

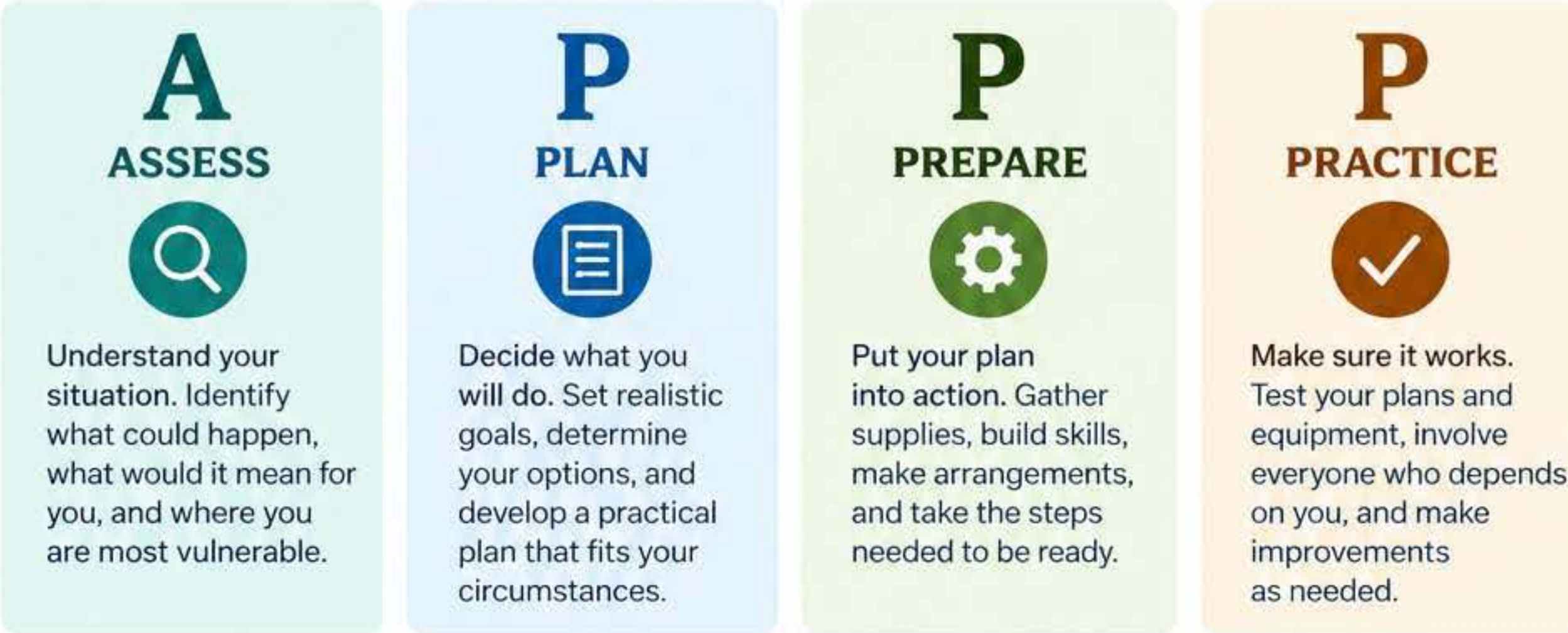
The Sensible Survivor APPPSM Method

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 Continuous Cycle, Not a Checklist

The APPP Method is a cycle, not a one-time checklist. Practice 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.

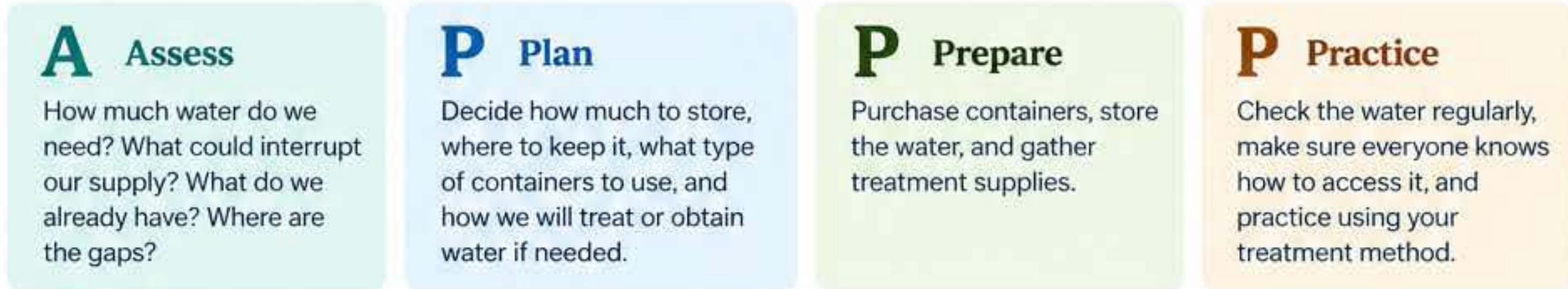
You don't have to complete all four steps for every topic before moving on. Preparedness is an ongoing process, and different topics will be at different stages at the same time.

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:



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.