

# Quantifying the Modules

Eugene has suggested that we establish some “working definitions” of the CF2 Modules and the smaller CF2 sub-factors in order that we can align efforts and potentially inform the assessment / evaluation phases of The Project

## Step 1

Establish an overall rating scale for the module

There is a 7-point likert scale under the main Module Heading  
It is marked with a “Low – Middle – High” set of labels

If you see the scale as a “hill”, with abilities ranging from poor to superior, use the 7 point scale and re-label the low, middle and high terms with words that fit your view of the nature of the module (cf the Stress Profile)

If you see the scale more as a “pendulum”, where the skills area is best measured / assessed on a “too low – just right – too high” basis, use the 3 point pendulum scale and re-label the text boxes

## Step 2

Review the CF2 sub-factors that load on the Module

The following page(s) have 7 point likert scales and pendulums for each of the subscales that load on the Module

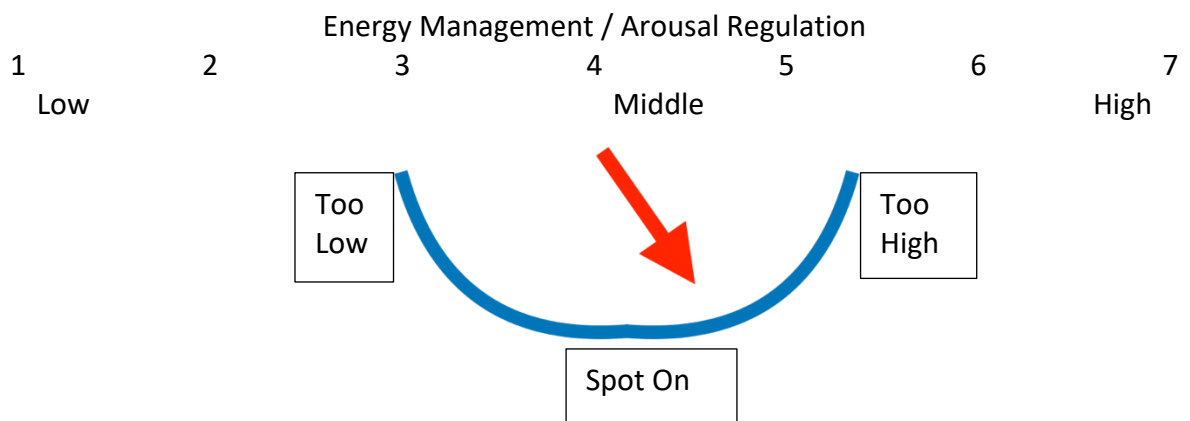
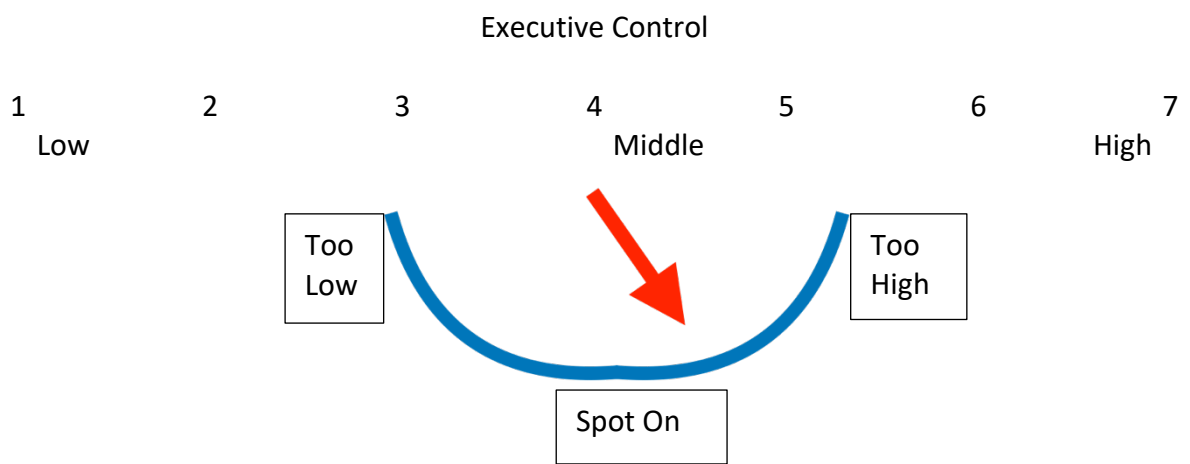
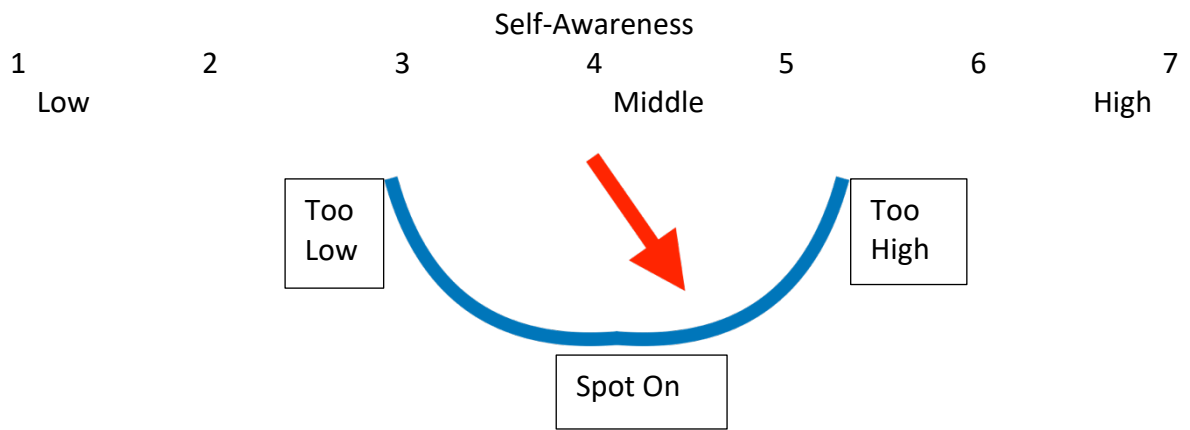
Use these to identify your view of the component subscales. There is no necessity that the module and sub-scales use the same pendulum or hills system.

