

UNIVERSAL SOVEREIGNTY ASSESSMENT

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*the*DRAWWINGS™

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01

INTRODUCTION

How Prepared Are You?

When COVID-19 hit, many of us complied—believing the systems around us were sound, protective, and had our best interests at heart. A lot of us relied on government support to keep us going.

I fell ill with something unrelated to COVID right at the beginning of the first lockdown. I couldn't work and wasn't well enough to pivot online.

That moment changed everything. I am ashamed to say, I had no backup plan.

No alternate resources.

No skills that could operate offline.

I was vulnerable—completely reliant on external systems that, it turned out, weren't built for personal resilience.

My resources gradually ran out.

I was living in an apartment with no balcony.

Now, as power cuts hit parts of Portugal, Spain, and France in recent days, I've started thinking seriously again about how I want to live if another lockdown or emergency occurs. I know one thing: not in my current flat.

Prepare to be Prepared

This isn't about fear. It's about preparation. The Swedish government recently reissued national guidance advising citizens to be ready to live without electricity or supplies for at least three days. Their brochure, If Crisis or War Comes, recommends everyone keep cash, candles, water, food, and a means to communicate—because even modern systems fail. And when they do, we're only as strong as our personal setup.

There's the usual stuff we can gather, like candles, batteries and water. But there are also the more deeper questions I've been asking myself, like:

01

INTRODUCTION

Where would I want to be if I were stuck once more in one place?

How dependent am I on factors I can push to change, such as reliance on medicine?

How can I create multiple sources of income?

That's why I've created a Universal Sovereignty Assessment—a simple, honest tool that I've used to evaluate where I'm dependent, and what alternatives I might want to have ready.

It's the personal audit I've done for myself, and I'm sharing it in case it sparks your own reflections.

We're all navigating this together.

I'd love to hear your feedback: What have you put in place?

What gaps have you found in your setup?

What would you never go through unprepared again?

Sovereignty isn't just a principle—it's a practical strategy for life.

O2

PHYSICAL SELF

Overview

strengths · weaknesses · capacity to adapt · resilience

In times of crisis, physical health becomes one of our most valuable assets. Modern life has contributed to widespread health challenges, such as obesity, chronic inflammation, and a growing dependency on medications.

These issues could greatly limit your ability to adapt in a world destabilised by war, pandemic, or financial collapse...where access to medical care or essential medications might be restricted.

By cultivating physical strength and health now, we enhance our daily well-being and build the resilience needed to face future uncertainties. The stronger and more adaptable we are, the better we can withstand physical challenges during turbulent times.

This section helps assess your physical strengths and weaknesses, capacity to adapt, and overall resilience, prompting you to take proactive steps toward health and sovereignty before it's too late.

Strengths

- ☐ A strong immune system is achieved through regular exercise, time outdoors in natural light and healthy eating. Real food, cutting out highly processed foodstuffs, seed oils, etc.
- ☐ Regular physical activity builds stamina, strength, and flexibility. Walking aids weight loss.
- ☐ Good understanding of nutrition and physical wellness.
- ☐ Implementing preventive healthcare measures (e.g., annual check-ups, physical and metabolic testing).

O2

PHYSICAL SELF

Weaknesses

- ☐ A sedentary lifestyle, excess weight and decreased physical fitness.
- ☐ Dependency on medication for preventable conditions (e.g., high blood pressure, diabetes).
- ☐ Lack of knowledge or motivation about physical health improvement and your specific physiology and conditions.
- ☐ Reliance on processed or unhealthy foods.

Capacity to Adapt

- ☐ Ability to gradually reduce weight through diet and exercise – natural food and walking.
- ☐ Learning about alternative health treatments, including natural remedies.
- ☐ Willingness to embrace physical challenges and adopt new routines.
- ☐ Developing an ongoing health and fitness plan.

Resilience

- ☐ Improving mental health through physical activity, as exercise contributes to emotional stability.
- ☐ Building physical endurance through consistent movement.
- ☐ Developing a stronger mindset for handling physical discomfort and fatigue.
- ☐ Cultivating self-discipline for better health habits.

O3

ONESELF

Overview

knowing yourself · inner fortitude · ability to discriminate · resilience

Oneself is the intrinsic essence of who you are—your true self. It represents integrity and wholeness, where your core values, truly authentic desires, and genuine identity reside.

It is the unfiltered, unconditioned part of you that remains steady amid external influences. When you align with Oneself, you live from the core and act from the inside out, embracing both your strengths and vulnerabilities in their entirety. This is the foundation of living in integrity and pursuing a life that reflects who you truly are.

Mental and emotional resilience are the foundations of thriving through adversity. In times of crisis, your inner strength—what you allow within your boundaries—will determine how you face challenges.

Being mentally strong for life means drawing strength from within, establishing healthy boundaries, and managing energy effectively.

This section encourages reflection on inner fortitude, the ability to adapt to stress, and cultivating resilience to navigate life's uncertainties with confidence and clarity.

Strengths

- Strong sense of self-awareness (Oneself) and emotional intelligence.
- Ability to enforce healthy boundaries to protect mental well-being.
- Practices like physical movement, meditation, journaling, or reflection that promote mental clarity.
- Confidence in decision-making and personal values that stem from inner knowingness and security.

O3

ONESELF

Weaknesses

- ☐ Poor or “leaky” boundaries, leading to emotional exhaustion or over-sharing. Difficulty saying “no” or asking others to manage boundaries for you.
- ☐ Tendency to rely on external validation for emotional security.
- ☐ Energetic imbalance leading to inability to recharge energy due to over-committing or emotional burnout.
- ☐ Not living a life that reflects your inner being leads to mental and emotional stressors.

Capacity to Adapt

- ☐ Willingness to practice setting stronger, healthier boundaries.
- ☐ Openness to learning emotional coping techniques like mind or stress management.
- ☐ Ability to shift perspectives and embrace changes with flexibility.
- ☐ Developing the skill to manage energy levels—*indrawing* and *outpouring*—balancing giving and receiving without depletion.

Resilience

- ☐ Building emotional self-sufficiency by finding strength within, rather than relying on external support.
- ☐ Ability to recover from emotional setbacks and maintain a positive outlook.
- ☐ Strong inner fortitude, allowing you to face challenges without losing self-control.
- ☐ Ability to recharge effectively and bounce back from emotional fatigue.

O4

FINANCES

Overview

financial elasticity · freedom · navigate and survive storms

Financial resilience is the ability to weather economic storms with both flexibility and freedom.

In times of crisis, having cash on hand, maintaining manageable outgoings and diversifying resources are crucial strategies for maintaining stability amid uncertainty. The financial landscape can shift dramatically due to factors like war, pandemics, or economic collapse, making it essential to prepare now for potential challenges.

By assessing your financial strengths and weaknesses, along with your capacity to adapt, you can develop a strategy for greater financial elasticity.

This section guides you toward enhancing your financial resilience, empowering you to navigate and survive whatever challenges may arise in the future.

Strengths

- ☐ Savings in cash or liquid assets that provide immediate access in emergencies.
- ☐ Diverse financial portfolio—investments spread across different sectors or types (e.g., stocks, real estate, precious metals).
- ☐ Access to financial advice from professionals or knowledgeable mentors.
- ☐ Established budget and financial planning that accounts for emergency funds.

O4

FINANCES

Weaknesses

- ☐ Dependence on a single income stream or lack of diversification in investments.
- ☐ Over-reliance on credit or debt may lead to vulnerability in a financial crisis.
- ☐ Lack of knowledge or resources for financial management or investing.
- ☐ Limited savings, leaving little room for unexpected expenses.

