THE CREATE CHECKLIST

From ***Icarus 2.0*** by Pete “Stinky” Smith — the one-page takeaway from “The Night I Went in the Drink.” Take it home. Run one loop this week.

CREATE

- **C** **Clarity.** Develop it with a process — run the BOODA loop. Clarity is the target the loop funnels you toward.
- **R** **Relationships.** Go far together — find “been there, done that” mentors, face to face. Googling it is not sufficient.
- **E** **Emotional Intelligence.** Build your EQ with InCentivE$ — Integrity, Commitment, Example. EQ matters more than IQ at this stage.
- **A** **Add Value.** Give first. Money is one of the rewards you get for adding value to the lives of others — not the purpose.
- **T** **Tenacity.** See it through to pass, fail, or redo. Never quit in the middle. Seeing it through is never time wasted.
- **E** **Enthusiasm.** It costs nothing and makes the difference. Bring it everywhere.

THE BOODA LOOP

Run it on any decision, as many times as it takes.

- **B** **Be Present.** Phone away. Be in the moment — you can’t run the loop if you’re not present for it.
- **O** **Observe.** Your *who*, not your *what* — what you enjoy, where you lose track of time, what others see in you.
- **O** **Orient.** The most important step — analyze what you observed. Where do your talents point? Where don’t they fit?
- **D** **Decide.** Decide anyway — deciding on a direction doesn’t stop you from changing direction later. You can always course-correct.
- **A** **Act.** Execute. The action tests whether an interest is fantasy or reality — then loop again. Lather, rinse, repeat.

THE ZERO POINT

Get back to the zero point. Get back to nature. Work in alignment with your interests.

“Spend time in nature to feed your wild soul and think about where you’re going.”

THE BOOK

Icarus 2.0 by Lt Col Pete “Stinky” Smith, USAF (ret.) — the accident, the checklist, the loop, and the handout he wrote for his own children.

Available at **stinkythinking.com** and via BookBaby — $12 paperback, $2.99 eBook.

store.bookbaby.com/Book/icarus-20-parachute-included

IF YOU ARE STRUGGLING

988 Suicide and Crisis Lifeline — call or text **988**, 24/7, free and confidential (U.S.)

Crisis Text Line — text **HOME to 741741**, 24/7, free and confidential (U.S.)

911 — if someone is in immediate danger

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