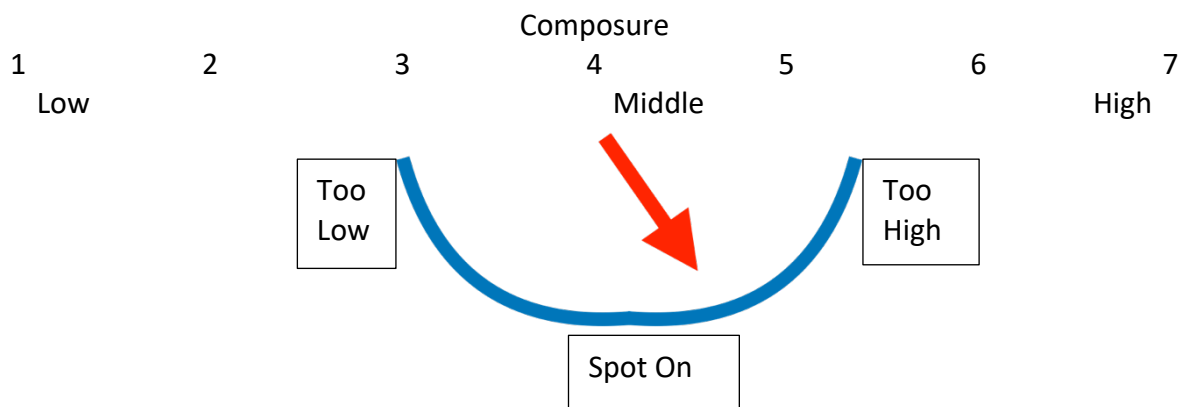
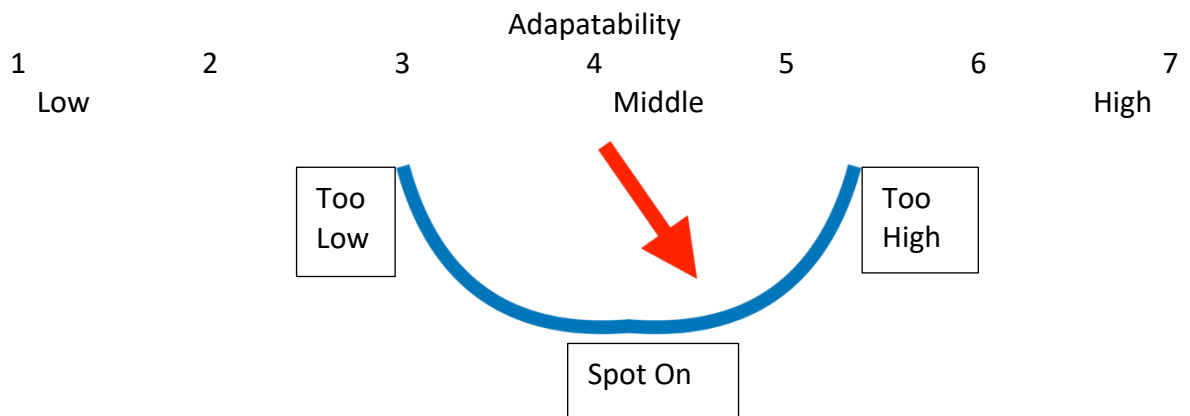
