RIVALSHOT ACADEMY · LEARNER JOURNAL

My personal safety plan journal

This journal is a private place to think through your plan at your own pace. Answer in a few sentences, skip anything that does not fit your life, and pause whenever you need to. Keep it practical and keep it safe: never write down your address, door or alarm codes, where keys are kept, passwords or private details about other people. Roles such as “my sister” or “our neighbor” work just as well as names.

How to use this journal

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Write for yourself. Leave out addresses, codes, account details and anything that identifies other people.

Layer your home

After a dusk walk-around (or picturing your entrance), which ring felt weakest: the approach, the shell or your household's habits? What did you notice?

List three fixes, cheapest first. Who will do each one, and by when?

What is one home measure you will deliberately not add, because it would cost more in stress or money than it gives back?

Vehicle habits

Write your three-point car routine (before you walk out, at the car, on the road) in your own words. If you do not drive, write your routine for rideshares, taxis or getting picked up.

Which step do you tend to skip when you are tired or rushed? What cue could make it automatic?

What is in your car kit today, and what one item will you add?

Routine without paranoia

Which of your regular trips is most predictable? Describe its main and alternative routes in general terms, without addresses.

What is your check-in rule for out-of-pattern trips, and what is the role of your check-in person?

Name one precaution you might scale back because it is costing you sleep, joy or time with people.

Contacts and communication

Who would be your household's out-of-town contact, by role? Have you asked them, and what did they say?

Describe your two meeting places as landmarks your household would recognize. Do they work for everyone, including anyone with access needs or pets?

Which household need does the plan most need to account for, such as a language, a hearing difference or a child without a phone?

Write and rehearse

Which three ordinary what-ifs did you, or will you, talk through first?

What did the rehearsal reveal that the written plan missed, and what one change did you make?

What will you do to keep practice calm for anyone who finds the topic stressful?

Review twice a year

Which two review dates did you choose, and what existing event will remind you?

List three changes from the past year that would have triggered an early update.

If you had only ten minutes, which part of the plan would you update first, and why?

Looking back

What is the single most useful change you made to your home, vehicle or routine during this course, and how is it fitting into daily life so far?

How did the conversation with your household go? What helped it stay calm, and what would you do differently next time?

Looking ahead six months, what do you expect will have changed in your life, and how will your plan keep up?

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