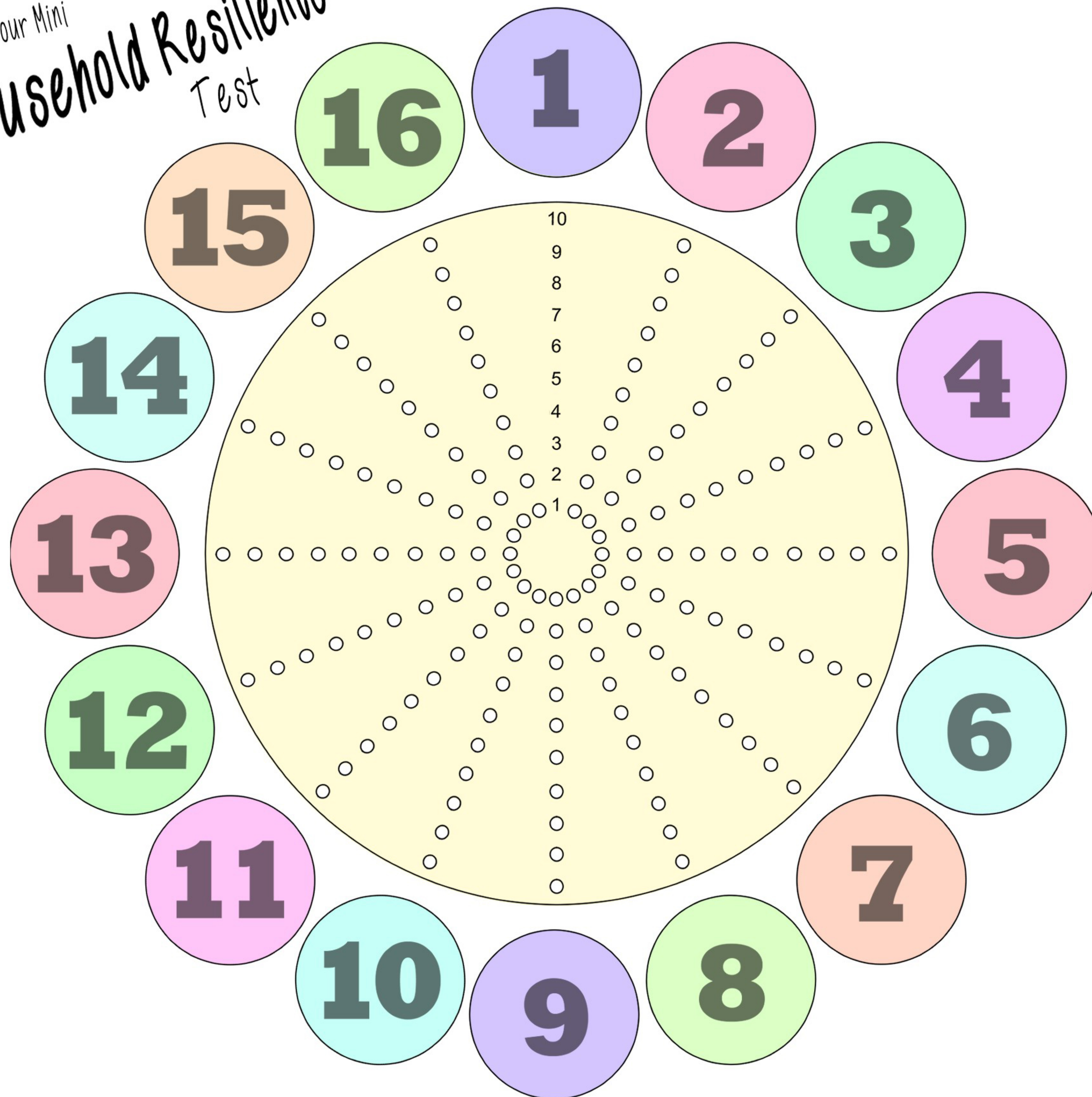


Your Mini Household Resilience Test



On a scale of 1-10 give yourself an honest score for each statement. Then join the dots!
 The shape of your resilience wheel shows how resilient your household currently is.
 The smoother your wheel the more resilient you are!
 Focus on your rough areas to get your wheel more smooth.

- 1 I have a well-stocked and up to date first aid kit in my house and car (meds included).
- 2 I have a well-stocked food and toiletries pantry with 3 months supply for my whole family.
- 3 I have a three-day supply of drinking water, one gallon per person per day.
- 4 I have alternatives for heating my home and cooking my food.
- 5 I have alternative ways of lighting my space without electricity.
- 6 I have a supply of needs for each of my pets.
- 7 I have a family disaster scenario plan, for various disasters, and we've practiced together.
- 8 I have one month's worth of cash in a safe place in small denominations. I live within my budget & am working toward living debt free.
- 9 I have arranged for all necessary types of insurance.
- 10 I exercise regularly and I can walk 5 miles easily. I have an alternative form of transportation such as a working bicycle.
- 11 I am emotionally and spiritually resilient enough to thrive in a significantly changed temporal future.
- 12 I have at least 5 people I can count on in a crisis or time of need.
- 13 I am prepared to both shelter in place (at home or the office or car) or leave with little notice. (72 hour kit)
- 14 I have all of my important documents, IDs, financials & phone numbers copied and stored in a convenient, known location and I have emailed them to myself.
- 15 I have practiced the art of home gardening and other food production and food preservation.
- 16 I have a battery operated radio & other means of communication I have taught my family how to turn off all utilities at our residence.