



When Life Changes the Way You Fly - Course Toolkit

SRM Pilot Download Pack

Worksheets, assessments and planning tools for course modules.

1. Confidence Audit Workbook

- Rate yourself 1-10: Aircraft Handling, Navigation, Weather Decisions, Emergencies, Communication, Situational Awareness, Stress Management, Workload Management.
- What evidence supports your rating?
- What actions would improve confidence in this area?

Notes:

2. Internal Psychological Safety Assessment

- Can I admit uncertainty?
- Can I delay or cancel without guilt?
- Can I ask for help?
- Can I acknowledge fear without judgement?
- Score each 1-10 and identify development areas.

Notes:

3. Life-Adjusted Risk Perception (LARP) Assessment

- Current responsibilities (family, business, caregiving, leadership).
- How have these changed my risk perception?
- Which concerns influence my decisions most?
- What controls reduce those concerns?

Notes:



4. Personal Risk Mapping Worksheet

- My Responsibilities
- My Current Concerns
- My Risk Triggers
- My Mitigation Strategies

Notes:

5. Personal Minimums Builder

- Weather minimums
- Crosswind limits
- Fuel reserves
- Night operations
- Passenger operations
- Currency requirements

Notes:

6. SRM Personal Safety System Builder

- Top 5 threats
- Decision triggers
- Diversion triggers
- Recovery actions
- Workload management strategies

Notes:



7. Plan B Worksheet

- What if weather deteriorates?
- What if the runway closes?
- What if I become overloaded?
- What if the aircraft develops a fault?

Notes:

8. Returning to Flight Planner

- 90-day plan
- Week 1-2 Ground preparation
- Week 3-4 Dual flights
- Week 5-8 Increasing complexity
- Week 9-12 Independent operations

Notes:

9. Confidence Recovery Journal

- What went well?
- What challenged me?
- What did I learn?
- What will I do differently next time?

Notes:



10. Personal Resilience Plan

- My support network
- My warning signs
- My recovery strategies
- My aviation philosophy
- My growth goals

Notes:

Bonus: The Pilot I Am Today

- The pilot I was...
- The pilot I am today...
- What has changed?
- What have I learned?

Notes:
