

MISSION KIT

MISSIONARY PREPARATION SURVIVAL KIT

Here is a super helpful packet, full of checklists and ideas to help you get ready to go on a mission. This doesn't cover any of the stuff you will get from your mission president. Rather, these are all the things you need to know, that you didn't know you needed to know. But trust me, you will be glad that you knew them!



We have an email that goes out nearly every week. It has advice and free printables, like teaching visuals, scripture marking systems, ideas for calls home, unique missionary gifts, and more. AND, our weekly email is the only place where you can get all these things for free. Scan this QR code to sign up!



MY MISSIONARY BOX
EMAIL SIGN UP



Although our business is fairly new, we do already have some helpful stuff on our blog and in our shop for all things missionary. Here is a QR code to our blog:



MY MISSIONARY BOX BLOG



MyMissionaryBox.com

Here is another invitation to sign up for our email, only because I really think the stuff we have in these emails will be incredibly valuable for you, and it is all FREE!

Right when you sign up for our weekly emails, you will get an email with 26 free missionary quotes that you can hide in your missionary's luggage! You will also get another free printable with fun ideas on how your whole family can correspond and connect with your missionary while she is out. Here is our email sign up QR code again. Go ahead and pull out your phone this time, scan the code, and sign up! We are excited to have you in our missionary community!



MY MISSIONARY BOX
EMAIL SIGN UP

WHERE I GOT WHAT

Shopping Form for Future Purchases for Sisters

A year into his mission, my son asked for new white shirts. And not just any shirt – his favorite one with the soft fabric.

Well, shoot. If only I could remember where we bought those white shirts. Probably would have been a good idea to write that stuff down while we were shopping.

So, here is a form to help you, just in case something like that ever happens to you.

SHOE SIZE:	<input type="text"/>	WINTER COAT SIZE:	<input type="text"/>
PANT SIZE:	<input type="text"/>	GARMENTS SIZE:	<input type="text"/>
SHIRT SIZE:	<input type="text"/>	GARMENT FABRIC:	<input type="text"/>
SUIT JACKET:	<input type="text"/>		

STORE: _____

ITEMS PURCHASED & BRAND NAMES:

	Favorite!	Pretty Good	It's okay, I guess	never gonna wear it
_____	1	2	3	4
_____	1	2	3	4
_____	1	2	3	4

STORE: _____

ITEMS PURCHASED & BRAND NAMES:

	1	2	3	4
_____	1	2	3	4
_____	1	2	3	4
_____	1	2	3	4

For more free downloads helping you before, during, and after your mission, sign up for our newsletter at MyMissionaryBox.com



STORE: _____

ITEMS PURCHASED & BRAND NAMES:

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1	2	3	4
1	2	3	4
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STORE: _____

ITEMS PURCHASED & BRAND NAMES:

1	2	3	4
1	2	3	4
1	2	3	4

STORE: _____

ITEMS PURCHASED & BRAND NAMES:

1	2	3	4
1	2	3	4
1	2	3	4

STORE: _____

ITEMS PURCHASED & BRAND NAMES:

1	2	3	4
1	2	3	4
1	2	3	4

OTHER NOTES:

.....



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SHOE SIZE: <input type="text"/>	LEGGINGS/PANT SIZE: <input type="text"/>
TIGHTS SIZE: <input type="text"/>	GARMENTS SIZE: <input type="text"/>
DRESS SIZE: <input type="text"/>	GARMENT FABRIC: <input type="text"/>
COAT SIZE: <input type="text"/>	

STORE: _____

ITEMS PURCHASED & BRAND NAMES:

_____	1	2	3	4
_____	1	2	3	4
_____	1	2	3	4

Favorite!
 Pretty Good
 It's okay, I guess
 never gonna wear it

STORE: _____

ITEMS PURCHASED & BRAND NAMES:

_____	1	2	3	4
_____	1	2	3	4
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1	2	3	4

STORE: _____

ITEMS PURCHASED & BRAND NAMES:

1	2	3	4
1	2	3	4
1	2	3	4

STORE: _____

ITEMS PURCHASED & BRAND NAMES:

1	2	3	4
1	2	3	4
1	2	3	4

STORE: _____

ITEMS PURCHASED & BRAND NAMES:

1	2	3	4
1	2	3	4
1	2	3	4



OTHER NOTES:

Empty rectangular box for notes.



