

A.C.A.L.M.E.R.M.E

**AWARENESS  
CHECKLIST**

## **AWARENESS CHECKLIST FOR MANAGING ANYONE AND ANYTHING**

From this moment forward, this checklist goes where you go! It will fuel your self-control, prepare you for the unexpected, and reduce both social and general anxiety.

**P**reparation + **A**wareness + **C**ontrol + **E**motional Strength  
= **PACE** yourself!

### **Prepare Yourself Before You Leave Home:**

- If you're travelling somewhere for the first time, research the location.
- Check maps and familiarise yourself with the area.
- Plan your route - choose the safest, most direct path.
- Have alternative routes ready in case of unexpected changes.
- Look up reviews and feedback about the place if possible.
- Identify landmarks and nearby facilities like bathrooms, cafés, and safe zones.
- Set reminders for appointments and departure times.
- Take your time, don't rush yourself out the door.

### **Prepare Essentials:**

- Pack ID, phone, charger, wallet, keys, tissues, book, water, lip balm, and any medication you might need.

- Carry a small amount of cash securely in case you lose your wallet.
- Bring a small notepad and pen for jotting down important information.
- Let a trusted person know where you're going and when you expect to return.
- Save emergency numbers to your phone but also...
- Write important contacts in your notepad in case your phone dies.
- Keep your phone charged when you can and check in periodically with your trusted contact.

### **When You Arrive at Your Location:**

- Don't rush. Give yourself time to assess your surroundings.
- Acclimatise. Let yourself settle.
- Find a quiet spot to rest if you feel overwhelmed.
- Identify exits and entry points.
- Locate bathrooms and seating areas.
- Find staff members and notice who seems approachable.
- If unsure about anything, ask staff or friendly locals for help but never go anywhere with someone you don't know.

- Assert your right to say no. If they mind, you've dodged a bullet.
- Trust your instincts: if something feels off, it's okay to leave or seek assistance.
- Stick to well-lit, safe, and populated areas.
- Avoid isolated spots, especially if you're alone.

### **When Meeting New People:**

- Observe body language - gauge their approachability and feel free to use your judgement.
- If they're sarcastic, confrontational, or unhelpful, don't personalise it. Observe. Nothing more. And then walk away.
- Trust your instincts, don't second-guess yourself.
- If you get "low vibes," trust them.
- Don't dismiss yourself as "just being paranoid or over-sensitive."
- When meeting new people, observation first.
- Trust yourself to stay emotionally and physically safe. Never mind everybody else. Your people-pleasing days are so over.

One of the biggest obstacles we face when meeting new people is the tendency to overcompensate for not feeling good enough. That's when the people-pleasing, fear-fuelled perfectionist version of us surfaces and thwarts our

self-control. But when awareness highlights this tendency, we can stop it in its tracks.

Remember: “No thank you” or at the very least “I’ll think about it” are the only responses you need to give. You don’t owe anyone your safety or your peace of mind.

### **Emergency Protocols:**

Know what to do in case of an emergency.

- Have a clear plan for leaving quickly if you feel anxious or unsafe.
- Identify safe spots and safe people ahead of time if possible.
- Use calming techniques like deep breathing, slow counting, or visualisation - like the Awareness Meditation.

## **When You're Back Home Tucked Up in Bed**

- Reflect on your experience.
- What went well?
- What would you do differently next time?
- Adjust your plans based on what you observed.

Ask yourself: How will I reward myself for staying aware and keeping hold of my power today?

And finally, have a beautiful, restful night's sleep. You deserve it.