



Planning for Disruptions Activity

“If ye are prepared ye shall not fear”

(Doctrine and Covenants 38:30).

Planning for Disruptions

Use this worksheet to plan for needs you could have after a disaster. Identify the things you can do or store to prepare for these disruptions.



Potential Disruption	Things you can do or store to prepare for these disruptions	
	Short-Term	Long-Term
Example: Clean water is unavailable	Keep an extra case of bottled water handy	Get and learn to properly use a water filter Have water stored in large-volume container
Food is unavailable		
Need alternative cooking source		
Shelter becomes damaged		
Need medical attention		
Need to communicate, but phones or internet are down		
Power sources don't work		
Heating or cooling doesn't work		
Need alternative transportation		
Feeling physically drained		
Feeling spiritually depleted		
Feeling emotionally worn out		