Capacity to Adapt

- ☐ Willingness to explore alternative income streams, such as side jobs or investments.
- ☐ Ability to downsize expenses and live more frugally when necessary.
- ☐ Openness to learning about financial planning, investing, and budgeting.
- ☐ Building flexibility into financial plans—adjusting quickly when circumstances change.

Resilience

- ☐ Emotional resilience in financial decision-making—staying calm and calculated under pressure, without making impulsive moves.
- ☐ Capacity to endure financial instability by maintaining emergency funds or assets.
- ☐ Diversified assets that can provide stability even during economic downturns.
- ☐ Strong financial literacy, allowing you to make informed decisions in crises.

O5

WORK OPTIONS

Overview

multipotentialite · transferrable skills and experience · adapt and utilise

In a world where technology like AI changes the job market or where economic instability causes companies to fold or pivot, it's essential to think beyond traditional work roles.

As a natural multipotentialite—someone with many interests and skills—you have the opportunity to adapt, utilise your talents, and explore alternative ways of working.

This section helps you assess your strengths, weaknesses, capacity to adapt, and resilience in the evolving work landscape, encouraging you to think creatively about how to maximise your career options and also share your skills with your tribe or community.

Strengths

- A diverse set of skills or experiences that can be applied to different industries or roles.
- Ability to learn new skills quickly and pivot to different types of work as needed.
- Strong networking and collaboration abilities, enabling you to work with others or share knowledge.
- Familiarity with remote work tools, freelancing platforms, or project-based work that can provide flexibility.

O5

WORK OPTIONS

Weaknesses

- ☐ Uncertainty or lack of confidence in identifying marketable skills or interests.
- ☐ Difficulty transitioning from a structured work environment to self-directed or freelance work.
- ☐ Over-reliance on a single job or industry, leaving little flexibility when the job market changes.
- ☐ Limited experience with alternative income streams (e.g., freelancing, consulting, teaching).

Capacity to Adapt

- ☐ Willingness to explore multipotentialite paths, combining different skills into unique job roles or projects.
- ☐ Openness to sharing skills with the community or tribe, exchanging knowledge or teaching others.
- ☐ Ability to identify emerging job markets or trends and align your skills to new opportunities (e.g., AI-adjacent roles, remote work).
- ☐ Exploring flexible work options, such as part-time freelancing, consulting, or creating passive income streams.

Resilience

- ☐ Building a strong community network to collaborate on projects or offer mutual support during challenging times.
- ☐ Ability to thrive in uncertainty by continuously learning and developing new skills.
- ☐ Emotional resilience to handle career shifts, temporary unemployment, or changing industries.
- ☐ Creating a diverse portfolio of income sources to minimise the risk of job loss or economic downturns.

06

HOME ENVIRONMENT

Overview

click-and-switch alternatives · easily afforded options

Modern homes rely heavily on systems that operate with a click or switch—electricity for lighting, heating, cooking, and internet connectivity for communication.

But what happens if these conveniences are disrupted or limited? In times of crisis, having alternative plans for essential tasks can mean the difference between comfort and hardship.

This section assesses the strengths, weaknesses, capacity to adapt, and resilience of your home environment, helping you develop backup strategies for heating, lighting, cooking, and more.

Strengths

- ☐ A home that offers alternative ways of living with space for adaptation.
- ☐ Access to alternative heating sources like fireplaces, wood stoves, or wind and solar heating systems.
- ☐ Use of off-grid solutions such as solar panels, battery storage, or generators, with manual tools for cooking (e.g., outdoor grills, camping stoves).
- ☐ Existing home insulation or energy-efficient design that reduces dependency on electricity.

Weaknesses

- ☐ Total dependence on the electric grid for heating, cooling, and cooking.
- ☐ Reliance on internet-based systems for communication, work, and entertainment.
- ☐ Lack of non-electric lighting alternatives (e.g., candles, oil lamps, solar lanterns).
- ☐ No backup cooking options if the stove or microwave is unavailable.

