

**IN DEFENSE OF ADVERSITY---SITUATIONAL DEBRIEF
PROCESS**

**IN DEFENSE OF
ADVERSITY**

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**SITUATIONAL
DEBRIEF PROCESS**

&

**MAINTAINING THE
FOUNDATION**

IN DEFENSE OF ADVERSITY---SITUATIONAL DEBRIEF PROCESS

4-Step Situational Debrief Process (Building the Foundation/Reservoir of Options)

Step #1: Capture the Situation/Event:

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4-Step Situational Debrief Process (Building the Foundation/Reservoir of Options)

Step #2: Review the Outcomes:

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Step #3: Define Key Learning's:

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4-Step Situational Debrief Process (Building the Foundation/Reservoir of Options)

Step #4: Identify Recommended Changes:

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4-Daily Habits (Maintaining the Foundation)

1. Support Yourself

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4-Daily Habits (Maintaining the Foundation)

2. Invest in Yourself

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4-Daily Habits (Maintaining the Foundation)

3. Test Yourself

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4-Daily Habits (Maintaining the Foundation)

4. Refresh Yourself