

**POISED**

**&**

**PREPARED**

*Personal Safety Tips  
to Empower  
Every Woman*



**Personalized Workbook**

## Choose safety to bloom your best.



### Reading **Poised and Prepared** will help you:

- Make plans to keep trouble at bay
- Identify potential dangers, listed by settings
- Grow your situational and intuitive alertness
- Identify your safe zones and vulnerable areas
- Create safety groups and proactive communities

You can gift this book to a woman to help her avoid dangers and become proactive in protecting others.

Even men will benefit from this book – to fortify their families' safety and to be supportive members of their community.

### And alongside, this workbook will help you:

- **Make your customized plan**
- **Be organized with your tools**
- **Teach others what worked for you**



As you already know from the book, *Poised and Prepared*, Balaka, who grew up in urban India, faced many difficult moments in the presence of people with dubious intent.

These could happen to any woman anywhere on this planet, altering her life forever.

Although Balaka has felt the icy touch of a pistol under her jaw and a dagger at her waist, she is grateful to have been spared the rough endings.

Balaka hopes that you'll find this workbook useful to start a plan for your own safety and in providing the guidance to create a safer community for other women and marginalized people who suffer just as silently.

Stay tuned to [thegreenwriter.com](http://thegreenwriter.com) for more tips and stories.



## Home Safety Tips For Me

Tips and tools from Poised and Prepared that apply to me:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_

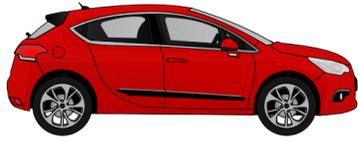
Tips from my own life that I've learned to apply in my current situation:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_





## Car Safety Tips For Me

Tips and tools from Poised and Prepared that apply to me:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_

Tips from my own life that I've learned to apply in my current situation:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_





## **Pedestrian Safety Tips For Me**

Tips and tools from Poised and Prepared that apply to me:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_

Tips from my own life that I've learned to apply in my current situation:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_





## **Bikers Safety Tips For Me**

Tips and tools from Poised and Prepared that apply to me:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_

Tips from my own life that I've learned to apply in my current situation:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_





## Workplace Safety Tips For Me

Tips and tools from Poised and Prepared that apply to me:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_

Tips from my own life that I've learned to apply in my current situation:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_





## Party Safety Tips For Me

Tips and tools from Poised and Prepared that apply to me:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_

Tips from my own life that I've learned to apply in my current situation:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_





## Online Safety Tips For Me

Tips and tools from Poised and Prepared that apply to me:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_

Tips from my own life that I've learned to apply in my current situation:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_





## Travel Safety Tips For Me

Tips and tools from Poised and Prepared that apply to me:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_  
\_\_\_\_\_

Tips from my own life that I've learned to apply in my current situation:

■ \_\_\_\_\_

■ \_\_\_\_\_

■ \_\_\_\_\_



# My Sanity Quadrant

**The Sanity Quadrant**

<p><b>4.</b> <b>Low safety awareness,</b> <b>Taking random steps</b> <b>(- X, + Y)</b></p>	<p><b>1.</b> <b>High safety awareness,</b> <b>Highly proactive in planning</b> <b>(+ X, + Y)</b></p>
<p><b>2.</b> <b>Low safety awareness,</b> <b>Not proactive at all</b> <b>(- X, - Y)</b></p>	<p><b>3.</b> <b>High safety awareness,</b> <b>Casual in planning</b> <b>(+ X, - Y)</b></p>

**X Axis: Safety Awareness**  
**Y Axis: Planning for Safety**

Which quadrant do I belong to?

---

How can I change?

---

---

---

---

---

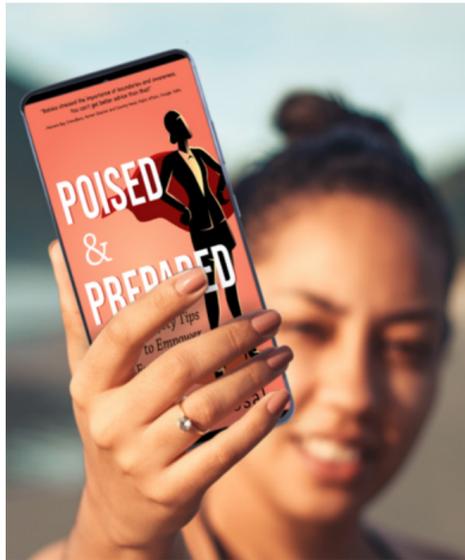
# I am empowered to help myself and many others with my ability to care.

High Priority Community Issues I Need to Address:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List friends and community members I can network with to improve safety in our areas.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



## **Attitudes that always work:**

- Keep faith, keep calm
- Breathe deep
- Hold your head high
- Speak up
- Keep your eyes and ears open
- Bring on your inner avatar



## Want to Stay Connected with Balaka?

### Follow her on social media:

<https://www.facebook.com/ubeegreen/>

<https://www.linkedin.com/in/thegreenwriter/>

<https://www.instagram.com/balakaghosal/>

**If someone has sent you this workbook,  
you might want to receive  
the monthlyish newsletter from Balaka.**

**Check out the freebies on her websites  
listed below and you'll be on her mailing list:**

**thegreenwriter.com  
poisedandprepared.com**