

The "New Normal" Routine Checklist

Daily habits that make protection automatic

Protection isn't about big dramatic moments — it's about small habits that stack together. This checklist helps you build a "new normal" where awareness and readiness become automatic, not effortful.

Morning Routine

- ☐ Phone charged and with me
- ☐ Quick mental note: what's my schedule today? Any unfamiliar places?
- ☐ Keys, wallet, phone — in consistent, accessible locations
- ☐ If carrying protection tools: confirmed they're with me and accessible
- ☐ Dressed in a way that allows me to move freely if needed

Consistency matters. When your essentials are always in the same place, you don't waste mental energy finding them.

Leaving Home

- ☐ Keys in hand BEFORE opening the door
- ☐ Quick scan of the area outside
- ☐ Door locked behind me (even if "just for a minute")
- ☐ Garage door fully closed before driving away
- ☐ If it's dark: exterior lights on

In Transit

Driving

- ☐ Doors locked as soon as I get in
- ☐ Enough gas to not need an emergency stop
- ☐ Phone accessible but not distracting
- ☐ Aware of cars that seem to be following my route

Walking / Public Transit

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- ☐ Head up, eyes forward — not buried in phone
- ☐ At least one ear free (no noise-canceling on both ears)
- ☐ Bag/purse secured and closed
- ☐ Aware of who's around me and who's approaching
- ☐ Standing/sitting near exits when possible

At Work / Public Places

- ☐ Noted exits when entering new spaces
- ☐ Positioned to see the entrance when seated
- ☐ Belongings kept close and attended
- ☐ Trusted someone knows my general schedule
- ☐ If working late: arranged safe departure plan

Coming Home

- ☐ Scanned the area before getting out of car
- ☐ Keys ready before reaching the door
- ☐ Checked that nothing looks disturbed or unusual
- ☐ Went inside promptly — not lingering in transition spaces
- ☐ Locked door immediately after entering
- ☐ If something feels off: don't go in — call someone, go somewhere safe

Transition moments (leaving, arriving) are when you're most vulnerable. Make them quick and deliberate.

Evening / Night

- ☐ Doors and accessible windows locked
- ☐ Phone charged and within reach for sleep
- ☐ Flashlight accessible (power outages, investigating noises)
- ☐ If you have an alarm: it's armed
- ☐ Porch lights on or motion sensors active

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Weekly Check-Ins

- ☐ Phone battery health — still holding charge?
- ☐ Protection tools checked (pepper spray not expired, etc.)
- ☐ Emergency contacts up to date
- ☐ Car: gas level, tire pressure, emergency kit
- ☐ Home: exterior lights working, locks functioning

These habits feel awkward at first. After a few weeks, they become automatic — your new normal.

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