

Survival Communities

Individual Assignments

1.) What were your highs and lows in each aspect of well-being during the pandemic?

- Social
- Emotional
- Physical
- Mental
- Financial
- Environmental
- Spiritual

2.) How would you define your 'win' with regard to forming or joining a Survival Community?

3.) Pick 3 'daily grind grid-down tasks' and physically go through the entire process of what it will take to perform them. Some examples:

- Acquiring and purifying water
- Acquiring materials to heat your home in the winter
- Acquiring and preparing food
- Acquiring and preserving food

3.) Complete the following personality tests. Consider using personality testing to help with group decision-making.

<https://www.viacharacter.org/>

<https://ogg.osu.edu/media/documents/MB%20Stream/PANAS.pdf>

<http://www.mindfulness-extended.nl/content3/wp-content/uploads/2013/07/Aspirations-Index.pdf>

4.) What form of community governance is most appealing to you? What forms of governance can you tolerate?

5.) What self-sufficient, family, and community skills do you have?

Consider things like...childcare, food production, mechanical skills, education, medicinal herbalism, etc. Do not limit yourself to typical “prepper skills.” List all your essential skills.

6.) What are the essential skills you think you can realistically acquire?

7.) How likely is it that you could become part of a survival community today?

Score on a scale of 1 (Lowest) to 10 (Highest) the probability TODAY that you can join or form a community.

If your score is lower than 7, list some ideas or actions that could help you increase that score.

RECOMMENDED READING:

***The Gift of Fear* by Gavin De Becker**