PREPARE *For a Mission* SPIRITUALLY, MENTALLY, & EMOTIONALLY

SPIRITUALLY

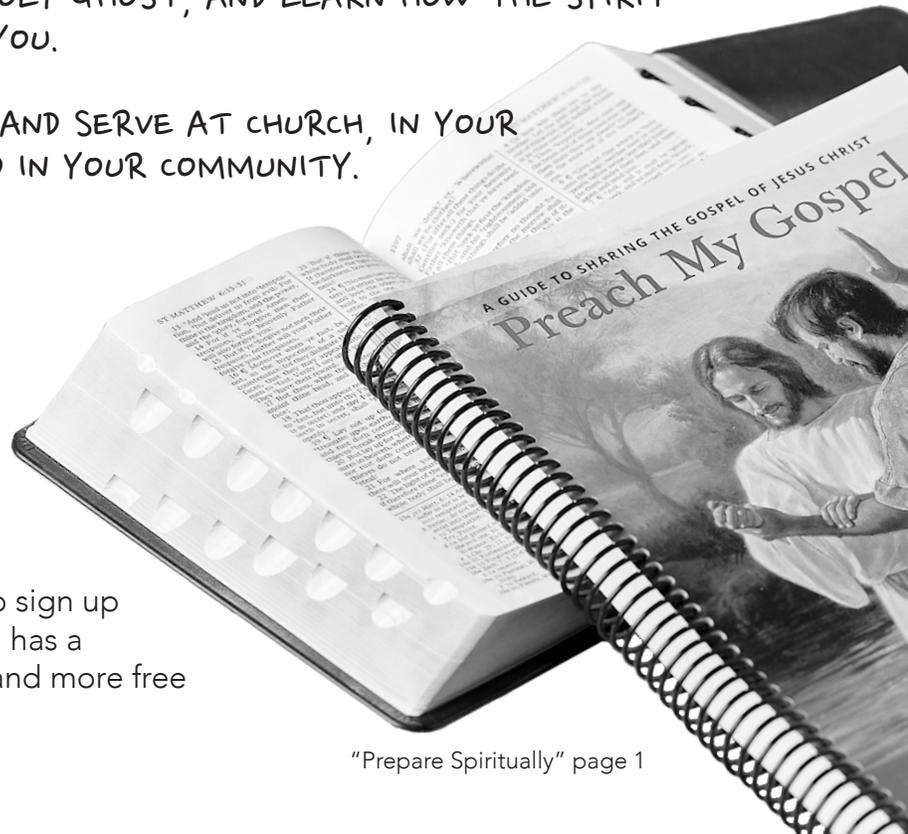
Some of these tasks take some decision making, planning, and preparation. Don't skip the harder ones – challenge yourself!

Other tasks also take real self-reflection. While you reflect, keep in mind that having weakness is a part of the plan. Being able to see where you lack, and working with God to become better is how we become Celestial. (See Ether 12:27)

- GO ON EXCHANGES WITH LOCAL MISSIONARIES.
- STUDY PREACH MY GOSPEL BEFORE YOUR MISSION.
- BUILD YOUR PERSONAL RELATIONSHIP WITH GOD. PRAY OFTEN, AND PRACTICE QUIETLY LISTENING!
- GO TO THE TEMPLE AS MUCH AS POSSIBLE – DO BAPTISMS FOR THE DEAD IF YOU ARE NOT YET ENDOWED.
- PARTICIPATE IN YOUR WARD, INCLUDING ALL CHURCH MEETINGS AND ACTIVITIES.
- SEEK PERSONAL REVELATION, FOSTER YOUR RELATIONSHIP WITH THE HOLY GHOST, AND LEARN HOW THE SPIRIT SPEAKS TO YOU.
- VOLUNTEER AND SERVE AT CHURCH, IN YOUR FAMILY, AND IN YOUR COMMUNITY.



