

# PREPARED WITH PURPOSE

## 10 Emergency Tips Every Family Should Know

Proverbs 27:12 ESV "The prudent sees danger and hides himself, but the simple go on and suffer for it."



**Healthy Souls**  
— INTERNATIONAL —

By: Maria Davila  
Founder of Healthy Souls International

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# Welcome

This workbook was created to help your family feel more prepared, more peaceful, and more confident before an emergency happens.

Preparedness does not have to be scary or complicated. You do not need to have everything figured out today. You just need a simple place to start.

At Healthy Souls International, we believe preparation is an act of love. When we prepare our homes, check on our neighbors, and care for the vulnerable, we are putting faith into action.

Prepared with Purpose is rooted in wisdom, not fear. We prepare our homes so we can care for our families, love our neighbors, and walk in peace.

## Prayer prompt

Lord, give me wisdom to prepare without fear. Help me care for my family, notice my neighbors, and serve with love. Show me one simple step I can take today. Amen.

## How to use this workbook

 Read one section at a time.	 Write down your family answers.
 Use the checklists before a storm.	 Practice with your children in a calm way.
 Keep printed copies in a folder.	 Update your plan every season.

## What I want my family to feel more prepared for


# Start Here Guide

Take a deep breath. This is not about panic. This is about peace, wisdom, and simple steps your family can follow.

## Who this is for

✓ Families with children	✓ Single parents
✓ Seniors and caregivers	✓ Church families
✓ New homeowners or renters	✓ Anyone who feels unsure where to start

## Simple explanation

Emergency preparedness means your family knows what to do first, who to call, where to go, what to bring, and how to stay safe. A simple plan is better than no plan.

<b>Our main emergency risk is</b>	
<b>Our safest room is</b>	
<b>Our meeting place is</b>	
<b>Our out-of-town contact is</b>	

<b>Family notes</b>



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# Family Plan Pages

**Write it down before you need it**

Habakkuk 2:2 ESV "And the LORD answered me: 'Write the vision; make it plain on tablets, so he may run who reads it.'"

# Family Information Worksheet

Write down who lives in your home and what each person may need during an emergency. Remember: start where you are and use what you have.

Name	Age	Important needs	Medicine / care notes

## Emergency contacts

Person / place	Phone	Why we call them



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## Tip 1: Pull

### The Plug

Proverbs 22:3 ESV “The prudent sees danger and hides himself,  
but the simple go on and suffer for it.”





# Tip 1: Pull - The Plug

Turn off power the safe way if local officials say it is time, or if floodwater is entering your home. This helps lower the risk of shock, sparks, and fire.




## **Wisdom, Not Fear**

Preparing your home is not about being afraid. It is about making wise choices before the storm comes. Start with one simple step that helps protect your family and your home.

## **Action steps**

	Find your electrical panel before the storm season.
	Label the main switch and important rooms.
	Unplug large items before strong winds arrive.
	Do not touch breakers while standing in water.

## **Family practice idea**

	Show every adult where the panel is.
	Practice pointing to the main switch.
	Write down which breaker controls the fridge.





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## Tip 2: Clear

### The Outdoors

Proverbs 24:3 ESV "By wisdom a house is built,  
and by understanding it is established;"





## Tip 2: Clear - The Outdoors

Loose items can become dangerous in high wind. Clearing the yard is one of the simplest ways to protect windows, neighbors, cars, and your home.




### Start With Safety

Before the storm comes, take a calm look around your home. One small safety step today can help your family feel more steady tomorrow.

### Action steps

	Bring in patio chairs, toys, trash cans, plants, and decorations.
	Tie down or store grills and large outdoor items.
	Ask children to help find anything that can fly.
	Walk around the home twice before the storm.

### Family practice idea

	Play a 10-minute yard hunt.
	Make a "bring inside" pile.
	Take a before and after picture.





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## Tip 3: Save

**The Water & Shut It Off**

John 4:14 ESV "but whoever drinks of the water that I will give him  
will never be thirsty again."





## Tip 3: Save - The Water & Shut It Off

Water matters before and after a storm. Know how to shut off the main water valve and store water for washing and flushing if service stops.




### **Protect Your Water**

Water is one of the first things your family may need after a storm. Taking time to save clean water now is a simple way to care for your home with wisdom.

### **Action steps**

	Find the main water shutoff valve.
	Practice turning it clockwise with an adult.
	Clean tubs or large containers before filling them.
	Store drinking water separately from washing water.

### **Family practice idea**

	Draw a map to the water valve.
	Put a label near the valve.
	Fill one practice jug this week.





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## Tip 4: Move

### Vehicles and Fuel

Proverbs 16:9 ESV "The heart of man plans his way,  
but the LORD establishes his steps."





## Tip 4: Move - Vehicles and Fuel

Your car may become shelter, transportation, mobile phone charging place after a storm. Protect it early and keep fuel ready.




### Move With Wisdom

Your car can be a safe way out, a place to charge a phone, or a way to help someone else. Keep it fueled, protected, and ready before the weather gets worse.

