

The Sensible Survivor APPPSM Method

Assess. Plan. Prepare. Practice.

A simple, practical method to help you become more self-reliant and confident.

The Sensible Survivor APPP Method gives you a clear, repeatable process for addressing the things that matter most to you. It helps you turn a concern into a plan and then into real preparedness — one step at a time.

This method works for any preparedness topic, from water storage and power outages to medications, communication, evacuation, or important documents.

A
ASSESS


Understand your situation. Identify what could happen, what would it mean for you, and where you are most vulnerable.

P
PLAN


Decide what you will do. Set realistic goals, determine your options, and develop a practical plan that fits your circumstances.

P
PREPARE


Put your plan into action. Gather supplies, build skills, make arrangements, and take the steps needed to be ready.

P
PRACTICE


Make sure it works. Test your plans and equipment, involve everyone who depends on you, and make improvements as needed.

A Continuous Cycle, Not a Checklist

The APPP Method is a cycle, not a one-time checklist. The Practice phase often reveals new information, which can send you back to Assess or Plan. Each time you go through the cycle, you gain confidence and strengthen your preparedness.

You don't have to complete all four steps for every topic before moving on. Preparedness is an ongoing process, and different topics will be at different stages at the same time.



Focus on One Concern at a Time
You don't (and shouldn't) try to address everything at once. Choose one concern — the thing that matters most to you right now — and APPP it. When you've made progress, move on to the next. Over time, these individual steps add up to a more prepared and resilient life.

An Example: Water Storage

Here's how the APPP Method might look for water storage:

A **Assess**

How much water do we need? What could interrupt our supply? What do we already have? Where are the gaps?

P **Plan**

Decide how much to store, where to keep it, what type of containers to use, and how we will treat or obtain water if needed.

P **Prepare**

Purchase containers, store the water, and gather treatment supplies.

P **Practice**

Check the water regularly, make sure everyone knows how to access it, and practice using your treatment method.

Different Topics, Different Stages

You may be in the Prepare phase for water storage, while still in the Assess phase for power outages and the Plan phase for evacuation. That's normal. The APPP Method lets you make progress on multiple topics at the same time, each at its own stage.



Find out more and take our 30-Minute Household Preparation Assessment at www.sensible survivor.org.