

THE PREPARED AMERICAN

Official Newsletter of The Family Protection Association

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PET RESCUE**



Family Protection Association (FPA) provides information, tools, training, and support for the welfare of American families.

There are more threats to our safety and security than ever before, and we want to unite members with our common goal of protecting our families at all costs. Let's keep our families healthy, safe, and secure.

MEET THE NEW FPA CHAIRMAN

This month we're excited to announce the appointment of our new chairman and editor in chief, **Travis Everett**.



Travis is originally from Beaumont, TX. He enlisted into the Air Force in June 2003 and attended Basic Military (BMT) and the Air Force Security Forces Academy at Joint Base San Antonio-Lackland, TX.

During Travis' first duty assignment at Kirkland AFB in Albuquerque, NM, he was a member of Alert Response Teams in place to secure and protect nuclear weapons, offensive aircraft as well as cargo aircraft. While at Kirkland he also became the **President of the squadron's first Airman Council**.

In 2005 Travis was reassigned to Joint Base Andrews, MD. Upon receiving his Top Secret security clearance he attended the Phoenix Raven Qualification Course located at Fort Dix, NJ.

Following graduation, he began working

on Special Air Missions where he supported Congressional Delegations, senior cabinet officials as well as **Presidential and Vice Presidential family members worldwide**.

Following dozens of successful missions in over 50 countries worldwide, Travis transitioned to a position on the Vice Presidential aircraft security team where he accompanied and supported both Vice Presidents Cheney and Biden and their staff during global travel.

He is highly trained in survival, evasion, resistance and escape techniques, anti-terrorism, counter terrorism, force protection, unarmed self-defense, advanced weapons proficiency and verbal judo.

Travis' awards and designations include: the Air Force Commendation Medal with one oak leaf cluster, the Air Force Achievement Medal, the Good Conduct Medal with one oak leaf cluster, the National Defense Service Medal, the Global War on Terrorism Service Medal, the Nuclear Deterrence Operations Service Medal, Air Force Outstanding Unit Award with one oak leaf cluster, Small Arms Expert Marksman with bronze service star, Air Force Security Forces Academy Distinguished Graduate and Phoenix Raven graduate #1329.

We are delighted to welcome Travis to the FPA family, and you'll be seeing and hearing from him a lot more in the coming months.



Family Protection ASSOCIATION

The Prepared American is the official monthly publication of the **Family Protection Association** (FPA). We provide you with the **information, tools, training, and support** you need to succeed.

WHY WE EXIST

We live in uncertain times, and now more than ever, the **health, welfare, and safety** of the American family is threatened like never before.

OUR MISSION

We equip you with the **tools, insights, and community** to protect your family from all threats, at all costs. From **health and safety to self-preparedness**, and invitations to test new gear, FPA has you covered. We aim to provide **10x the value** of your modest membership fee.

OUR MEMBERS

Our members are hard working Americans like you, from all walks of life and backgrounds, united in the same cause.

Over the years, FPA has helped over **100,000 people** care for and protect the safety, security, and success of their families.

Let's continue working together to **keep your family safe.**

YOUR ELITE MEMBER BENEFITS:

- * The option to **test and keep gear** valued at up to \$150.00 for FREE (just cover the shipping cost). Look out for our emails, text notifications and announcements in the Facebook community.
- * Thousands of **discounts, savings and giveaways** on movie tickets, oil changes, pizza, car rental and much much more. Members often tell us they're saving \$150+ a month! **Visit: www.FPAdiscounts.com** and fill in your information. In the box marked "Registration Code" enter the word: **FPAMEMBER** (all capital letters).
- * This **monthly printed publication** delivered to your door, with **articles, tips and training on developing new skills**, along with a **test** to evaluate your progress.
- * The **online community** on Facebook, where our members share ideas and tips about family protection. To join, visit **www.FPAmembers.com** and click on the **+Join Group** button. Please allow 24 hours for approval.
- * Some other **surprise gifts** from time to time!

CHANGE OF ADDRESS? CONTACT US:

Email: support@familyprotectionassociation.com

Call: 512-900-3151 (7am-11pm CST M-F, and 10am-7pm Sat)

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MEET THE EXPERTS

CRAIG CAUDILL



Craig Caudill has spent a lifetime practicing and teaching survival, preparedness and self-reliance skills. He is the director of the Nature Reliance School and teaches these skills in the midwestern and southeastern U.S.