### Action steps

	Move vehicles to higher ground if flooding is possible.
	Fill fuel tanks before lines get long.
	Remove loose items from truck beds.
	Keep a phone charger in the vehicle.

### Family practice idea

	Choose your high-ground parking spot.
	Write down the nearest two gas stations.
	Check tire pressure before storm season.

## Our family plan for this tip

Step	What we will do	Who will help	Done
1			
2			
3			
4			

### Notes / reminders




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## Tip 5: Seal

### Documents and Devices

Proverbs 3:21 ESV “My son, do not lose sight of these—  
keep sound wisdom and discretion,”





## Tip 5: Seal - Documents and Devices

Important papers and charged devices help your family recover faster. Keep copies protected and ready to grab.




### Save What Matters

Important papers can be hard to replace after an emergency. Gather them before the storm so your family has what you need when it is time to recover.

### Action steps

	Place IDs, insurance, medical lists, and important papers in a waterproof bag.
	Take photos of important documents and store them safely.
	Charge phones, laptops, and power banks.
	Turn on battery saver when power is out.

### Family practice idea

	Make a family document envelope.
	Write a device charging list.
	Choose one safe place for the documents.





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## Tip 6: Choose

### Safe Room

Psalm 91:2 ESV “I will say to the LORD, ‘My refuge and my fortress,  
my God, in whom I trust.’”





## Tip 6: Choose - Safe Room

A safe room is a small interior room away from windows. It gives your family one clear place to go if winds become dangerous.




### Choose a Safe Place

Every family needs one place to go when the weather feels unsafe. Pick a room before the storm so everyone knows where to gather and stay calm.

### Action steps

	Choose an interior room on the lowest safefloor.
	Keep shoes, flashlight, water, and a whistle nearby.
	Move pillows or a mattress there if needed.
	Keep pets with the family when possible.

### Family practice idea

	Practice walking to the safe room.
	Let children choose one comfort item.
	Put a small note on the safe room door.





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## Tip 7: Place

### Flashlights for Night Safety

Psalm 119:105 ESV “Your word is a lamp to my feet  
and a light to my path.”





## Tip 7: Place - Flashlights for Night Safety

Dark homes can lead to falls, fear, and confusion. Put light where people can reach it before the lights go out.




### Light the Way

Darkness can make a hard moment feel harder. Place lights where your family can find them easily so no one has to search in fear.

### Action steps

	Place flashlights or headlamps in mainrooms before sunset.
	Check batteries before storm season.
	Use battery lights instead of candles.
	Keep a light by each bed.

### Family practice idea

	Do a family flashlight drill.
	Let children test the lights.
	Create a no-candle rule.





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## Tip 8: Position

### Generator Safety

Proverbs 4:23 ESV “Keep your heart with all vigilance, for from it flow the springs of life.”





## Tip 8: Position - Generator Safely

Generators can help, but they can also be deadly if used too close to the home. Carbon monoxide has no smell and can kill quickly.




### Keep the Air Safe

Generators can help after a storm, but they must be used with care. Keep them far from doors and windows so your family can breathe safely.

### Action steps

	Keep generators outside, at least 20 feet away from the home.
	Point exhaust away from doors, windows, and vents.
	Never use a generator in a garage or porch.
	Install carbon monoxide alarms.

### Family practice idea

	Mark a safe generator spot.
	Write the safety rule on a card.
	Check carbon monoxide alarms.





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## Tip 9: Restore

### Utilities Carefully

Ecclesiastes 3:1 ESV “For everything there is a season,  
and a time for every matter under heaven.”





## Tip 9: Restore - Utilities Carefully

After a storm, wait for official updates before turning power back on. Going slowly can protect your home and appliances.




### Turn Power Back On Slowly

After a storm, do not rush to turn everything back on. Wait for safe instructions, then restore power one step at a time.

### Action steps

	Do not turn power back on if there is flooding, sparks, or damage.
	Wait for utility company guidance when possible.
	Turn on the main breaker first, then branch breakers one at a time.
	Call a professional if anything smells burnt or looks damaged.

### Family practice idea

	Write the utility company number.
	Make a "do not touch" reminder.
	Decide who is responsible for checking updates.





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## Tip 10: Avoid

### Floodwater and Downed Lines

Proverbs 27:12 ESV “The prudent sees danger and hides himself, but the simple go on and suffer for it.”





## Tip 10: Avoid - Floodwater and Downed Lines

Standing water can hide chemicals, sharp objects, sewage, snakes, and live electricity. Keep children and pets away.




### **Stay Out of Floodwater**

Flood water may look calm, but it can hide danger. Keep children, pets, and family members away from standing water until it is truly safe.

### Action steps

	Treat all floodwater as unsafe.
	Keep children and pets inside and away from water.
	Do not drive through flooded roads.
	Report downed power lines and stay far away.

### Family practice idea

	Practice saying: Turn around, do not drown.
	Choose a backup route.
	Teach children to never touch wires.





