



# The Prepared You

Your Lifetime Success Roadmap,  
Planner And Organizer For Your Journey



**My request for help:**

My List Of The Ways People Can Help Me  
When I Cannot Do It All Myself!

I am sharing it with trusted people who can help such as family members, friends, and my Church, for example.

Thank you for reading this document and volunteering me to do these tasks, or helping to find the people who can help me.

**In Home Care Tips:**

A form for request for help from friends, Churches, local volunteers, non-profit organizations, others:

Hello, I need and so appreciate help in my home as I may not be able to perform selected tasks below by myself:  
The tasks I need help with are check marked like this:  Yes  No

I will also add a note about what happened to me that I need help, but below is a quick summary of what happened, who has been effected and why I appreciate any and all help!

Thank you!

My name/Spouse's Name \_\_\_\_\_

Phone#: \_\_\_\_\_

E-mail:: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What happened to me that I need help and other comments.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I have funds to help pay these tasks  Yes  No

(In all cases, thank you for any ways you can help below, including bringing food as per the below.)

**Help with medications**

Help getting medications  Yes  No

Days: S M T W T F S

Help taking medications  Yes  No

Days: S M T W T F S

Help taking supplements  Yes  No

Days: S M T W T F S

**Exercise/Rehab**

Walking in the home  Yes  No

Days: S M T W T F S

Walking outside the home  Yes  No

Days: S M T W T F S

Exercising for rehab  Yes  No

Days: S M T W T F S

Notes: \_\_\_\_\_  
\_\_\_\_\_

**Personal Items**

Bathing or showering  Yes  No

Days: S M T W T F S

Washing Clothes  Yes  No

Days: S M T W T F S

Get More Help At [ThePreparedYou.Com](http://ThePreparedYou.Com)

Washing Bedding  Yes  No

Days: S M T W T F S

Notes:

**Household Chores**

Loading/emptying dishwasher  Yes  No

Days: S M T W T F S

Taking out the trash  Yes  No

Days: S M T W T F S

Other: #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

Other: #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

**Pets**

Letting out my dog/cat  Yes  No

Days: S M T W T F S

Help getting shots for my pets.  Yes  No

See section on pets: Notes:

**Winterizing items**

Service Furnace  Yes  No

Date last serviced \_\_\_\_/\_\_\_\_/\_\_\_\_

Automobile  Yes  No

Date last serviced: \_\_\_\_/\_\_\_\_/\_\_\_\_

Home  Yes  No

Date last serviced: \_\_\_\_/\_\_\_\_/\_\_\_\_

Notes:

**Home Maintenance  Yes  No**

Change Furnace Filter  Yes  No

Date last changed \_\_\_\_/\_\_\_\_/\_\_\_\_

Service Air Conditioner  Yes  No

Date last serviced \_\_\_\_/\_\_\_\_/\_\_\_\_

Clean gutters  Yes

Other: #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

Other: #4 \_\_\_\_\_ #5 \_\_\_\_\_ #6 \_\_\_\_\_

Notes:

**Auto/Auto Maintenance**

Oil Change  Yes  No Last changed at miles: \_\_\_\_\_

Tire rotation  Yes  No Last rotated at miles: \_\_\_\_\_

Clean inside of car  Yes  No

Car wash  Yes  No

Other: #1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

Other: #4 \_\_\_\_\_ #5 \_\_\_\_\_ #6 \_\_\_\_\_

Notes:

**Yardwork (mowing/raking etc.)**

Mowing the yard  Yes  No

Trimming trees  Yes  No

Notes:

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**Food Items:**

I would love food brought to me from those who would be so kind  Yes  No Days: S M T W T F S

Below are the types of food I love and some to so much, thank you. 😊 I want to eat what you bring and do not let foods go to waste!

**My favorite foods and drinks: The types of food I love!**

#1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

#4 \_\_\_\_\_ #5 \_\_\_\_\_ #6 \_\_\_\_\_

**The types of food I do not like so much, thank you! 😊**

#1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

#4 \_\_\_\_\_ #5 \_\_\_\_\_ #6 \_\_\_\_\_

**I cannot eat the following food items: 😊**

#1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_

#4 \_\_\_\_\_ #5 \_\_\_\_\_ #6 \_\_\_\_\_

Notes:

More notes:

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**How to use this document and making this information safe:**

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**How to use and save your private information with this document:**

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This document should be printed, then you can write the information in the document for you to be more organized in life, in the case you are incapacitated, and others need to take over most tasks for you, or if you should die and people need all the information to make your funeral and share your legacy and messages to loved ones.

I would never put this information in one document on a computer, even if it is password protected, as people can and do hack into computers and steal information for a variety of reasons, such as Identity theft, breaking into and stealing money from your bank, credit cards, crypto wallet and more. Identity theft can even include having your identity for medical operations or opening new accounts for any needed service and giving you the bill. There are hundreds of more ways to harm you so do not ever share this information with anyone other than your most trusted family members. You can even print out just make copies of the pages that must be shared at the time.

- Save this document to your computer for backup.
  - Fill out the information as have time
  - Give copies of the pages that need to be shared to a trusted party when necessary
- Place this file in a lockbox in your home for privacy and security
- Or take to a location where you can store it safely in a safety deposit box.
- Finally, show someone you trust where it is so they can access it if it is needed.

I know this is a lot of work to complete, but it will help your loved ones in case something does happen to you, and it will be a way to avoid additional heart ache saver for your loved ones.



## ☐ Disclaimers:

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# The Prepared You

Be prepared for success  
from birth to death

Remember, “The prepared You” helps you makes the best use of your time, resources, and knowledge, for you and loved ones!

Note:

Please share sections of this document with others. Ask me how, so everyone can see that

**Version 5.1** – Created 1-20-2023 – get the latest version here. <http://thepreparedyou.com>

## Tip: Keeping your items secure:



## Our lockable briefcase:

Consider storing and securing your documents in a lockable briefcase, for under \$40!

Secure your

- “The Prepared You” Document
- List of passwords, accounts, death plans, more.
- Emergency plans, contacts, documents
- Copies of your will, living will etc.
- Copies of insurance policies
- Copies of driver license
- Copies of credit cards
- Spare / backup keys
- Passport
- Checks
- More