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MENTALLY

- STUDY THE SCRIPTURES. FIND UNIQUE WAYS TO STUDY, LIKE A) EVERY DAY FIGURE OUT HOW TODAY'S READING APPLIES TO YOUR LIFE, OR B) LOOK UP EVERY FOOTNOTE, OR C) HIGHLIGHT EVERY REFERENCE TO CHRIST.
- GO TO INSTITUTE, EVEN IF YOU LEAVE MID-SEMESTER.
- TALK TO RETURN MISSIONARIES, ASK LOTS OF QUESTIONS, AND SEEK INSIGHT.
- TAKE A TEMPLE PREP CLASS.
- ESTABLISH HEALTHY ROUTINES, I.E. SLEEP, EAT, BEING ACTIVE, PERSONAL STUDY, ETC.

EMOTIONALLY

- IF YOU THINK YOU MAY HAVE ANXIETY OR DEPRESSION, BE OPEN AND HONEST ABOUT IT. THERE ARE SO MANY RESOURCES TO HELP BEFORE, DURING, AND AFTER YOU MISSION. PLEASE 1) BE KIND TO YOURSELF, AND 2) DON'T TRY TO IGNORE IT.
- PRAY. REALLY BUILD YOUR RELATIONSHIP WITH YOUR HEAVENLY FATHER. SHARE WITH HIM ALL YOUR THOUGHTS AND FEELINGS.
- GATHER EMAILS - BUILD YOUR SUPPORT SYSTEM NOW.
- SURROUND YOURSELF WITH PEOPLE WHO HAVE THE SAME GOALS.
- PRACTICE MANAGING STRESS. EVEN IF YOU ARE NOT IN HIGH STRESS RIGHT NOW, PRACTICE MEDITATION, RELAXATION TECHNIQUES, AND BREATHING EXERCISES.
- WORK ON MANAGING SOME OF YOUR KNEE-JERK REACTIONS, LIKE GETTING DEFENSIVE, EASILY OFFENDED, BEING RUDELY SARCASTIC, OR QUICK TO ANGER.
- IF YOU HAVE A CHRONIC PHYSICAL ILLNESS, CHECK THE RESOURCES FOR MISSIONARIES. THERE IS A SURPRISING NETWORK OF SPECIALISTS SPECIFICALLY TRAINED FOR CERTAIN CONDITIONS WHO CAN HELP YOU YOUR WHOLE MISSION.

ADD YOUR OWN

For more free downloads helping you before, during, and after your mission, sign up for our newsletter at MyMissionaryBox.com

PLAN AHEAD

*A List of Things You Might Want to Prepare For Now,
For When You Get Home*

When you're helping your missionary get ready to serve a mission, there's such a focus on the mission, and not much energy is spent on what happens 18 or 24 months later.

From experience, here are some of the things you may want to figure out. If left undone, they might not ever be an issue, but if they do come up, it is a lot harder to take care of while on a mission! Trust me!

COLLEGE/TECH SCHOOL

Write down the deadlines you want to be aware of

HOUSING*:

APPLICATION*:

REGISTRATION*:

SPORTS TEAM TRYOUTS:

GRANTS*:

OTHER:

*Remember to check in with your advisor every 6 months or so, as deadlines sometimes can change.

EXPIRATION DATES

LICENSE:

PASSPORT:

CREDIT CARDS:

(ESPECIALLY THOSE LINKED TO RECURRING PAYMENTS)

CAREER/TRAINING LICENSES:

(CNA, REAL ESTATE AGENT, ETC.)

OTHER:



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CHECK LIST

COLLEGE/TECH SCHOOLS

- DEFER SCHOLARSHIPS - GET IT IN WRITING
- GET YOUR ADVISOR'S CONTACT INFO AND GIVE IT TO YOUR PARENTS

BANK

- ADD PARENTS TO ANY ACCOUNT YOU WANT THEM TO ACCESS WHILE YOU ARE GONE
- NOTIFY THE BANK THAT YOU ARE LEAVING THE STATE/COUNTRY
- SET UP AUTOPAY FOR ANY BILLS OR CREDIT CARDS WITH A BALANCE
- MAKE SURE THERE IS ENOUGH MONEY TO COVER ANY AUTOPAY THE WHOLE TIME YOU ARE GONE

JOBS/CAREER

- UPDATE RESUME
(THIS WILL BE EASIER NOW WHILE THE INFORMATION IS FRESH ON YOUR MIND)



← BLOG

SHOP →



If you want more great ideas and useful printables, jump on over to our blog and our shop!



