

## PreDefence

Take control of your safety. Take control of your life.

<http://predefence.com>

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# The harsh truth about achieving safety (and just about everything else in life)

Categories : [Emotions](#), [Uncategorized](#)

Tagged as : [awareness](#), [lessons learned](#), [safety](#), [self defenses](#), [self improvement](#)



This post is about one of the hardest things you can do in life. It's about overcoming momentum.

Here's the thing about [situational awareness](#), or [paying attention to your surroundings](#). You can post about how you're always in "condition yellow" at your favourite forum all you want. You can read up on all [the ways to spot muggers](#) and murderers and rapists and thieves all you want. You can have the most kick-ass mental "[this is how a BG acts](#)" checklist. The bottom line, the keystone, the catch, is this:

You have to make yourself.

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Staying safe is not a passive activity like going to work and doing the bare minimum. It's not like modern-day man going to the shop to buy take away for supper. It's primitive like a hunter gatherer who had to stalk one antelope for 3 hours in the freezing cold to make sure he fed his family. Anything worth having in life is the result of active participation in your life.

How do you pay attention? How do you stay safe?

The same way you improve anything in life:

You have to make yourself.