

## Yellow Mode Habits Card

*Aware, relaxed, and practical - not paranoid.*

### Yellow Mode (in one line)

You're not scanning for danger. You're just running a few smart defaults so you don't have to renegotiate safety all day.

### Before you step out

- Phone charged + a backup unlock method (PIN).
- Offline map saved (or screenshot of your route).
- One small 'safe cash' stash separate from your wallet.
- Essentials only (leave the extra cards/docs at home base).

### In transit + crowds

- Bag closed and in front when it's tight.
- No phone dangling near doors, platforms, or scooter lanes.
- Pause before taking your wallet out (step aside).
- If someone bumps you hard, quick pocket check - then keep moving.

### When a place feels 'off'

- Change your position (light, people, visibility).
- Choose exits over corners.
- Ask staff for help if needed (it's normal).
- If your gut says 'no', you leave. No debate.

### Night rule (simple and fair)

- If I'm unsure, I take the easier option: earlier return / rideshare / taxi.
- I don't 'prove a point' when I'm tired, lost, or alone.

### My 3 non-negotiables (write yours)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_