, keep going! If not, take one today!

Preparedness is an ongoing process, not a one-time event. The scriptures teach: *“Now ye may suppose that this is ^afoolishness in me; but behold I say unto you, that by ^bsmall and simple things are great things brought to pass; and small means in many instances doth confound the wise” (Alma 37:6).*

What small, simple steps will you take to continue getting physically, spiritually, mentally/emotionally, and socially prepared? Try setting one SMART goal in each area.

This infographic might help: <https://www.instagram.com/p/CJjHyzLjaFn/>



#getprepared