

Based on: *The No-BS Guide to Family Emergency Preparedness*

Getting Started

- Read the full article: [The No-BS Guide to Family Emergency Preparedness](#)
- Identify your primary goal
- Gather necessary materials
- Set aside dedicated time

Core Steps

- Follow step 1 from the guide
- Complete the main exercise
- Review your progress
- Make adjustments as needed

Next Steps

- Practice regularly
 - Track your results
 - Share with others
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