

FLIGHT

THE SIX QUESTIONS

- F** Focus with Clarity
What are the facts, not the fears?
- L** Learn Through Reflection
What does my experience teach me here?
- I** Imagine New Perspectives
What if I reframe this entirely?
- G** Generate Actionable Solutions
What practical options do I have?
- H** Harness Resilient Strength
What (or who) motivates me right now?
- T** Transform Through Action
What one action can I take today?

thejcadams.com

WHEN IT GOES WRONG

THE FAILURE MAP

- F** SKIPPED Emotional distortion
- L** SKIPPED Repeated mistakes
- I** SKIPPED Tunnel vision
- G** SKIPPED Inaction
- H** SKIPPED Burnout
- T** SKIPPED Stagnation

THE PRESSURE PATH

Every pressure moment offers a fork:

FIGHT · FLEE · TAKE FLIGHT

thejcadams.com/flight-cards