He is an incredibly active blogger and writer for several different blogs and self-reliance magazines. He has appeared on educational television teaching self-reliance skills multiple times.

He has a worldwide student base who study with him through his online self-reliance school. Craig considers himself a student in all things and is regularly studying with other instructors, thinking and practicing outside the box of conventional wisdom, and honing both his abilities and teaching methods.

His students have included military operators, law enforcement special response units, and many average ordinary law-abiding citizens.

DAVE SCOTT



Dave is the Program Director and Lead Instructor at Earth Native Wilderness School. Dave found a lifelong love for nature as a young child exploring Texas' wild places with his brother, Michel. As a teenager, a passion for wilderness survival skills and self-reliance grew while he was involved with his county's local search and rescue team.

After spending five years in the US Army, Dave began pursuing his true passions full time, studying wilderness survival, wildlife tracking, youth and adult mentoring, naturalist studies, and sustainable living skills at wilderness schools across the country.

Dave has worked in Environmental Education since 2003 and, in addition to Earth Native Wilderness School, has instructed at several wilderness schools across the country including the Wilderness Awareness School and Alderleaf Wilderness College. Dave is currently one of only 20 individuals in North America qualified as a Track and Sign Specialist through the Cybertracker Conservation evaluation system, an

international standard for gauging and enhancing in-field knowledge of wildlife behavior and track and sign identification.

Dave is the co-author of *Bird Feathers: A Guide to North American Species* and gives classes on feather ID and Bird Track & Sign throughout the state. As an educator, Dave's passion is to help his students reconnect with the natural world through wildlife tracking, increased sensory awareness, wilderness survival skills, and the development of a strong sense of place.

KAT TRETINA



Kat Tretina is a professional writer based in sunny Orlando, FL. Her passion for personal finance and security is reflected in her work in the home protection industry, where she is a well respected authority.

Kat has a Master's degree in Communications and has also studied self-defense for over 15 years.

She also is active in the dog training community, working with potential protection animals and therapy dogs.

DID A.G. MAN ALMOST START THE SECOND CIVIL WAR?

by Travis Everett

Yes, it almost happened and we didn't even know it, but looking back on other civilization altering events in history, they usually start much more quietly than they end.

In 2017 when Deputy Attorney General Rod Rosenstein and acting FBI Director Andrew McCabe discussed using the 25th amendment to remove the President from office, we all slid in to extremely dark and treacherous waters.

However, it wasn't until earlier this year that we knew anything about it.

Before everyone separates and goes to their respective political party's side of the aisle, ***this has nothing to do with President Trump and everything to do with the freedom, liberty and justice that we all hold so dear in America.***

The 25th amendment was ratified in 1967 in the aftermath of President Kennedy's assassination four years earlier. Gerald Ford was in the spotlight of the amendment twice in his career, once under section two in 1973 when he replaced Spiro Agnew as Vice President and in 1975 under section one after Richard Nixon resigned.

Section three has also been used, once when President Reagan had cancerous polyps removed and then twice during George W. Bush's presidency while the President was under general anesthesia.

TOP FACEBOOK GROUP CONTRIBUTORS THIS MONTH

1		Robert Michael Petty	27	48
2		Scott Simpson	5	144
3		Clinton Stinson	15	61
4		Ray Rogers	16	13
5		Jack Blevins	1	86
6		William Magyar	3	51
7		Debra Dawson	3	37
8		Lester Boling	1	42
9		Scott Leonard	0	46
10		Val Blaney	0	42

Congratulations to the top contributors in the FPA Facebook group! Join us on Facebook at www.FPAmembers.com for tips, ideas, news, and more.

Section four was nearly used in 1981 immediately following the attempted assassination of President Reagan. However, because of how quickly the situation escalated and the logistical and communication restraints of the time it was not used.

Nearly 15 years later one of the primary sponsors of the amendment wrote that it should have been used.

Section four is meant for an incapacitated president who is unable or unwilling to execute the voluntary declaration contemplated in Section 3.

This requires the Vice President and a majority of either executive

branch officers or other body such as congress to provide written declaration that the president is unable to discharge the powers and duties of his office.

At that time, the Vice President becomes the acting President and the President remains in office divested of all authority.

From the darkest shadows of our government, McCabe, Rosenstein and their sleazy buddies were planning on using section four to try to make the case that President Trump was unfit and unable to perform his duties based merely on their political and personal opinions!

Rosenstein even offered to wear a wire during meetings with the President.

