



*Designed to Strengthen Individual Focus and Peer Engagement to Promote Guard
Vigilance.*

**Take a moment to reset before your
shift.**

- 1 Phone put away?**
- 2 Posture strong and alert?**
- 3 Mind focused on zones and
vigilance voice activated?**

Talk to a peer: Are you good to go?

**Take a breath. Reset your focus.
You are the first responder.**