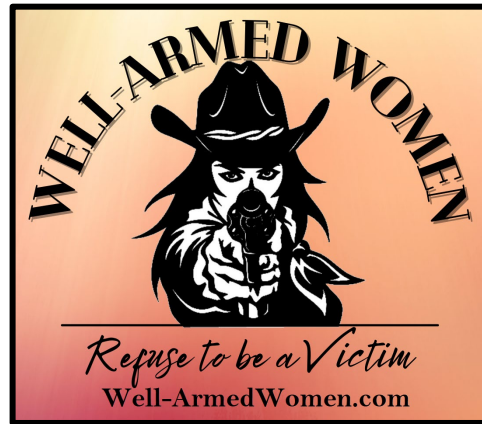


AWARENESS

Assessment

WELL-ARMED WOMEN™

Prepared, Not Paranoid



Are You Truly Prepared — Or Just Assuming You are Safe?

This self-assessment is designed to help you identify:

COMPLETE BEFORE THE WORKSHOP

- awareness blind spots
- distraction habits
- preparedness gaps
- boundary challenges
- confidence levels
- overconfidence behaviors

The goal is NOT fear.

The goal is awareness, preparedness, and confidence.

Answer each question honestly.

Rate yourself:

1 = Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Always

SECTION 1 — SITUATIONAL AWARENESS

1. I look around and scan my surroundings before exiting a store.

Score: _____

2. I avoid walking through parking lots while distracted by my phone.

Score: _____

3. I notice exits when entering public places.

Score: _____

4. I pay attention to suspicious behavior or unusual movement around me.

Score: _____

5. I check my surroundings before getting into my vehicle.

Score: _____

6. I would notice if someone was following me in a store or parking lot.

Score: _____

7. I stay aware while loading groceries or children into my vehicle.

Score: _____

8. I trust my intuition when something feels “off.”

Score: _____

SECTION 2 — COMMAND PRESENCE & BOUNDARIES

9. I make confident eye contact in public.

Score: _____

10. I walk with awareness and confidence instead of distraction.

Score: _____

11. I would feel comfortable saying:

“Back away from me.”

Score: _____

12. I worry more about my safety than offending strangers.

Score: _____

13. I would know how to verbally respond if someone approached my child.

Score: _____

14. I create distance when someone makes me uncomfortable.

Score: _____

SECTION 3 — PREPAREDNESS

15. I have thought through what I would do during an emergency.

Score: _____

16. I have practiced how I would respond under stress.

Score: _____

17. I carry personal protection tools in a way that is accessible.

Score: _____

18. I know the defensive options available to me.

Score: _____

19. I have trained recently with my protection tools.

Score: _____

20. I rely on preparation — not luck.

Score: _____

SECTION 4 — MINDSET

21. I believe awareness matters more than physical strength.

Score: _____

22. I believe confidence can make someone harder to target.

Score: _____

23. I mentally rehearse emergency situations.

Score: _____

24. I recognize that danger can happen even in “safe” places.

Score: _____

25. I believe preparedness creates peace of mind.

Score: _____

TOTAL SCORE

Add your scores together:

TOTAL: _____

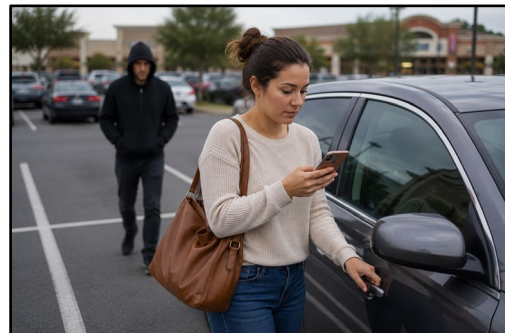
25–50

Unaware

You are Unaware of what is going on around you. You may feel confident, but your habits suggest distraction, vulnerability, or overconfidence.

Focus Areas:

- awareness
- environmental scanning
- reducing distractions
- trusting intuition
- preparedness habits



Reminder:

Confidence without awareness can create vulnerability.



51–75

Aware

You are Aware of your surroundings. You are beginning to recognize risks and improve your awareness habits.

Strengths:

- growing awareness
- better observation
- thinking ahead

Growth Areas:

- command presence
- verbal boundaries
- preparedness routines

**Reminder:**

Awareness gives you time. Time gives you options.



76–100

Heightened Awareness

You are intentional, aware, and actively building preparedness habits.

Strengths:

- awareness
- confidence
- preparedness
- environmental scanning

Growth Areas:

- scenario repetition
- defensive confidence
- real-world application

**Reminder:**

Prepared women move differently.



101-125 H.A.R.D. to Target

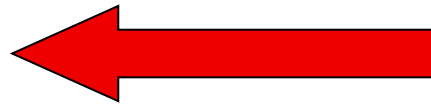
You move through life aware, prepared, calm, and difficult to target.

Strengths:

- situational awareness
- command presence
- strong boundaries
- calm confidence
- preparedness mindset



Reminder: Prepared, not Paranoid.



REFLECTION QUESTIONS

Where do you feel the least confident right now?

What situations make you feel the most vulnerable?

What awareness habits could you improve immediately?

What is one step you can take this week to become harder to target?

ONCE COMPLETED: Email me with your score!

Well-ArmedWomen@pm.me

Which Level are you currently in?

Unaware/Aware/Heightened Awareness/ H.A.R.D. to Target

FINAL REMINDER

You do not need to live in fear to become prepared.

Awareness creates options.

Preparedness creates confidence.

Confidence changes how you move through the world.

WELL-ARMED WOMEN™

- ✓ H.A.R.D. TO TARGET Series
- ✓ Well-Armed Women Club
- ✓ Firearms Instruction

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