Rosenstein said, *“I never get searched when I go in to the White House. I could easily wear a recording device. They wouldn’t know it was there.”*

This should really come as no surprise though, because this is coming from the same justice department where high level members said in a released text message, *“Trump is not ever going to become president, right? Right?!”* Which was answered, *“No. No he won’t. We’ll stop it”.*

This is only possible because we have allowed ourselves to be conditioned to believe in and molded to fit in to boxes of Republican/Democrat, Liberal/Conservative or Left/Right. *We have lost sight of what it means to be an American.*

That is the only way that the removal of a sitting president by a diplomatic coup in this country could be discussed without every American rallying arm in arm against it.

Instead, we were dangerously close to a second civil war and we didn’t even know it. Even now, McCabe and Rosenstein are either heroes or traitors depending on which “party” you consider yourself a member of.

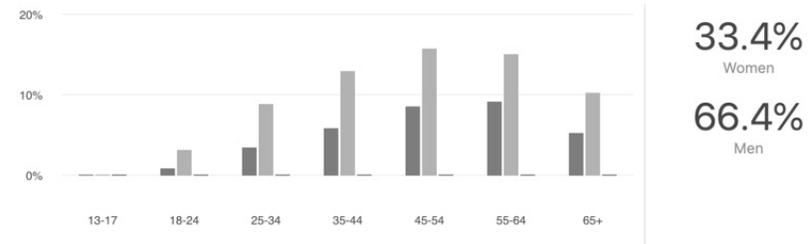
Imagine waking up and realizing that everything our country has been for nearly 250 years was now in question because we let feelings and party affiliations make us forget what we really are: *brothers and sisters living as one in a state of liberty pursuing of happiness.*

WHO IS IN THE FPA?

We thought you might be interested in seeing the makeup / demographics of FPA members.

Age and gender ?

33.4% Women 66.4% Men



As you can see from the chart, most members are in the age range of 45-64, with around 66% male, 33% female.

SURVIVAL SKILL #11 MENTAL TOUGHNESS

In this training, you’re going to learn the **essentials of mental toughness.**

Mental toughness is a term used in psychology to refer to both the resilience and inner strength that people possess to both get through struggles and succeed in every area of life.

Mental toughness that gives you the ability to push past normal limits.

This information is designed to help you better protect yourself and your family.

Let’s get started...

OVERVIEW

Every year, about 1,300 cadets join

the new class at the United States Military Academy, at West Point.

During their first summer on campus, all cadets are required to complete a series of tests that can only be described as “brutal”.

This initiation program is known internally as **“Beast Barracks.”**

“Beast Barracks” is deliberately designed to take cadets to the extreme limits of their physical, emotional, and mental capacities.

Conventional wisdom would suggest that those who make it through the tests are bigger, stronger, or more intelligent than their peers.

But research has highlighted something that you might be surprised about.

A comprehensive study showed

that it wasn't physical strength, intelligence, or leadership potential that correlated to someone successfully finishing Beast Barracks. Instead, it was grit, in other words *a stubborn, dogged perseverance combined with an intense passion to achieve long-term goals*. That's what made the difference.

This is such an important point that it needs to be repeated. Again, the *common denominator* among ALL the cadets who finished "Beast Barracks" was *a stubborn, dogged perseverance combined with an intense passion to achieve long-term goals*.

A better term for what we just described is:

MENTAL TOUGHNESS

As you can already see, mental toughness is a measure of individual resilience and confidence that is a strong indicator of future success.

OTHER EXAMPLES

Research has also shown that Ivy League undergraduate students who had more mental toughness also had higher GPAs than their peers — even though they had lower SAT scores and weren't as "smart."

Interestingly, when comparing two people of the same age but with different levels of education, mental toughness (and not intelligence) is the better predictor of which one will be better educated overall.

To share another example, competitors in the National Spelling Bee outperform their peers not because of their IQ or intelligence,



Soldiers undergoing the intensive Beast Barracks process

but because of their grit and commitment to more consistent practice over time, to reach their long-term goal.

And it's not just education where mental toughness and grit are useful.

In fields as diverse as investment banking, painting, journalism, academia, medicine, and law, it's consistently clear that the achievements of individuals who did not at first seem as gifted as others, can be attributed to *their stubborn and consistent commitment to their ambitions*.

Another way of saying all this in a condensed form is this:

Talent is overrated.

