

FIVE SECOND SCAN – MICRO DRILL

Use

Anytime you enter a new space or transition areas.

Steps

- 1) Stop at the threshold.
- 2) Breathe once. Calm body. Quiet mind.
- 3) Sweep: front, left, right, back, above.
- 4) Note two exits and one place with cover.
- 5) Decide where you would move if something shifts.

Keep it simple

Five seconds. Every time. It becomes automatic.