



The Wholeness Readiness Roadmap:

A Strategic Guide to Stability in an Unstable World

Created especially for you by the Dream Life University

"Life has a way of forcing us to do things we are too comfortable to do. Peace is not the absence of chaos; it is the presence of a plan." Dr. LaVerne Adams, President

Phase 1: The Spiritual & Mental Anchor

Before you secure your house, you must secure your mind.

- **The Consumption Boundary:** Limit news consumption to 20 minutes a day from a trusted, non-sensationalist source. Do not check headlines within the first hour of waking.
 - **The Decision Filter:** Ask: *"Is this a reaction to fear, or a response to my blueprint?"* If it's fear, wait 24 hours before acting.
 - **The Sanctuary Habit:** Identify one room (or corner) of your home that remains "clutter-free" and "news-free." This is your prayer and reflection zone.
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Phase 2: The Physical Essentials (The "Go" List)

High-capacity women don't scramble; they prepare. Ensure you have these items available and organized.

1. The Documentation Vault (Physical & Digital)

- **Encrypted USB Drive:** Digital copies of passports, deeds, insurance policies, and birth certificates.
- **Hard Copies:** Keep these in a fireproof/waterproof bag near your exit.
- **Cash Reserves:** Small denominations kept in a secure, hidden location (ATMs may not work in a power grid failure).

2. The 72-Hour Sustenance Kit

- **Water:** 1 gallon per person, per day.
- **Shelf-Stable Nutrition:** High-protein, non-cook items (protein bars, canned meats, dried fruit).

- **Manual Tools:** A high-quality manual can opener and a multi-tool (like a Leatherman).

3. Power & Communication

- **Solar Powered Charger:** For cell phones and rechargeable flashlights.
- **Hand-Crank Radio:** To receive emergency broadcasts if the internet goes down.
- **Battery Backup:** Ensure external power banks are kept at 100% charge.

4. Health & Hygiene

- **90-Day Med Reserve:** Work with your doctor to ensure you have a 3-month supply of any essential daily medications.
- **First Aid Plus:** Beyond bandages—include trauma shears, antiseptic, and a manual blood pressure cuff.
- **The "Comfort" Stash:** High-quality essential oils (Lavender/Peppermint) and extra feminine hygiene products.

Phase 3: The Connection & Communication Plan

Don't navigate the madness in a vacuum.

- **The Out-of-Area Contact:** Designate one person outside your immediate city as the "check-in" point for your family if local lines are jammed.
- **The Meeting Point:** If you cannot get home, where does your family meet?
- **The Build Team:** A list of 3 trusted neighbors or local friends you can coordinate resources with.

Final Directive: The Monthly Audit

On the first Saturday of every month, spend 15 minutes checking your supplies and refreshing your water.

Owning your life means being the architect of your own safety.

The Wholeness Readiness Checklist

"Preparation is the bridge between panic and peace."

1. Survival Essentials

- ☐ **Water:** 1 gallon per person, per day for several days (drinking and sanitation).
- ☐ **Food:** Several-day supply of non-perishable items.
- ☐ **Can Opener:** Manual (if your kit contains canned food).
- ☐ **Mess Kit:** Paper cups, plates, disposable utensils, and paper towels.

2. Communication & Light

- ☐ **Radio:** Battery-powered or hand-crank (must receive NOAA Weather Radio alerts).
- ☐ **Flashlight:** High-lumen with extra batteries.
- ☐ **Cell Phone Support:** Extra battery packs or solar chargers.
- ☐ **Whistle:** To signal for help if needed.

3. Safety & Utilities

- ☐ **Tools:** Non-sparking wrench or pliers (to turn off utilities).
- ☐ **Shelter-in-Place Kit:** Plastic sheeting, duct tape, and dust masks to filter air.
- ☐ **Fire Extinguisher:** Rated for home use.
- ☐ **Fire Starter:** Matches in a waterproof container.

4. Health & Personal Care

- ☐ **First Aid Kit:** Including an emergency reference book/manual.
- ☐ **Medications:** 90-day supply of prescriptions and backup glasses/contacts.
- ☐ **Sanitation:** Moist towelettes, garbage bags, and plastic ties.
- ☐ **Hygiene:** Feminine supplies, personal hygiene items, and hand sanitizer.

5. Family & Pet Specifics

- ☐ **Family Needs:** Infant formula and diapers (if applicable).
- ☐ **Pet Supplies:** Extra food, water, and supplies for your pet.

- [] **Comfort & Warmth:** Sleeping bag or warm blanket for each person; extra clothing (long sleeves/sturdy shoes).
- [] **Mental Engagement:** Paper, pencils, books, games, or puzzles for children.

6. The Documentation Vault (Portable & Waterproof)

- [] **Legal/Financial:** Copies of insurance, IDs, and bank account records.
- [] **Cash:** Small denominations and change.
- [] **Maps:** Physical local maps.

The world may be shaking, but your foundation doesn't have to. You can still find joy, you can still find peace, and you can still thrive—but only if you have the blueprint to produce it. I hope this Wholeness Readiness Roadmap helps you to stay grounded and ready for anything that comes your way.

Warmly,

Dr. LaVerne Adams, Dream Life Architect & Lifestyle Engineer

President, Dream Life University