

Code Name Insight Monthly Task List—March

**Disclaimer: The information provided on this page is for informational purposes only. Use common sense when following any of the suggestions listed. The editors and publishers of this site assume absolutely no responsibility for any actions resulting from the misapplication of information provided by this website.*

- ___ 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) 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.