

THE 7-DAY PREPPER RESET CHECKLIST

A mental maintenance plan for modern preppers

Day 1: Mindset & Assessment

- ☐ **Reflect** on your current preparedness level. What are your strengths and weaknesses?
- ☐ **Meditate** for 15 minutes. Focus on your goals and values.
- ☐ **Journal**: Write down three things you're grateful for.

"The mind is everything. What you think you become." - Buddha

Day 2: Skills Refresh

- ☐ **Practice** a key survival skill (fire starting, navigation, etc.).
- ☐ **Read** a chapter from a preparedness manual or guide.
- ☐ **Plan**: Identify one new skill you want to learn this month.

"By failing to prepare, you are preparing to fail." - Benjamin Franklin

Day 3: Gear Inventory

- ☐ **Inspect** your gear. Check for damage and functionality.
- ☐ **Organize** your supplies. Ensure everything is easily accessible.
- ☐ **Restock**: Identify any items that need to be replaced or replenished.

"Luck is what happens when preparation meets opportunity." - Seneca

Day 4: Physical Conditioning

- ☐ **Exercise**: Engage in a moderate-intensity workout.
- ☐ **Hydrate**: Drink plenty of water throughout the day.
- ☐ **Nutrition**: Prepare a healthy, balanced meal.

"Take care of your body. It's the only place you have to live." - Jim Rohn

Day 5: Community Connection

- ☐ **Connect:** Reach out to a fellow prepper or community member.
- ☐ **Share:** Exchange knowledge or skills with others.
- ☐ **Discuss:** Review your emergency plans with your family or group.

"No man is an island." - John Donne

Day 6: Security Check

- ☐ **Review:** Assess your home or property's security measures.
- ☐ **Inspect:** Check locks, alarms, and other security devices.
- ☐ **Improve:** Identify areas where you can enhance security.

"The best defense is a good offense." - Unknown

Day 7: Scenario Planning

- ☐ **Visualize:** Imagine a potential emergency scenario.
- ☐ **Plan:** Develop a detailed response plan.
- ☐ **Practice:** Mentally rehearse your plan. Think through various challenges.

"Hope for the best, prepare for the worst." - Unknown

Bonus Maintenance Plan

Summary:

Incorporate these daily practices into your routine to maintain preparedness:

- **Mindset:** Daily gratitude and mindfulness practice.
- **Skills:** Ongoing learning and practice.
- **Gear:** Regular inventory and maintenance.
- **Physical:** Consistent exercise and healthy eating.
- **Community:** Active engagement and collaboration.
- **Security:** Vigilant security checks and improvements.
- **Planning:** Regular scenario planning and plan updates.

Gratitude:

Take a moment to appreciate the resources, skills, and community you have. Being prepared is a gift to yourself and your loved ones.