

# Precontemplation

“I haven’t really thought about it.”

# Contemplation

“I've been thinking about it, and I know that it's important, but I haven't started working on it yet.”

# Preparation

“I’ve started doing a few things in preparation for emergencies, such as gathering a few documents.”

# Action

“I’ve been doing lots of things. I have a written plan and have gathered equipment. Now I need to talk to others and review my plan.”

# Maintenance

“I’ve already made an emergency plan and gathered equipment. Now I am reviewing my plan, restocking supplies, and discussing my plan with others.”