06

HOME ENVIRONMENT

Capacity to Adapt

- ☐ Willingness to invest in backup systems like solar power, battery banks, or hand-cranked tools.
- ☐ Learning how to maintain or use non-electric heating, lighting, and cooking systems.
- ☐ Creating a plan for water storage, purification, and manual methods for household tasks (e.g., washing clothes by hand).
- ☐ Developing a stockpile of essential non-perishable items (e.g., propane, firewood, candles).

Resilience

- ☐ Emotional and mental resilience to adapt to a more primitive or minimalistic lifestyle temporarily.
- ☐ Having a diverse array of non-electric tools and supplies for basic household tasks.
- ☐ Ability to maintain comfort and functionality in the home even without electricity or standard internet.
- ☐ Flexibility to use alternative heating and cooking methods for long periods.

07

COMMUNITY ENVIRONMENT

Overview

neighbourhood · location · resources

The location and setup of your home play a critical role in how well you can weather crises. During times like the COVID lockdown or other potential disruptions, the environment outside your front door becomes as important as the inside.

Homes that are expensive to run, or lack open spaces, community connections, or the ability to grow food, may be less ideal for long-term living.

This section guides you in assessing the strengths, weaknesses, capacity to adapt, and resilience of your community environment, encouraging strategic decisions now to enhance your future living situation.

Strengths

- ☐ Access to nearby parks, open spaces, or community gardens.
- ☐ Proximity to neighbours or local community networks that support resource sharing.
- ☐ A neighbourhood that is safe and conducive to outdoor activities, especially for kids and pets.
- ☐ Availability of local markets or farms where fresh food can be sourced during supply chain disruptions.

Weaknesses

- ☐ Urban or densely populated areas with limited access to nature, gardening, or outdoor space.
- ☐ Lack of connection with neighbours or local community members creates isolation.
- ☐ Inadequate space for family members, especially during extended periods at home.
- ☐ Unfriendly environment for children or pets, leading to stress and difficulties in confinement.

07

COMMUNITY ENVIRONMENT

Capacity to Adapt

- ☐ Willingness to move to a more suitable location that offers better access to nature, gardening space, or a stronger community network.
- ☐ Ability to build relationships with neighbours and join local initiatives or groups for mutual support.
- ☐ Make adaptations to your current living space, such as creating small-scale gardens or improving outdoor areas.
- ☐ Learning about local resources, alternative routes, and community support systems in your area.

Resilience

- ☐ Flexibility to relocate or significantly adapt your living environment to ensure long-term viability.
- ☐ Establishing strong, supportive connections within your neighbourhood, creating a sense of security and resource sharing.
- ☐ Preparing your home to be more self-sufficient within the community context—e.g., rainwater collection, off-grid solutions.
- ☐ Emotional resilience for long-term confinement or lifestyle changes within your home and neighbourhood environment.

O8

COLLECTIVESPHERE

Overview

skills share · community planning · liaison · exchange

In a world where systems may fail, having a tribe—a network of people you can rely on—becomes essential.

This community can share skills, plan together, and build a system of support that strengthens everyone involved.

Whether your contribution is a skill like gardening, project management, or simply organising people, everyone has something valuable to offer.

This section encourages you to assess your strengths, weaknesses, capacity to adapt, and resilience within a community, and to think about how you can build or strengthen your community connections through skill-sharing and mutual aid.

Strengths

- ☐ Skills audit—skills you can share with others (e.g., gardening, carpentry, cooking, project management).
- ☐ Established community connections or involvement in local groups or networks.
- ☐ Ability to organise and plan projects or coordinate people for collective efforts.
- ☐ Bartering or trade systems in place, exchanging goods and services with neighbours or community members.

O8

COLLECTIVESPHERE

Weaknesses

- ☐ Lack of a close-knit community or network to rely on in times of crisis.
- ☐ Limited knowledge of what others in the community can offer or how to engage in skill-sharing.
- ☐ Over-reliance on digital platforms or government systems for help and support.
- ☐ Hesitancy or lack of experience in reaching out to others or forming community bonds.

