



get prepared checklist

Use this convenient checklist to follow through converting your knowledge to action. Don't get overwhelmed, and don't put it off! If you get stuck, break it down into smaller pieces that you will do so you keep moving through your list. You will find resources for all of the items below on the *FinancialCrisisWatch.info* 'RESOURCES' page unless a different location is specifically mentioned.



OPEN INFORMATION LINKS

- Create a personal YouTube channel (free) --- see how to on the 'ACTION' page of the FCW website
- Subscribe to helpful YouTube channels --- see the subscription list on the FCW YouTube channel, as well as the various playlists for suggestions. Essentially, when you find a YouTube channel that you think is a good source of information, just click the 'subscribe' button and you will be instantly subscribed. Future uploads to that channel will automatically show up in the videos being imported to your channel. You unsubscribe the same way you subscribed.
- Find Blogs you consider to be helpful --- see recommended list on the FCW website Blog page
- Subscribe to E-Newsletters you find helpful. Some require a fee, but many are available free. See the recommended list on the FCW website Blog page.



CONVERT SOME ASSETS INTO GOLD, SILVER & NECESSARY COMMODITIES

- You can easily purchase gold & silver coins online (while supplies last, and that may not be long).
- Start developing your personal/family emergency plan, beginning with a short-term (1-3 days) and then extending it for longer periods.
- Make a plan for keeping an emergency stash of cash on hand. This includes tallying how much you would need to get to the relocation destination of your choice, and determining how to safely store it.



PRODUCE BASIC NECESSITIES

- Take first steps toward planning & preparing a vegetable garden.
- Take first steps toward deciding what foods you could put up and begin learning to do so, one crop at a time.
- Purchase a generator to supply basic power if your electricity goes out.
- Take some time to think through what you go out to buy. Learn to ask yourself what you would do if these things were not available. We can live without a lot, and with a bit of thought we can learn to make or store up much of what are real needs.
- Search for farmer's markets in your area. Shop there and build an acquaintance with local farmers.
- Search for food co-ops in your area and consider joining one. Farmers' Markets may give you good leads.
- Learn where your local cooperative Extension office is. Every state has them based out of land-grant colleges. They are tremendous sources of information and assistance, and there is one in every county.



GET RID OF DEBT & START LIVING OFF OF A BUDGET

- Choose a plan for getting out of debt and implement it.
- Choose a plan for starting a budget and implement it.
- Learn how to make car payments to yourself!



LEARN TO THINK AND ACT LIKE A CITIZEN-KING

- Follow the steps above to gain more control of your life and less reliance on the 'system'
- Check out *TheCitizenKing.com* website & sign up for the Newsletter
- Commit yourself to supporting the preservation and reinstatement of our constitution.



MAKE SURE YOUR HEART IS AT PEACE

- Establish a regular 'spiritual space' time & place in your life for reflection, meditation, prayer & reading.
- Check out *LifePlace.org* and explore what seems relevant to you.



GROW INTO A LIFESTYLE OF FITNESS

- Make a simple exercise/nutrition plan and implement it
- Purchase any simple equipment you might need.
- This section is currently under construction on the RESOURCES page. Check back soon for much more!

SOURCE: FinancialCrisisWatch.INFO

This is an abbreviated, working preparedness checklist. Check out the ACTION and RESOURCES pages on our web site for much more detailed information