

S STEADY

- 1 Are you in physical danger? If **YES**, go with instinctive FIGHT/FLIGHT/FREEZE.
- 2 **NO** - get somewhere private; breathe in for 4 seconds, hold for 4, out for 4, hold for 4.
- 3 Repeat 3 times.
- 4 Muscle clench and release; start at head, work down to feet.
- 5 You are now physically calmer.
- 6 Calm your mind by focussing on NOW; no predictions, no 'what ifs', no 'I wonder'.
- 7 Consciously detach yourself from thoughts, worries & considerations these are not facts in your life.
- 8 Focus on the **FACT** that you have a plan and are capable of following it.

I IDENTIFY YOUR TARGET

- 1 ONE Target at a time to start; with experience you may be able to pick one on each of 3 levels.
- 2 Level 1; Day to day issues - promotion at work, improvement in sport, having a more active social life.
- 3 Level 2; Personal change issues - becoming a happier person, being more positive, being less angry or jealous.
- 4 Level 3; Changing everything - finding a new direction in life, finding the right life partner, making to a new start in life.
- 5 Think; what is good and working for me? What would I change if I could only change one thing?

F FULL POWER

- 1 You are the only one that will make this happen...for you.
- 2 Commit to the target you chose and the action required to achieve it.
- 3 Make it the focus of your day, every day. What could you be doing towards your target now?
- 4 Distractions will come; recognise them, note them and move past them.
- 5 Setbacks will come but only if you are taking action; they are signs of progress!
- 6 Create targets, intermediate targets along the way and then focus on **WHAT ACTION** gets you to the next target, **NOT** the target itself. Get there by doing.

R REVIEW

- 1 Having achieved your target, or decided to break off your pursuit of it, you must assess what happened and learn the lessons for next time.
- 2 Honest assessment of what works well for you and what doesn't will make it more likely that you will succeed next time and maybe do it quicker.
- 3 Sometimes we don't achieve our Targets; maybe they were the wrong choice, maybe we don't want it enough and maybe outside issues prevent it.
- 4 Find out what happened with this Target and apply what you can learn when you start the next loop!

SPITFIRE Success - In Flight Check List

P PERSPECTIVE

- 1 Consider all the humans that have lived and are living; your life is better than the vast majority of theirs even with your problems and concerns.
- 2 Hunger, cold, assault, violence, untreated disease, thirst, misery - these are probably not in your life every day; be happy and grateful about that.
- 3 Nobody knows how long they will live, but we will all die in the end. The trick is to enjoy what we have as much as we can along the way.
- 4 You are in a position to understand and change your life to what you want it to be.

T TRIM

- 1 So much time in your day filled with unnecessary and unhelpful distraction.
- 2 Go to bed earlier, get up earlier, be on time without rushing and enjoy it.
- 3 Reduce/limit/cut out social media time. Once per day? 3 times a week?
- 4 End mindless surfing following links to nowhere; every day that final elevator ride is closer; don't waste your time.
- 5 Limit TV to a few favourites. Record them to watch when you choose to.
- 6 Make time to be alone and tell yourself the truth about things; this is much more important than most of what you do now. Then you can **TAKE ACTION**.

I I AM DOING THIS NOW

- 1 Say it in your head while holding a picture of the **ACTION** in your mind's eye.
- 2 **I AM**; because nobody can do it for you.
- 3 **DOING**; because it requires action.
- 4 **THIS**; the action required to hit Target.
- 5 **NOW**; not later, not tomorrow, **NOW**.
- 6 This should be popping up in your head every few minutes and it will immediately highlight if you are 'not doing this now!'
- 7 To enable Full Power in pursuit of the Target having Trimmed your life of irrelevant things and building on the Perspective of a calm and Steady mind, **YOU STILL HAVE TO 'DO' IT! NOW!**

E ENJOY

- 1 Whether you achieve your target or not, try to enjoy the process of making conscious change in your life.
- 2 Focus on the things you like and the people who make you feel good; cut out the things you don't like and the people who make you feel bad.
- 3 Remember; we are not here for very long and the aim is to have as much fun as possible while getting the things we want to do done.
- 4 Happiness is not 'out there' though, it inside us all; find it by being kind, grateful, giving and supportive to others and receiving these gifts in return.