Capacity to Adapt

- ☐ Willingness to actively seek out and build connections with like-minded individuals or groups.
- ☐ Learning new skills that can be bartered or shared within the community.
- ☐ Organising local events, meet-ups, or skill-share sessions to foster stronger connections.
- ☐ Developing a liaison role to coordinate between different groups of people, ensuring everyone's skills are utilised.

Resilience

- ☐ Flexibility in adapting roles or contributions to meet the changing needs of the community.
- ☐ Strong sense of collaboration within the tribe, creating a system where people can support each other.
- ☐ Ability to share or exchange resources (e.g., excess food, tools, services) to ensure everyone's needs are met.
- ☐ Emotional resilience through being part of a group fosters a sense of belonging and mutual support.

09

ANIMALS & LIVESTOCK

Overview

pets · livestock · care · produce

Animals, whether pets or livestock, play an important role in our lives. Pets provide companionship and support our mental health, while livestock can offer a sustainable source of food.

However, in times of financial strain, pets are often abandoned, and caring for livestock can become an expensive challenge, especially with a lack of knowledge or skills.

This section helps assess the strengths, weaknesses, capacity to adapt, and resilience when it comes to caring for animals, whether they are for companionship or production.

Strengths

- ☐ Pets offer emotional and mental health benefits, reducing stress and providing companionship during tough times.
- ☐ Livestock can provide a source of food or produce (e.g., eggs, milk, meat), contributing to self-sufficiency.
- ☐ Experience in animal care can be valuable within a community or tribe for sharing skills.
- ☐ Having space or land that could be used for small-scale livestock or food production.

Weaknesses

- ☐ Pets can become an extra financial and logistical burden during hard times, requiring food, medical care, and attention.
- ☐ Lack of space, resources, or knowledge to care for livestock effectively.
- ☐ Dependence on external systems (vets, pet food stores) that may be disrupted in times of crisis.
- ☐ Emotional difficulty in making tough decisions about animal care during financial struggles.

09

ANIMALS & LIVESTOCK

Capacity to Adapt

- ☐ Exploring ways to sustainably care for pets or livestock by producing your own food (e.g., growing feed, raising small livestock).
- ☐ Building a community or tribe that can share animal care duties or resources.
- ☐ Finding cost-effective ways to maintain animal health and well-being (e.g., bartering for vet services, learning basic animal care).
- ☐ Planning ahead for emergencies by creating an animal care contingency plan (e.g., stockpiling supplies, securing alternate care options).

Resilience

- ☐ Developing self-sufficiency in animal husbandry, reducing reliance on external services.
- ☐ Ability to maintain animal care even in financially tight or crises, finding creative solutions to keep pets and livestock healthy.
- ☐ Emotional resilience in balancing the needs of your animals with your own survival and well-being.
- ☐ Strong network or community to rely on for shared animal care or bartering for necessary resources.

10

FOOD SUPPLIES

Overview

stocks · grow · trade · preserve · store

In today's globalised world, our food supply is often reliant on imports, making it vulnerable to disruptions.

Events like the conflict in Ukraine have shown how quickly food prices can rise and availability can quickly dwindle.

This section guides you in assessing the strengths, weaknesses, capacity to adapt, and resilience of your food supply strategies, encouraging proactive planning for sourcing, growing, trading, and preserving food.

Strengths

- ☐ Access to local resources for growing food, such as a garden, allotment or community garden plots.
- ☐ Knowledge of preserving methods (canning, drying, fermenting) to extend the shelf life of foods.
- ☐ Established networks for trading or bartering food with neighbours or local community members.
- ☐ Ability to maintain a well-stocked pantry with essential non-perishable items.