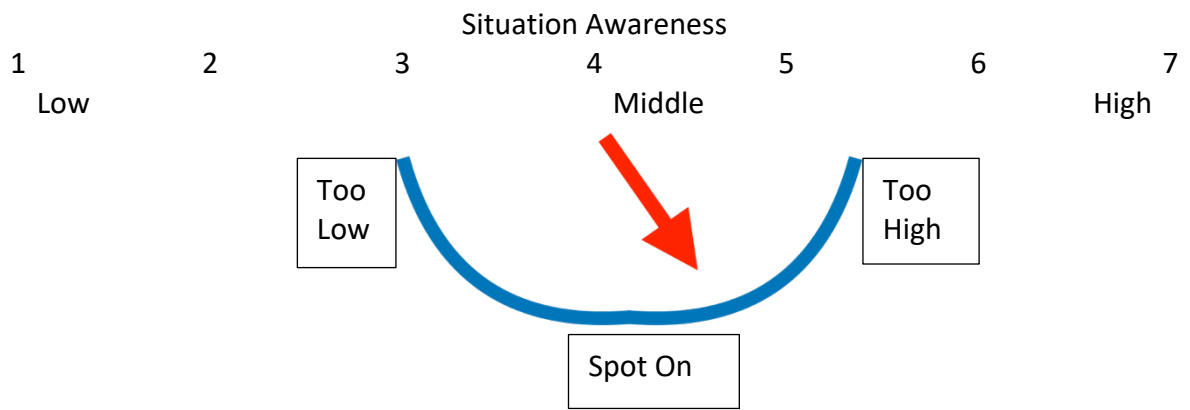
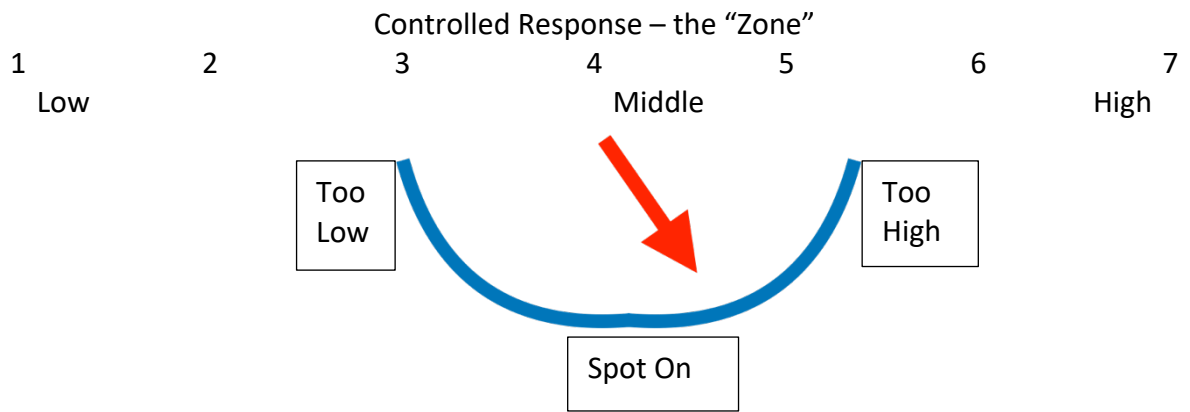
## Step 3