In every area of life, from your education to your work to your health — it is your amount of grit, mental toughness, and perseverance that predicts your level of success more than any other factor that we know of.

HOW TO DEVELOP MENTAL TOUGHNESS

Mentally tough people are more **consistent** than their peers.

To be consistent, you need to be clear about what you want, and what you don't want.

When you're both clear about those things and have strong reasons behind those decisions, you'll have a clear goal to work towards every day.

When obstacles like negative influences, busy schedules, or poor health come up, initially they will appear to prevent you from continuing your pursuit of your goal. But there's always a choice. You can choose to push through those obstacles and use them as stepping stones rather than stumbling blocks.

Yes, it's hard, but that's the point. The huge rewards come to those who are stubbornly persistent.

10

Everyday Ways to Build Mental TOUGHNESS



1

Be Honest.

Mental Toughness depends upon this skill.



2

Ask a Question.

Listen as if they are correct.



3

Write Out Your Daily Goal.

How can you get just 1% better today?



4

Get Your Workout On.

Everyone is an athlete.



5

Wake Up 15 Minutes Early.

Will you pass the first test of the day?



6

Work Through Lunch.

"Lunch is for wimps" - Gordon Gekko

7

Turn Off Your Phone.

Go un-interrupted with your work for set periods of time.

8

Don't Wait Finish The Hardest Task First.

You build confidence through action.

9

Take 30 Seconds Of A Cold Shower.

It won't kill you, so can you do it?

10

Forgive Someone.

Change the way you feel about someone by the way you treat them.

Mentally tough people deliver more consistently than most. They work on a schedule, not just when they feel motivated. They approach their work like a pro, not an amateur. They do the most important thing first, they take their responsibilities seriously, and they never ever give up.

The good news is that anyone (yes, including you), can become more consistent. You really can develop superhuman levels of mental toughness, because at the root, it's an internal choice.

3 SIMPLE STRATEGIES

Here are 3 strategies that work well to get started...

1. Define in advance what mental toughness means for you.

For the West Point army cadets being mentally tough meant finishing an entire summer of Beast Barracks.

For you, it might be:

- * Going a full month without missing a workout
- * Going two weeks without eating any processed or packaged food
- * Delivering your work ahead of schedule for two days in a row.
- * Getting up an hour earlier each day for 3 months consistently
- * Watching TV only on the weekends
- * Meditating every morning
- * Calling a different friend to catch up every Saturday during month

* Spending an hour a day reading

* Spending four hours a week learning a new skill or devoting time to a hobby

Whatever it is, be clear about what you're going after and WHY.

Mental toughness is an abstract quality, but in the real world it's tied to concrete actions. You can't magically think your way to becoming mentally tough, you need to prove it to yourself by doing something in real life.

2. Mental toughness is developed through small, consistent wins.

You can't become committed or consistent with a weak mind.

For example, how many workouts have you missed because your *mind* told you you were tired, rather than you feeling it physically in your body?

It's natural to believe that mental toughness is about how we respond only to extreme situations: playing in a championship game, the death of a loved one, a bankruptcy, or a severe illness.

There's no doubt that those extreme situations test every aspect of our mental health and resilience, but what about everyday circumstances?

Mental toughness is just like a muscle. It needs to be worked on consistently, to grow and develop. If you haven't pushed yourself in thousands of small ways along the way, you will easily fail when things get really difficult.

Everyone knows the expression,

"going the extra mile", but how many of us live that on a day to day basis?

Napoleon Hill put great emphasis in his writings and lectures on the principle of going the extra mile. ***Hill said this was the one principle that would get a person ahead faster than anything else one could do.***

I highly encourage you read his book: ***The Extra Mile: Success Unlimited.***

Hill recommends a formula he calls: QQMA

- 1) The **Quality** of service you render.
- 2) The **Quantity** of service you render.
- 3) The **Mental Attitude** in which you render the service.

Successful people almost always follow this formula, usually unconsciously.

Now, think about your own life.

How often do you come home from work and grab a microwave meal from the freezer, rather than taking 10 minutes to cook something healthy?

How often do you stop at 9 reps at the gym because that seems about right, when you could push yourself to do one more?

Mental toughness is built through small wins.

It's the choices that we make on a daily basis that build our mental toughness muscle.

It's simply not possible to think your

way to mental strength. It's your consistent physical actions in the real world on a daily basis that forms the foundation of mental toughness.

3. Mental toughness is about your habits, not your motivation.

Motivation is fickle and can be swayed by our mood. Willpower comes and goes like the tide.