Weaknesses

- ☐ Over-reliance on grocery stores or external food supply chains makes you vulnerable to shortages.
- ☐ Lack of knowledge or skills for growing food, preserving it, or engaging in trade.
- ☐ Limited storage space for bulk food supplies or preserved goods.
- ☐ Insufficient diversity in food stocks leads to nutritional gaps or dependence on a few sources.

10

FOOD SUPPLIES

Capacity to Adapt

- ☐ Willingness to learn about sustainable gardening, food preservation, and stockpiling techniques.
- ☐ Exploring alternative food sources, such as foraging, community-supported agriculture (CSA)[^], or local farmers' markets.
- ☐ Developing a food trading network with neighbors or local community members to share surplus produce or goods.
- ☐ Creating a plan for seasonal growing, ensuring a steady supply of fresh food throughout the year.

Resilience

- ☐ Preparedness for emergencies through strategic food storage and preservation methods.
- ☐ Ability to adapt to changing food availability by being resourceful in using what you have.
- ☐ Emotional resilience to navigate food shortages or rising prices, focusing on solutions rather than panic.
- ☐ Strong community ties that foster cooperation and support in times of food scarcity.

[^] Community-supported agriculture (CSA) is not an official organisation but rather a model of food production and distribution. In a CSA, consumers purchase shares of a farm's harvest in advance, providing farmers with upfront capital and a guaranteed market for their produce. Members typically receive regular deliveries of fresh fruits, vegetables, and sometimes other products like eggs or dairy throughout the growing season.

11

TRANSPORT

Overview

transport options · fuel supplies · alternatives · repair · adaptation

Transportation is a vital aspect of our daily lives, but in times of crisis, access to reliable transport may become a challenge.

Understanding your options, alternative fuel supplies, and the adaptability of your vehicle can prepare you for unforeseen circumstances.

This section helps you assess your strengths, weaknesses, capacity to adapt, and resilience regarding transportation, encouraging you to explore alternatives and prepare for potential mobility challenges.

Strengths

- ☐ Existing knowledge of vehicle maintenance or repair, enabling basic troubleshooting and fixes and considering an older model that is not software-dependent.
- ☐ Ability to adapt vehicles for different fuel types (e.g., biodiesel, electric) based on available resources.
- ☐ Access to alternative transportation options, such as bikes, public transport, or walking.
- ☐ Existing relationships with local mechanics or repair shops for support when needed.

Weaknesses

- ☐ Dependence on modern vehicles with complex computerised systems that require specialised diagnostics and repair.
- ☐ Limited understanding of older vehicle maintenance or basic mechanical skills.
- ☐ Vulnerability to fuel shortages or price increases affecting transportation.
- ☐ Lack of alternative mobility plans, such as walking routes or local transport options.

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TRANSPORT

Capacity to Adapt

- ☐ Willingness to learn about vehicle maintenance, alternative fuels, and DIY repairs for different types of vehicles.
- ☐ Exploring and investing in older, simpler vehicles that require less specialised knowledge to repair and maintain.
- ☐ Developing physical fitness for walking or biking longer distances as viable alternatives to driving.
- ☐ Creating a community network for shared transportation resources, such as carpooling or bike-sharing.

Resilience

- ☐ Preparedness for emergencies by having backup plans for mobility, such as knowing safe walking routes or having a bike in good condition.
- ☐ Ability to remain flexible and resourceful in finding alternative transportation options when needed.
- ☐ Emotional resilience in facing transportation challenges and finding solutions rather than becoming frustrated.
- ☐ Strong community ties that provide support for shared transport needs, such as neighbours who can help with rides or local transportation resources.

12

MEDICAL KIT

Overview

medical kit · scrapes · illness · emergencies

In times of crisis, access to medical help may be limited, making it essential to have a well-prepared medical kit.

Understanding your health needs and having the right supplies on hand can make a significant difference in managing emergencies, scrapes, or ongoing medical conditions.

