

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

Build your complete protection system

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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

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.