Return to the overall Module Rating

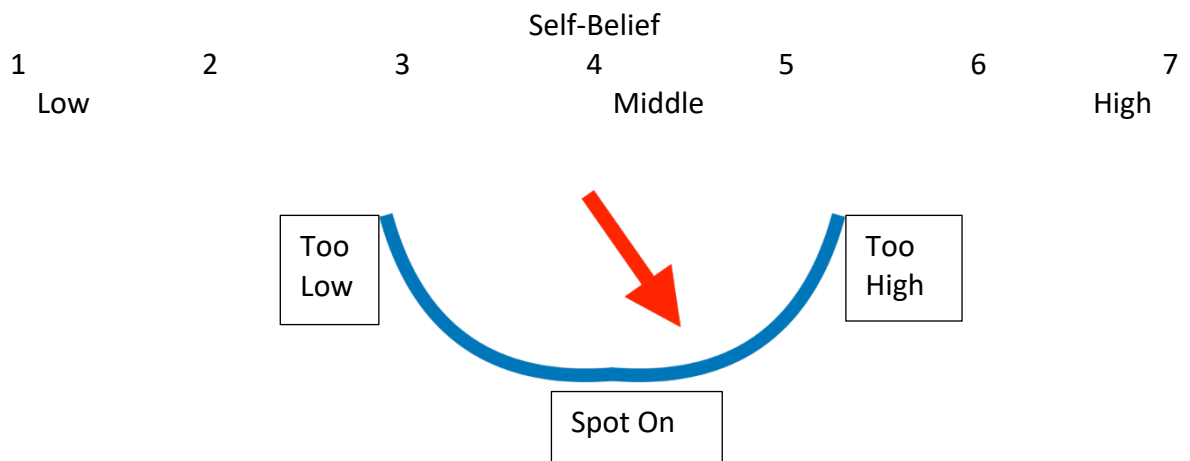
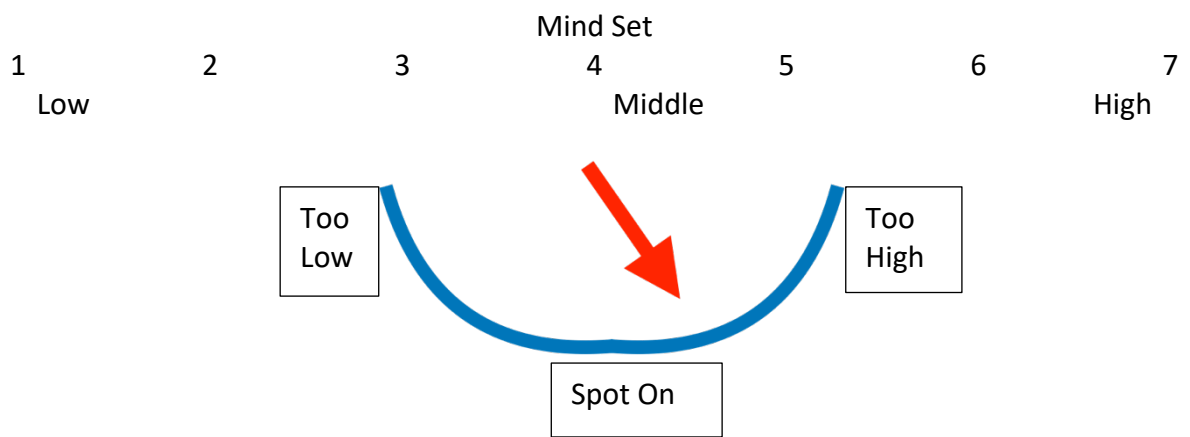
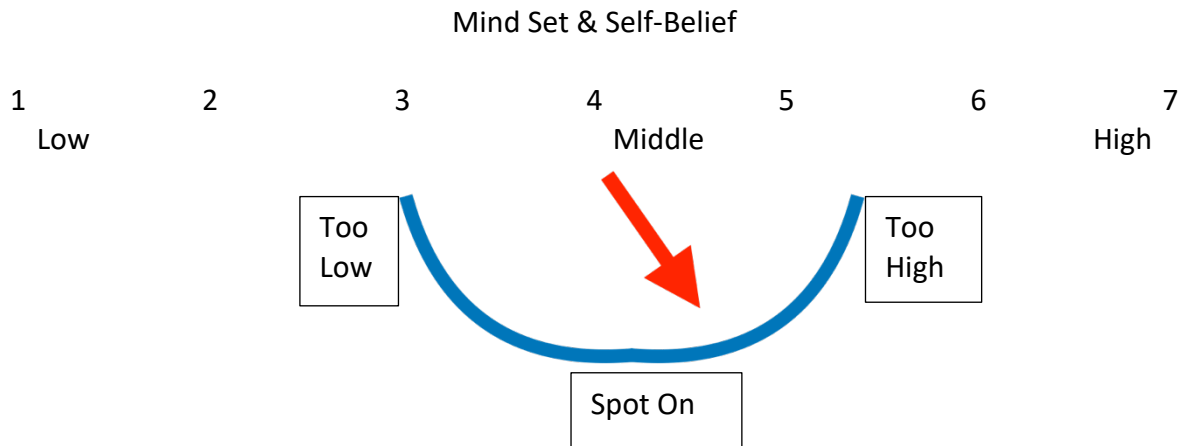
It may be useful to return to the overall Module Rating  
Given your consideration of the component CF2 sub-factors,  
so another set of hills & pendulums is included at the bottom of each section.