This section guides you through assessing your strengths, weaknesses, capacity to adapt, and resilience regarding your medical preparedness, encouraging you to build a comprehensive medical kit tailored to your needs.

Strengths

- ☐ Knowledge of basic first aid and common medical practices, enabling effective management of minor injuries and emergencies.
- ☐ Existing medical supplies or equipment at home (e.g., bandages, antiseptics, prescription medications).
- ☐ Awareness of your own health conditions and specific medical needs allows for proactive planning.
- ☐ Connections with health professionals or community members who can provide support or advice when needed.

12

MEDICAL KIT

Weaknesses

- ☐ Limited understanding of what constitutes a complete medical kit or first aid supplies.
- ☐ Reliance on pharmacies or healthcare providers that may be inaccessible during emergencies.
- ☐ Lack of preparation for managing chronic conditions or ongoing medication needs.
- ☐ Emotional stress or panic during medical emergencies, hindering effective response.

Capacity to Adapt

- ☐ Willingness to learn about first aid, basic medical care, and emergency response techniques through courses or resources.
- ☐ Planning for the long-term supply of essential medications, including identifying alternative resources (e.g., local herbalists, and alternative practitioners).
- ☐ Building relationships with neighbors or community members for mutual medical support or skills-sharing.
- ☐ Developing a portable medical kit that is easily accessible in case of emergencies or evacuations.

Resilience

- ☐ Preparedness for long-term health management, including regular review and restocking of medical supplies.
- ☐ Ability to remain calm and resourceful in a medical emergency, using available supplies effectively.
- ☐ Emotional resilience to cope with health challenges or limited access to professional care.
- ☐ Strong community ties facilitate support during health emergencies, such as neighbours who can help or share resources.

13

SUPPLIES KIT

Overview

create kit list · suppliers · stock

In the face of potential crises such as war or natural disasters, having a well-stocked supplies kit can be a lifeline.

This section guides on creating a comprehensive supplies kit, identifying essential equipment, and considering reliable suppliers.

Understanding what to include in your kit can enhance your readiness and resilience during challenging times.

Strengths

- ☐ Awareness of the need for preparedness and a proactive mindset in gathering supplies.
- ☐ Existing items in your home that can be repurposed for emergency use (e.g., tools, first aid supplies).
- ☐ Knowledge of reliable suppliers or local stores that offer essential preparedness gear.

Weaknesses

- ☐ Lack of knowledge about what should be included in an effective supplies kit.
- ☐ Overlooking essential items due to a limited understanding of potential emergencies and their requirements.
- ☐ Dependency on external systems (e.g., stores, delivery services) that may be disrupted in a crisis.

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SUPPLIES KIT

Capacity to Adapt

- ☐ Willingness to learn about different types of emergency supplies and their uses through research or community workshops.
- ☐ Exploring multi-purpose tools and equipment that can serve multiple functions in a supplies kit.
- ☐ Collaborating with community members to pool resources and create a shared supplies cache.

Resilience

- ☐ Ability to remain calm and resourceful in emergencies by utilising your supplies kit effectively.
- ☐ Emotional resilience in facing unexpected challenges and finding solutions using your stored supplies.
- ☐ Preparedness for long-term situations by regularly reviewing and updating your supplies kit.

Suggested Supplies Kit List

In the face of potential worst-case scenarios—be it economic collapse, natural disasters, or health crises—preparing a comprehensive supplies kit becomes essential for ensuring personal safety and resilience. While we may hope for the best, it's prudent to anticipate challenges that could disrupt our daily lives and access to basic necessities. By equipping ourselves with the right supplies, we can enhance our ability to navigate uncertainty and safeguard our well-being when faced with unforeseen circumstances.

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SUPPLIES KIT

Lighting

- ☐ Flashlights (preferably LED) with extra batteries.
- ☐ Solar-powered lanterns or candles for backup lighting.