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## Supply Pages

Gather what you can, one item at a time

# Simple Family Supply Checklist

You do not have to buy everything today. Start with what you already have, then add a few items each week.

<input type="checkbox"/> Water for each person	<input type="checkbox"/> Easy food that does not need cooking
<input type="checkbox"/> Manual can opener	<input type="checkbox"/> Flashlights or headlamps
<input type="checkbox"/> Extra batteries	<input type="checkbox"/> Phone chargers / power banks
<input type="checkbox"/> First aid kit	<input type="checkbox"/> Medicines and medical list
<input type="checkbox"/> Pet food and pet supplies	<input type="checkbox"/> Baby supplies if needed
<input type="checkbox"/> Hygiene items	<input type="checkbox"/> Trash bags
<input type="checkbox"/> Paper towels / wipes	<input type="checkbox"/> Cash in small bills
<input type="checkbox"/> Important documents	<input type="checkbox"/> Comfort items for children
<input type="checkbox"/> Bible or devotional	<input type="checkbox"/> Whistle
<input type="checkbox"/> Work gloves	<input type="checkbox"/> Masks

Items we already have / items we still need

# Grab-and-Go Bag Planner

A grab-and-go bag is a small bag with basics your family can take quickly if you need to leave home.

Bag owner	Must-have items	Where bag is kept	Checked date

**Simple example**  
 Maria keeps one folder with copies of IDs, insurance, medicine lists, and emergency phone numbers. She keeps it in a waterproof bag by the family supplies.

**Grab-and-go notes**

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# Love Thy Neighbor

Prepared homes can serve others

# Love Thy Neighbor Check-In Plan

Preparedness is not only about protecting our own homes. It is also about noticing the people around us. Sometimes love looks like a phone call. Sometimes it looks like a bottle of water. Sometimes it looks like a prayer at the door.

Neighbor / family / church member	Need they may have	How we can check on them	Done

## Simple script

### Before the storm

Hi, this is \_\_\_\_\_ from Healthy Souls / your neighborhood / your church. We are checking on families before the storm. Do you have water, food, medicine, and a safe place to be? Can we pray with you?

### After the storm

Hi, this is \_\_\_\_\_. We are checking on you after the storm. Are you safe? Do you need help, prayer, water, or someone to call for you?



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# 30-Day Action Plan

**Prepare before the storm hits**

# 30-Day Family Preparedness Plan

Use this plan to take one small step each day. If you miss a day, do not quit. Just start again tomorrow.

Day	Simple action	Done	Notes
1	Choose your family meeting place		
2	Write emergency contacts		
3	Find your electrical panel		
4	Find your water shutoff		
5	Pick your safe room		
6	Check flashlights		
7	Buy or gather batteries		
8	Add water to your supply		
9	Add easy food		
10	Create document bag		
11	Take photos of documents		
12	Charge power banks		
13	Choose high-ground parking		
14	Clean up outside items		
15	Make pet plan		
16	Make medicine list		
17	Pack first aid items		
18	Practice safe room walk		
19	Teach no-candle rule		
20	Mark generator safe spot		
21	Save utility numbers		
22	Set family text chain		
23	Choose an out-of-town contact		
24	Check on one neighbor		
25	Make a church contact list		
26	Practice grab-and-go bag		
27	Review floodwater safety		
28	Plan freezer/fridge strategy		
29	Pray over your home and neighbors		
30	Review and celebrate progress		

# Final Family Readiness Checklist

Use this page when a storm is possible. Do what you can. Ask for help when you need it.  
Peace over panic.

<input type="checkbox"/> Family plan is written down	<input type="checkbox"/> Emergency contacts are printed
<input type="checkbox"/> Safe room is chosen	<input type="checkbox"/> Flashlights are ready
<input type="checkbox"/> Phones and power banks are charged	<input type="checkbox"/> Important papers are protected
<input type="checkbox"/> Vehicles have fuel	<input type="checkbox"/> Outdoor items are brought inside
<input type="checkbox"/> Water is stored	<input type="checkbox"/> Food is ready
<input type="checkbox"/> Medicines are packed	<input type="checkbox"/> Pets are planned for
<input type="checkbox"/> Neighbors have been checked on	<input type="checkbox"/> Generator safety spot is marked
<input type="checkbox"/> Children know the plan	<input type="checkbox"/> We prayed and asked God for wisdom

## Last-minute notes


# You Are Prepared With Purpose

You took time to think, write, plan, and prepare. That matters. A prepared home can bring peace to your family and help you serve others with love.

## Suggested next Step

Continue building your family plan with Healthy Souls International tools, readiness games, printable checklists, and advanced preparedness toolkits. Visit the Healthy Souls website to explore family readiness tools, church preparedness resources, and ways to serve your neighbors.



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### Remember

Preparedness is not about fear. It is about love, wisdom, and caring for the people God has placed in your life. Pray, prepare, and serve.

By Maria Davila | Founder of Healthy Souls International

# THANK YOU

for downloading  
**Prepared with Purpose**



We hope this workbook helps your family prepare with **peace**, **wisdom**, and **love**.



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