



# The Cheater's Guide to Peace of Mind

7 Simple Steps to Preparedness

VICKI SANDERS AND SUSI GIBSON OF WILL AND A WAY





# OPENING STATEMENT

Ahhhh... sweet peace of mind can be yours too. With a little time, effort and thinking, you too can get your ducks in a row. This quick and dirty guide will help you get your affairs in order, preparing you for life's lemons that will undoubtedly be thrown your way. Hope is not a plan! We are here to help with these 7 simple steps to preparedness.

## ABOUT THE AUTHORS



### **Vicki S.**

CoFounder

After my parents died, I knew that there had to be a better way of handling all of the endless details of their lives and deaths and their stuff. Living through this forced me to review my own affairs. I was surprised to realize how unorganized and messy my life was and could imagine how difficult it would be for someone else trying to untangle it down the road. This is what inspired this project. We have worked long and hard to bring to ourselves, friends, relatives and subscribers a practical personal guide to make life easier when disaster or death does strike. I am so happy that the details of my life are now tucked safely away where my representative can access them – but only if necessary. Preparedness equals peace of mind!



### **Susi G.**

CoFounder

Before I was involved in this project, I couldn't talk about death or the fact that disaster or disability could strike my own life. I live in an area that is constantly threatened by earthquakes and wildfires. I know families who have lost their homes, treasured items, and way of life to these disasters. I have a husband, adult children, grandchildren, parents, and siblings and the last thing I want to do is leave a big mess for them in case of my disability or death. So, I faced my fears and got my affairs in order. Now, even the smallest and most personal details of my life and my wishes are stored where my family can access them if needed. I'm on a mission to share this new awareness, knowing that I am much better prepared for what life will eventually throw at me.

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## PART I

# PREPAREDNESS = PEACE OF MIND

When you have done all that you can do in preparation for an environmental disaster, disability, or even your own death, there is peace in knowing that your loved ones will have an element of security, amidst an unsecured situation.

# Hope is not a plan.

The steps you take today to solidify your level of preparedness for tomorrow, will impact your loved ones the most.

Be proactive in your preparedness. Get prepared for your own peace of mind. Get prepared for your family and your people. Ease stress and hardship for your loved ones, after you are gone.

## PART II

# 7 SIMPLE STEPS

*Who's going to clean up the details  
of your messy life upon disaster,  
disability, or death?*

## Step 1.

# Prepare your paperwork

The first thing you will want to do is the proper paperwork for you and your personal situation.

If you don't have a will, you can find one online. There are many to choose from, starting with free templates. Or, you can hire an estate attorney. You will need to choose an executor (be sure to get this person's permission first) and list your heirs.

You can also find free forms for your living will to outline your wants and wishes. For example, your wishes for extraordinary medical care and the specific measures you'd like to take at the end of your life. An advanced healthcare directive free form can be found online too and identifies who can make medical decisions on your behalf if you are not capable.



You will want to print out a form for a durable power of attorney for finances. This will designate a person of your choosing to handle your investment, financial and business affairs if you can't.

It is very important that all of these forms are legal and will be honored in your state, so include your state name when you search for the forms. Then, check to see if the forms need to be notarized and if so take them all to a local notary. Or, have a mobile one come to your house at your convenience.

Before you begin filling out these forms be sure to check your 401K's, IRA's, life insurance policies and pension plans as well as bank accounts, real estate titles and trusts to remind yourself of who you've listed as beneficiaries. Those people will end up receiving the assets regardless of who you list in your will. Keep these accounts updated, especially if you are divorced or plan to be.



If you think your financial or family affairs are complicated, you are now ready to take your prepared forms to an estate planning attorney and let them deal with it.

When you are ready, scan your documents and save them online and in a fireproof safe or safe deposit box. Let your executor know where they are.

## Step 2.

### Prepare guardianship

If you have underage children be sure to name a guardian for them in case of emergency.



## Step 3.

### Prepare your life insurance

If you have people depending on your income you may need life insurance. If not, you probably don't need life insurance, but only you can decide that. At any rate, review your needs and your options.



## Step 4.

# Prepare your passwords

Save your passwords in an online password management system and store a hard copy of them with your other important papers.



## Step 5.

### Prepare your personal lists

Make a quick list of valuables and where they are located. List out your assets. List out your debts. Does anyone owe you money? You don't want to leave anything on the table. Store these lists with your papers.

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## Step 6.

### Prepare your disaster plan

Are you ready for the unthinkable? If you don't have a disaster plan it is time for you to create one. We see it every day—massive wildfires, hurricanes, tornadoes and floods. Readiness is vital. Consider the following:

- Create an exit plan.
- Choose a meeting place for your household.
- Know your shutoffs for water and gas.
- Pack a “go” bag with your meds, chargers and first aid kit.
- Don't let your gas tank get below half a tank so you can make a fast getaway if necessary.
- Make a quick video of the inside of your home and garage. You will find this invaluable if you ever have to make an insurance claim.

## STEP 7

# PREPARE FOR YOUR OWN PEACE OF MIND

*"Do it for your family."*

—Vicki S, CoFounder of Will And  
a Way

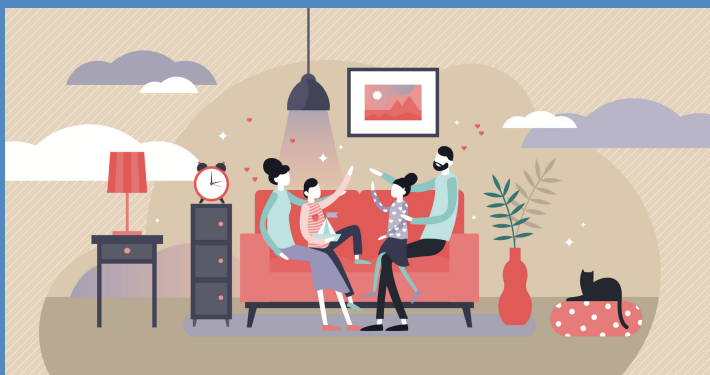


WILL AND A WAY

# PEACE OF MIND

Now you are ready to subscribe or update your information in Will And A Way. Will And A Way is a practical, secure, and easy to use guide for peace of mind, helping you gather and organize the details of your messy life. If you haven't thought of it, we have. Securely organize all of your information in one, easy to manage place.

Plus, you'll have the option to upload a video message to your loved ones with your lasting legacy.



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Hope for  
the best  
but plan  
for the  
worst!

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