

Practise Scared Aide Memoire

PRACTISE

—
Don't wait until the moment of crisis to start.
Identify ONE small repeatable action you can practice daily.
Make it a habit so you can fall back on it under pressure

PRACTISE SCARED

IN PRACTISE

—
"Fly the aircraft" (focus on what matters and say No to what doesn't)
—
Go first (trust your gut)
—
Share a mistake with a colleague

—
The sweet spot beyond your comfort zone is where the real growth happens.

Make sure that ONE thing feels "just scary enough" to propel you to the next level.