First Aid Supplies

- ☐ Comprehensive first aid kit (bandages, antiseptics, gauze, adhesive tape).
- ☐ Prescription medications and a copy of prescriptions.
- ☐ Antihistamines, pain relievers, and any other over-the-counter medicines.

Food and Water

- ☐ Non-perishable food items (canned goods, dehydrated meals, protein bars).
- ☐ Water purification tablets or filters.
- ☐ Rainwater harvesting systems.
- ☐ Education on safe water practices and DIY filtration methods.
- ☐ Bulk storage containers for food and water.

Emergency Tools

- ☐ Multi-tool or Swiss Army knife.
- ☐ Manual can opener.
- ☐ Whistle for signalling.
- ☐ Emergency vehicle and bike repair kits.

Shelter and Warmth

- ☐ Emergency space blankets or sleeping bags.
- ☐ Waterproof tarp or emergency ponchos.
- ☐ Hand warmers.

13

SUPPLIES KIT

Communication

- ☐ Battery-operated or hand-crank emergency radio.
- ☐ Walkie-talkies for local communication.
- ☐ Offline information networks (local bulletin boards).
- ☐ Group meetings to discuss plans and share information.

Personal Protection

- ☐ Gas masks or N95 respirator masks.
- ☐ Protective gloves and eyewear.
- ☐ First aid manual or emergency preparedness guide.
- ☐ Learn self-defence.

Community Building and Social Structures

- ☐ Strategies for conflict de-escalation.
- ☐ Strategies for fostering trust and communication in communities.
- ☐ Creating resource-sharing networks or local cooperatives.
- ☐ Planning community events to strengthen bonds.

Education and Skill Development

- ☐ Skills exchange programmes (where people teach each other).
- ☐ Resources for practical learning (tools, books, online platforms).
- ☐ Workshops for community skill-building.

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SUPPLIES KIT

Sanitation Supplies

- ☐ Personal hygiene items (soap, hand sanitiser, toilet paper).
- ☐ Trash bags for waste disposal.

Backup Power

- ☐ Portable chargers for electronic devices.
- ☐ Solar power bank for sustainable energy.
- ☐ Backup generators (solar or gas).
- ☐ Energy efficiency practices for homes.
- ☐ Home battery systems for energy storage.

Miscellaneous

- ☐ Duct tape for various repairs.
- ☐ Notepad and pen for recording important information.
- ☐ Maps of your local area and evacuation routes.

Skill Up

- ☐ Maintenance skills for homes (basic plumbing, electrical repairs).
- ☐ Off-grid living adaptations (composting toilets, solar heating)
- ☐ Knowledge of essential oils and herbal remedies.
- ☐ Emergency medical training (CPR, basic trauma care).
- ☐ Consideration for mental health resources and strategies.
- ☐ Skills inventory for barter (e.g., what skills can you offer?).
- ☐ Networking opportunities for sharing resources.

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SUPPLIES KIT

Suppliers

- ☐ Local outdoor or camping stores for survival gear.
- ☐ Online retailers specialising in emergency preparedness supplies (e.g., Amazon, specialist survival websites).
- ☐ Community co-ops or groups that focus on preparedness can be good sources for shared equipment.

Additional Considerations

- ☐ Preparedness Drills: Regular practice of emergency procedures as a community to build familiarity and confidence.
- ☐ Resource Inventory: Keeping a detailed list of available resources within your community to facilitate quick access in emergencies.
- ☐ Continual Learning: Staying informed about changes in local or global contexts that may affect your preparedness strategy.

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FEEDBACK

Thank you for downloading the Universal Sovereignty Assessment.

I hope it has helped you start thinking about how to be better prepared for unexpected disruptions in basic utilities and technology.

But we don't want the conversation to stop there. I'd love to get your feedback to make this tool even more helpful for everyone.

By sharing your thoughts, you'll help me create a free, universal tool that can be used and shared by all.

Together, we can be better prepared for whatever challenges come our way.

Thank you in advance for your input.

Sarah Sayer