Mental toughness isn't about getting a shot of inspiration or courage once in awhile and using that as fuel.

It's about building daily habits that allow you to stick to a schedule and overcome challenges and distractions over and over and over again.

Remember, to be mentally tough you don't have to be more courageous, talented, or intelligent than others — *you just need to be more consistent.*

Mentally tough people develop systems that help them focus on the important stuff regardless of how many obstacles life puts in front of them. It's their habits that form the foundation of their mental beliefs and ultimately set them apart.

Here are the basic steps for building a new habit and links to further information on doing each step:

1) Start by building your identity. Focus on small behaviors, not life-changing transformations.

2) Develop a routine that gets you going regardless of how motivated you feel.

3) Stick to the schedule and forget about the results. When you slip up, get back on track as quickly as possible.

Mental toughness ultimately comes down to habits.

It's about doing the things you know you're supposed to do on a more consistent basis. It's about your dedication to daily practice and your ability to stick to a schedule.

Sadly, when things get tough for most people, they find something else that's easier to work on.

When things get difficult for mentally strong people, they always find a way to stay on track.

Yes, there will always be extreme

times and circumstances in life that require incredible inner resources of courage and inner strength, but 95% of the time, mental toughness simply comes down to being more consistent than most people.

Some final reminders and tips::

1) Set aside things you're unable to change. You have the ability to change yourself, but not others, so to focus on that is an exercise in futility.

2) View the past as valuable training, nothing more. Learn from your mistakes and then let it go. Don't beat yourself up, those past mistakes don't define you.

3) Avoid whining and complaining at all costs. Words are powerful, so use them for good, not for negative.

4) Be thankful. Take time each day to reflect on all the good things in your life!

Congratulations, you have now completed the hunting and gathering training, it's time to test your knowledge on the back page.

5 WAYS TO DEVELOP MENTAL TOUGHNESS

1. Believe you are in total control of your destiny, luck has no role.

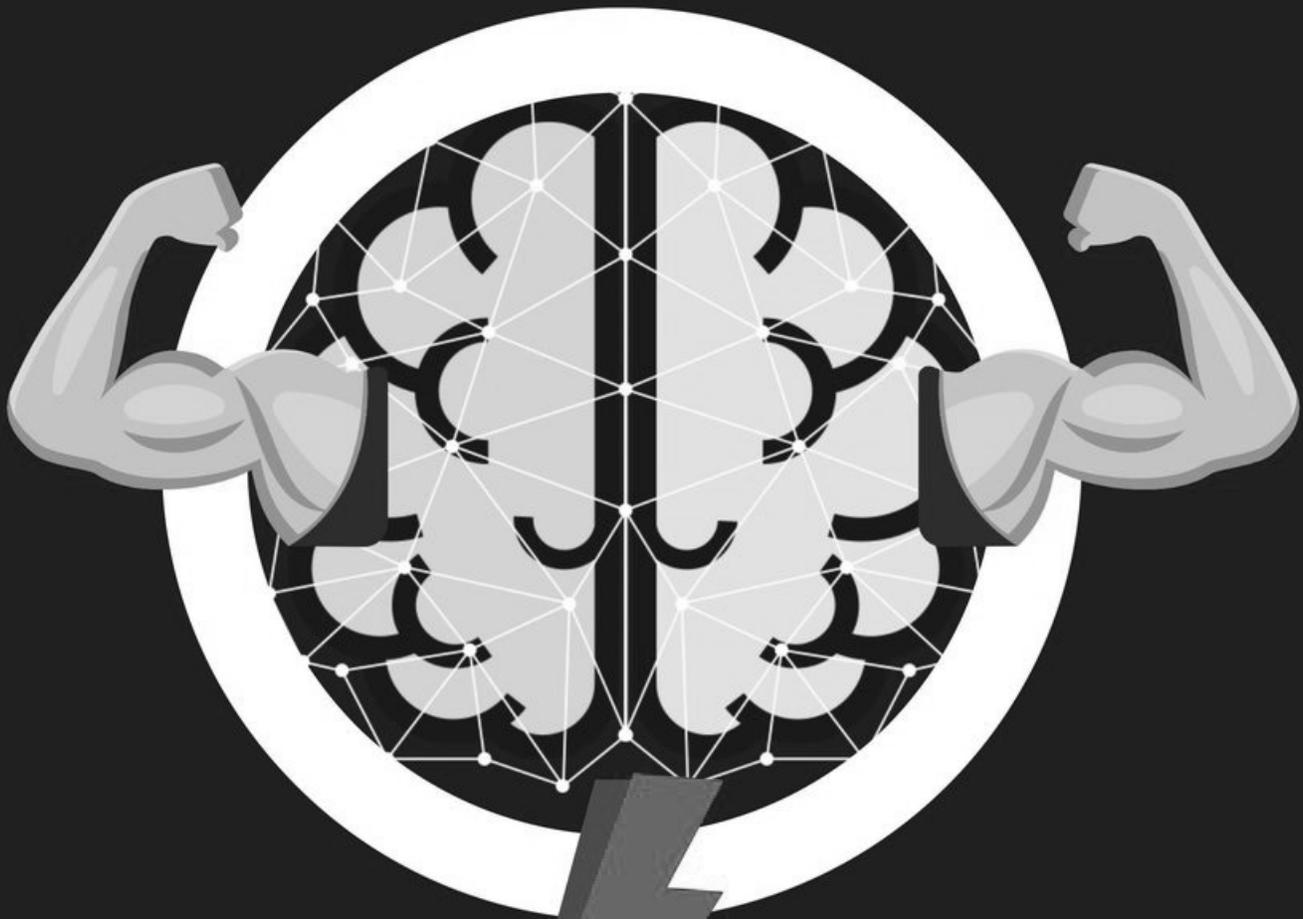
2. Set aside things you have no control over and focus on the things you can control.

