

THE 8-SECOND PRE-RIDE CHECKLIST

A Rigger Mindset Guide

Preparing for Change in the Age of AI

"Before you give the nod, check your rigging."

IRON AND INSTINCT
The 8-Second Life

Your Goals

Career (1-3 years):

Skill Building:

Impact/Legacy:

🔑 Gold Buckle (Your Real Why):

Today's Focus:

The C.A.S.H. System

- **Chute:** Mental preparation
- **Attach:** Technical setup
- **Stay:** Execution
- **Heart:** Total commitment

Section 1: The Chute

If your mind is crowded, you cannot lead.

✓ The Falcon Audit

Q: Is your ship mechanically sound today?

Physical & Mental:

Basics:

✓ Zero-Inference Check

Q: Facts or assumptions?

What's the real situation?

✓ The Gate Call

Q: What's the ONE thing you can control?

Your one thing:

Section 2: The Attachment

You don't climb on a bull with a frayed rope.

✓ **Toolbox Integrity**

Q: Is your gear ready?

What do you need? Is it working?

✓ **The Grip**

Q: Too tight or too loose?

Too tight? (Delegate)

Too loose? (Attention)

✓ **Alignment Check**

Q: Aligned with your goals?

Does this move you closer?

Section 3: Stay

If you're leaning, you're leaving.

✓ Find Your Middle

Q: Can you find center when chaos hits?

8-Second Reset: What matters most right now?

✓ Get Sticky

Q: Using friction to your advantage?

Your rosin: What headache is making your grip tighter?

✓ Prep for the Wreck

Q: What's your backup plan?

Your Plan B:

Section 4: Heart

Try is fuel. It makes the engine run when sparks fly.

✓ Fuel Check

Q: Enough Try in the tank?

Energy level? Need to refuel?

✓ Exit Strategy Delete

Q: Have you removed the eject buttons?

What's your excuse?

Why commit anyway?

✓ Give the Nod

Q: Ready to stay on until the whistle?

Point of No Return date:

Your commitment:

**Your rigging is tight.
Your mind is clear.
Your try is in the tank.**

Give the nod.

Let's Ride Together

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