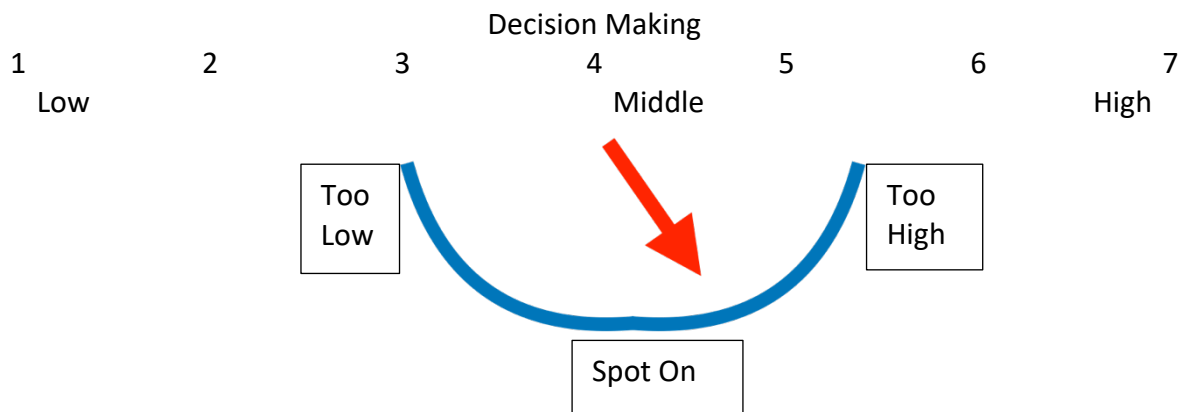
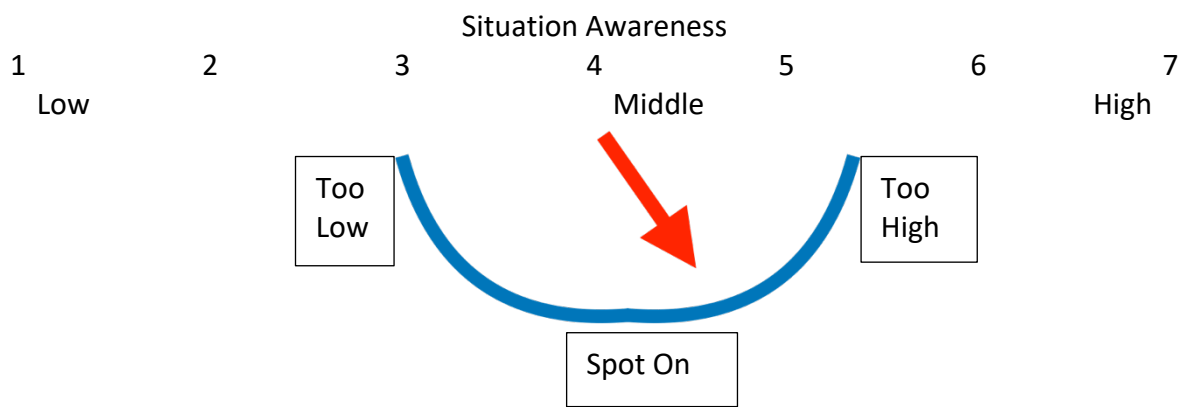
