

## Code Name Insight Monthly Task List—March

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- \_\_\_ 1) Try to use cash only for the next week. See what it's like to be untraceable.
- \_\_\_ 2) Sign up for a self defense course (karate, krav maga, etc).
- \_\_\_ 3) Install a hidden safe in your home and use it.
- \_\_\_ 4) Update your Will, Living Will and Power of Attorney.
- \_\_\_ 5) Try bartering...join the cashless economy.
- \_\_\_ 6) Check out and participate in the many online survival/preparedness forums.
- \_\_\_ 7) Make sure all of your immunizations are updated.
- \_\_\_ 8) Set up a ghost address.
- \_\_\_ 9) Read and learn the Constitution, Bill of Rights and your state's Constitution.
- \_\_\_ 10) Vary your schedule on a daily basis; make yourself difficult to track.
- \_\_\_ 11) Get your HAM radio operator's license.
- \_\_\_ 12) Develop an alternate power plan in case you are without power for days or weeks.
- \_\_\_ 13) Back up all of your computer files on a jump drive and keep it in a safe place.
- \_\_\_ 14) Collect business cards, you never know when you will need them as cover.
- \_\_\_ 15) Write out your complete medical record and store it in a secure place.
- \_\_\_ 16) Do something that scares (or severely challenges) you.
- \_\_\_ 17) Get your free annual credit report ([www.annualcreditreport.com](http://www.annualcreditreport.com)) and correct any errors.
- \_\_\_ 18) Donate to a good cause (money, food, clothes, etc).
- \_\_\_ 19) Increase your vehicle's security (alarm, tinted windows, GPS tracker, etc).
- \_\_\_ 20) Eat at home and cook all food from scratch for one week.
- \_\_\_ 21) Increase your physical exercise to at least one hour per day.
- \_\_\_ 22) Buy and learn how to use a GPS device.
- \_\_\_ 23) Play a game of paintball.
- \_\_\_ 24) Get all of your car's spring maintenance done (change oil, tune up, rotate tires, etc).
- \_\_\_ 25) Attend a convention (on survival or preparedness topics).
- \_\_\_ 26) Learn sign language.
- \_\_\_ 27) Change all of the door locks in your home if this hasn't been done recently.
- \_\_\_ 28) Change all of your PIN numbers.
- \_\_\_ 29) Practice how *not* to be a target for kidnapping/assault/robbery.
- \_\_\_ 30) Review all of your insurance plans (life, health, auto, home) to ensure adequate coverages.
- \_\_\_ 31) Learn how to throw a knife.