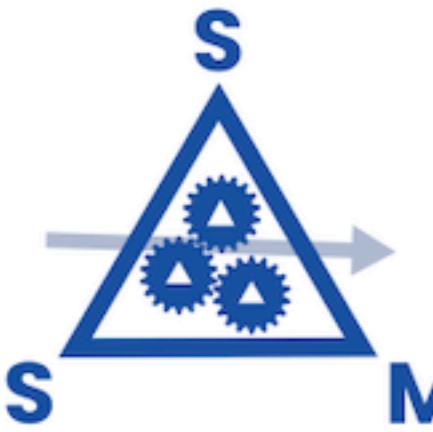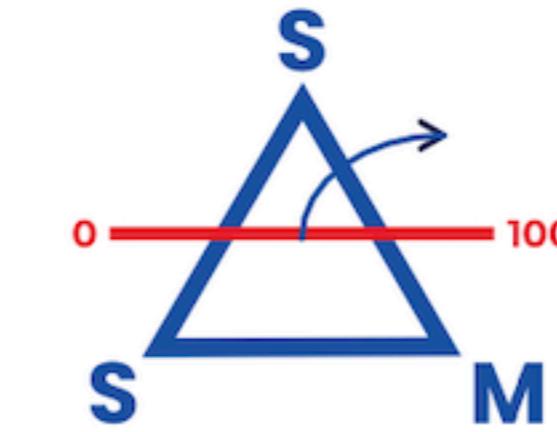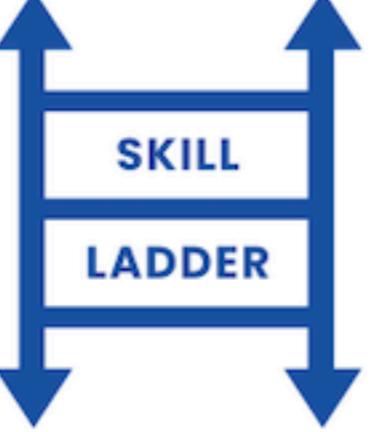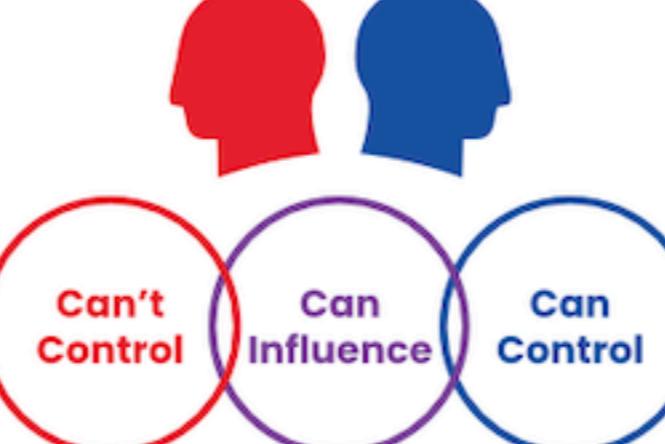# RED2BLUE PERFORMANCE TIMELINE — ATTENTION ON

GAZING Red2Blue

TIMELINE	1. PURPOSE	2. PREPARATION	3. PERFORMANCE	4. RESET	5. REVISION	
FOCUS	**BEING SPECIFIC** What should happen? Strategy + Alignment	**BEING DELIBERATE** What could happen? Awareness + Resilience	**BEING ON TASK** What is happening? Red2Blue + Decide/Do	**BEING ACCOUNTABLE** What happened? Intact + Myth vs Reality	**BEING CLEAR** What next? Movement vs Stuck	
CONCEPT	S S M (triangle)	C I A (CIA figure)	GAZING PRINCIPLE (inverted triangle, − / +)	X-CHECK (cross)	S S M 0 100 (triangle)	
PROCESS	PATHWAY + PLAN ⇅ ALIGNMENT	PRACTICE ROUTINES ⇅ TRANSITIONS	ZOOM IN / ZOOM OUT ⇅ DIVERSIONS	FEEDBACK ⇅ DISTORTION	MOVEMENT ⇅ STUCK	WHAT IS CONNECTED? — OUTCOMES — WHAT IS NOT CONNECTED?
PRESSURES	E S C A P E	SKILL LADDER	Can't Control / Can Influence / Can Control	Clear thinking ↑ MENTAL STRENGTH ↓ Defensive	Towards ↑ EMOTIONAL DRIVERS ↓ Away from	
TOOLS	› Priority Planner › Alignment X Check	› What ifs › Practice Planner	› Recognition Radar › Control Circles	› Mindset X Check › Clear Talk	› Attention On › Identity	
KEY CHECKPOINTS	› Is there a clear strategy? › Is there alignment? › Will our standards lead to the desired outcome?	› Is our process tested and trusted? › Are we ready for pressure?	› Where is attention being placed? › What is interfering?	› What is the broader perspective? › What needs to be said / what needs to be heard?	› Where is movement most useful? › Where is the block? › Is the outcome meaningful?	