INFO TO GATHER & THINGS TO DO

Before Your Mission

CALL YOUR CELL PHONE PROVIDER AND ASK THEM TO SUSPEND YOUR PHONE NUMBER

**THAT MEANS THEY'LL SAVE YOUR NUMBER FOR YOU, ALTHOUGH MOST COMPANIES WILL CHARGE A SMALL MONTHLY FEE

ADD A PARENT TO YOUR BANK ACCOUNT, AND PUT THEIR EMAIL AND PHONE NUMBER AS THE PRIMARY CONTACT

CHECK EXPIRATION DATES ON CARDS AND LICENSES AND KNOW HOW AND WHEN YOU NEED TO RENEW THEM

**REFER TO OUR PRINTABLE "PLAN AHEAD" FOR IDEAS ON THINGS THAT EXPIRE, AS WELL AS A PLACE TO WRITE IT ALL DOWN.

SCAN IN, OR MAKE A COPY OF THE CARDS/PASSPORT YOU ARE TAKING WITH YOU, SO YOU CAN HAVE A COPY OF THEM AT HOME TOO

AFTER YOU LEAVE, HAVE YOUR PARENTS CANCEL/SUSPEND YOUR CAR INSURANCE

LOOK INTO ASSIGNING A HEALTHCARE POWER OF ATTORNEY, AND ALSO A GENERAL DURABLE POWER OF ATTORNEY

(ADD YOUR OWN)

We are blessed with wonderful technology, and amazing ways to communicate and organize our lives. And we are also blessed to be able to step out of that, and put those things on hold for a brief moment, to focus on our missions.

President Hinckley said, "You want to be happy? Forget yourself and get lost in this great cause." (Church News, Sept. 9, 1995)



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INFO TO WRITE DOWN

LOGINS

	USER NAME/I.D.	PASSWORD
BANK ACCOUNT	<input type="text"/>	<input type="text"/>
PERSONAL EMAILS	<input type="text"/>	<input type="text"/>
CREDIT CARDS	<input type="text"/>	<input type="text"/>
SOCIAL MEDIA	<input type="text"/>	<input type="text"/>
MEDIA ACCOUNTS	<input type="text"/>	<input type="text"/>
APPLE ID	<input type="text"/>	<input type="text"/>
XBOX MEMBERSHIP	<input type="text"/>	<input type="text"/>
_____	<input type="text"/>	<input type="text"/>
OTHER	<input type="text"/>	<input type="text"/>
_____	<input type="text"/>	<input type="text"/>
OTHER	<input type="text"/>	<input type="text"/>

COLLEGE/TECH SCHOOLS

UNIVERSITY LOGIN	<input type="text"/>	<input type="text"/>
STUDENT ID	<input type="text"/>	<input type="text"/>
UNIVERSITY EMAIL	<input type="text"/>	<input type="text"/>
ADVISOR'S CONTACT INFO	<input type="text"/>	<input type="text"/>
OTHER	<input type="text"/>	<input type="text"/>



****KEEP ALL THIS INFORMATION ACCESSIBLE, BUT SAFE!****

THINGS TO DO AS A FAMILY

Before Our Missionary Leaves

There are a lot of things you need to do to prepare your missionary for a mission – paperwork, dentist appointments, clothes shoppings, vaccinations, etc.

While working on the checklist, there may be some things that get pushed to the back burner. Here are some ideas to make sure family time is not one of those things.

Here is a list that will help them prepare for a mission while also building their family connections. This time together and the relationships fostered at home, can carry them through their whole mission.

- FAMILY PICTURES
- FAMILY VACATION
- BUMP UP ANY NEAR FUTURE FAMILY TRADITIONS
- TEMPLE WORK, ESPECIALLY WITH THEM BEING NEWLY ENDOWED
- BAPTISMS FOR THE DEAD WITH YOUNGER SIBLINGS
- EXTENDED FAMILY GATHERINGS
- HAVE A FAMILY HISTORY NIGHT TO PREPARE THEIR 3 GENERATION SHEET
- RESEARCH THE MISSION AREA TOGETHER
- GET MISSION MAP SO YOU CAN TRACK THEIR AREAS
- FAMILY TESTIMONY MEETING
- FATHER'S BLESSINGS
- _____
(ADD YOUR OWN)
- _____
(ADD YOUR OWN)



You will find more helpful content and ideas on our blog at MyMissionaryBox.com