3. View the past as lessons to be learned from, rather than defining you.

4) Avoid complaining and criticizing.

5) Be thankful for what you have.

HOW TO DEVELOP



MENTAL TOUGHNESS

LEARN FROM YOUR MISTAKES

BUILD CONFIDENCE

EMBRACE CHALLENGE

BE PATIENT

STAY FOCUSED

REFLECT

STAY POSITIVE

NEVER GIVE UP

BELIEVE IN YOURSELF

HAVE A VISION AND SET GOALS

BE ORGANISED

BE CONSISTENT

PROBLEM SOLVE

TEST YOUR KNOWLEDGE

After studying this training, we encourage you to test your knowledge with this quiz. The answers are at the bottom right.

1: WHAT IS MENTAL TOUGHNESS?

- A) The ability to win a fight
- B) Resilience and inner strength
- C) A persons IQ

2: MENTAL TOUGHNESS IS IMPORTANT BECAUSE:

- A) It's directly linked with success
- B) You can be a hero to a friend
- C) We need more of it in the world

3: THE TERM "BEAST BARRACKS" COMES FROM:

- A) University campuses
- B) The movie Beauty and the Beast
- C) Military training

4: THE KEY TO SUCCESS IN ANY FIELD IS:

- A) Being the most talented
- B) Practicing the most
- C) Mental toughness

5: DEVELOPING MENTAL TOUGHNESS INVOLVES:

- A) A good education
- B) Being consistent
- C) Getting the right training

6: GOING THE EXTRA MILE INVOLVES:

- A) Running as fast as you can
- B) Working out longer and faster
- C) Doing more than the minimum

7: MENTAL TOUGHNESS IS ALL ABOUT:

- A) Habits, not motivation
- B) Motivation, not habits
- C) Both habits and motivation

8: NAPOLEON HILL'S FORMULA FOR GOING THE EXTRA MILE IS:

- A) QMMA
- B) MDMA
- C) QQMA

9: MENTAL TOUGHNESS CAN BE COMPARED TO WHICH BODY PART?

- A) A leg
- B) A muscle
- C) An ear

10: WHEN CONSIDERING PAST MISTAKES, IT'S BEST TO VIEW THEM AS:

- A) Things to haunt you forever
- B) Things that define you
- C) Lessons to learn from

COMING UP NEXT MONTH:



PET RESCUE

Can a pet be described as part of your family? Of course!

In the last 7 years, the Humane Society has rescued more than 33,000 animals from situations involving man-made or natural disasters.

You can do your part, and we'll show you how.

Understand the difference between a shelter and a rescue, how to properly care for a rescued animal, how to adopt, and much more.

We'll discuss this topic in detail, and give you some techniques for rescuing animals in various situations.

Look out for next month's training on this important topic!

QUIZ ANSWERS

1b 2a, 3c, 4a, 5b, 6c, 7a, 8c, 9b, 10c

RETURN ADDRESS:
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NV 89119



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