Aware and relaxed: your habits card

“Yellow mode” simply means paying attention while getting on with the trip. It is a reminder, not a guarantee that you can predict every problem.

Before stepping out

- ☐ Phone charged and essential information available offline.
- ☐ Backup money kept separately.
- ☐ A sensible route home, including a late-night option.
- ☐ Only the valuables and documents needed for today.

In busy places

- ☐ Bags closed and valuables controlled.
- ☐ Phone away near traffic or exposed doors when not needed.
- ☐ Pause somewhere suitable before opening wallet or checking directions.

When the plan feels wrong

- ☐ Move to a staffed, public place and reassess.
- ☐ Ask for help rather than guessing under pressure.
- ☐ Choose a safer transport option or return earlier if needed.

My three non-negotiables for this trip

Being tired or uneasy is enough reason to change the plan. You don’t need to win an argument about it.