

# CHAPTER ONE

# What do I know right now?

*Life is 10% what happens to you and 90% what you do with it.*  
—Unknown

## How do I begin?

Here is an outline on how this workbook approaches gathering information and creating a safety net.

### 1. Personal/emotional:

Unless this is strong, the rest may fall apart—nothing else matters!

- Who are my friends? Who could I most likely count on?
- To whom do/would I turn for various kinds of support?
- Who'd be called first in an emergency? What would they need to know? Have I told them? In an emergency, how would someone else know who to call?

### 2. Community:

- Organizations that help or support me
- Specific or categories of places I can/do turn to

*(Continued on page 9)*

### 1. Personal/emotional resources:

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### 2. Community resources:

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*Knowledge is power.*

*Creating a safety net is emotional protection from life's endless disruptions. It also involves ordering your affairs, taking stock, building community, and enhancing life.*

*In this workbook, we have created a web of plans, resources, systems and people who, together, give meaning, support and ease to your life.*



3. Medical resources: \_\_\_\_\_

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4. Insurance resources: \_\_\_\_\_

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5. Legal resources: \_\_\_\_\_

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6. Financial resources: \_\_\_\_\_

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7. Legacy: \_\_\_\_\_

\_\_\_\_\_

3. Medical:

- History
- Current primary doctor
- Allergies
- Medications

4. Insurance:

- Life
- Auto/home
- Medical
- Other

5. Legal:

- Will
- Ethical will
- Plans for funeral
- Affairs in order

6. Financial:

- What is my bank? Who is my banker?
- What is my local branch?
- What is my credit union?

7. Legacy:

- What will I be remembered for?
- Do I have any opinion on where or how I'm buried or remembered?

# Getting started

*Some people already have a personal safety net structure. We believe there's value in not only having a structure, but also in knowing that you do. Here is the beginning of a plan.*

## *How will I use this workbook?*

Some of you will start at the beginning and systematically go forward.

Some of you will start where you think it would be most fun to start.

Others might want to start where you have the least information and get the hardest done first.

## *But, no matter what, start!*

- Carry ID with you.
- Have names of top three personal safety net contacts on this card and their numbers in your cell phone (see page 56).

## Think about and try to answer these questions

### 1. General questions:

- What might be needed?
- What's in place? What is missing?
- How do I ask for help? What do I say?

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Notes: \_\_\_\_\_

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# Life happens—are you ready?

*You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face.*

*—Eleanor Roosevelt*



## 2. Specific questions:

- Where are my important papers?
- Where is the key to my safe deposit box?
- What's the password to my email address list?
- Where is the spare key to my house? Who else knows this?

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*Personal safety nets create emotional protection from life's endless disruptions—and more!*

- Community resources
- Finances
- Family
- Legal system
- Spiritual guides
- Philosophical bases
- Health care professionals
- Alternative medicine
- Education/work/vocation
- Hobbies/avocation
- Volunteer work
- Funeral plans/preferences
- Legacy plans

## Knowledge is power!

*One kind of knowledge is knowing what resources you have, where they are, and how to reach them. This knowledge brings you power and strength.*

### *Thinking ahead*

Often it's wise to think ahead of time about some of the hard choices in life. Even if the thought of these things is dreadfully difficult, by thinking of them now you will make better choices when the need arises.

## Why create a safety net?

Some people may have a safety net without knowing it.

We believe in the value of not only having a safety net but also knowing that you do. Knowing that you have a plan in place allows you to:

*Feel safe and secure in an increasingly less predictable world.*

*Analyze the strengths and weaknesses of your safety net against probable changes—wanted and unwanted—and update, revise, and strategically strengthen it.*

*Increase your awareness of the need to protect, nourish, and savor your relationships with these people who are important to you.*



*For a community to be whole and healthy, it must be based on people's love and concern for each other.*

*—Millard Fuller*

## How will I use my personal safety net?

Creating a safety net ahead of time is useful in so many ways and situations. Here are a few:

- ◆ *Caring for an aging spouse or parent*
- ◆ *Looking ahead to surgery*
- ◆ *Experiencing a divorce or solo parenting*
- ◆ *Caring for a premature or ill child*
- ◆ *Living with a prolonged illness or through menopause*
- ◆ *Having some other change or challenge*

*Any of these are made better by having one or more safety nets!*

These same personal safety nets will enhance your life if you're just living life but want the increased assurance, peace, and intimacy that come from having, developing, and cultivating one.

### *Planning ahead can help you:*

- Know when to ask for help
- Know what to ask for
- Understand how to pull a team together
- Recruit, organize, maximize, and utilize such a team
- Have documents you need at hand
- Sleep more soundly at night
- Know you are not alone
- Not "reinvent the wheel," but modify it to fit your needs