



Boulder Office of Disaster Management Personal Risk Assessment

Activity 1

Think of a time you've gone through a challenge in your life.

As you faced that challenge, what factors helped you in getting through?

What did you learn about yourself while getting through that challenge?

Activity 2

What are some things that you are already doing that boost your preparedness or increase your access to lifelines?

Activity 3

Come up with a list of three shocks and three stressors.

Shocks	Stressors

Activity 4

Fill in the blank shocks and stressors column below. Mark an “x” in the boxes where shocks and stressors would impact a lifeline.

Shocks/Stressors	Lifelines					
	Security and safety	Food, water, and shelter	Health and medical	Power and gas	Communications	Transportation

Which lifelines are most impacted? Circle the personal lifelines that have the most “x’s” in their columns. If multiple have the same number of impacts, circle both.

Activity 5

Using your personal risk assessment and personal lifelines, identify any gaps that you feel may exist in your ability to maintain your lifelines.

*For homework, start to create a community inventory of people and/or their resources that could help you fill your gaps.