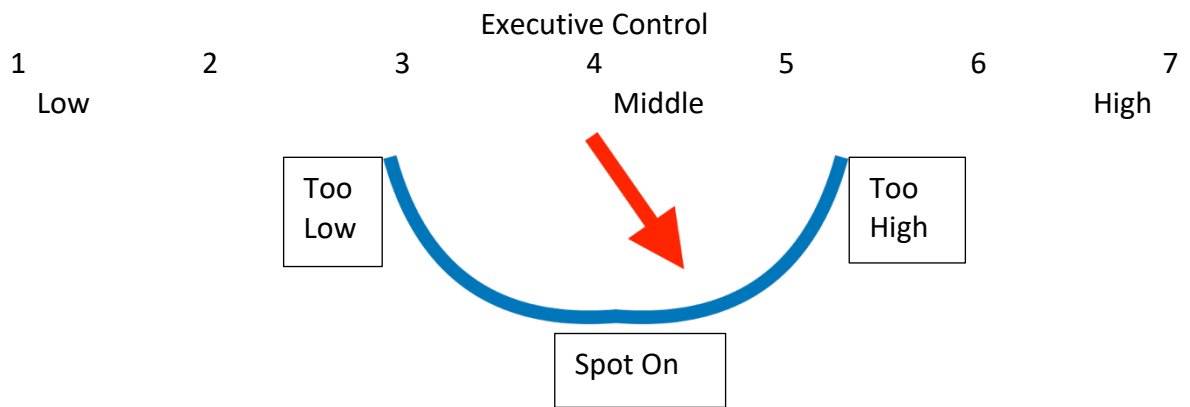
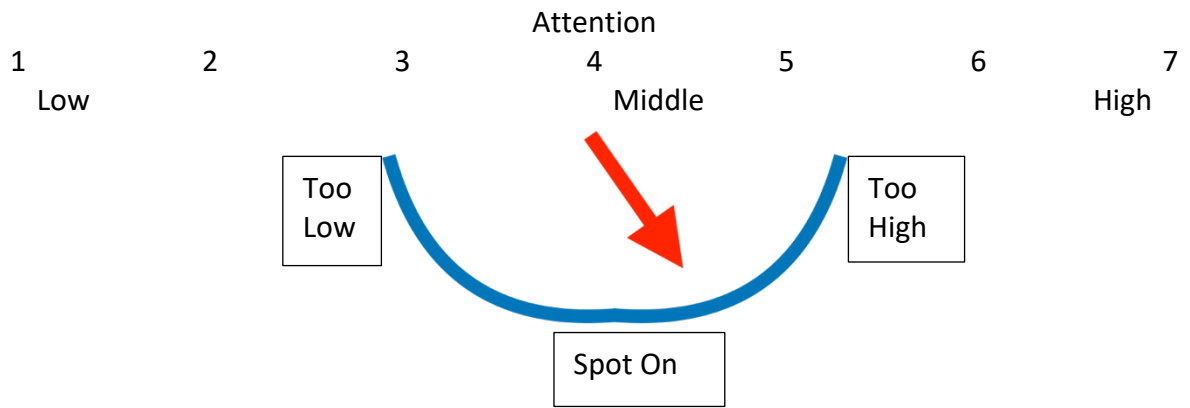


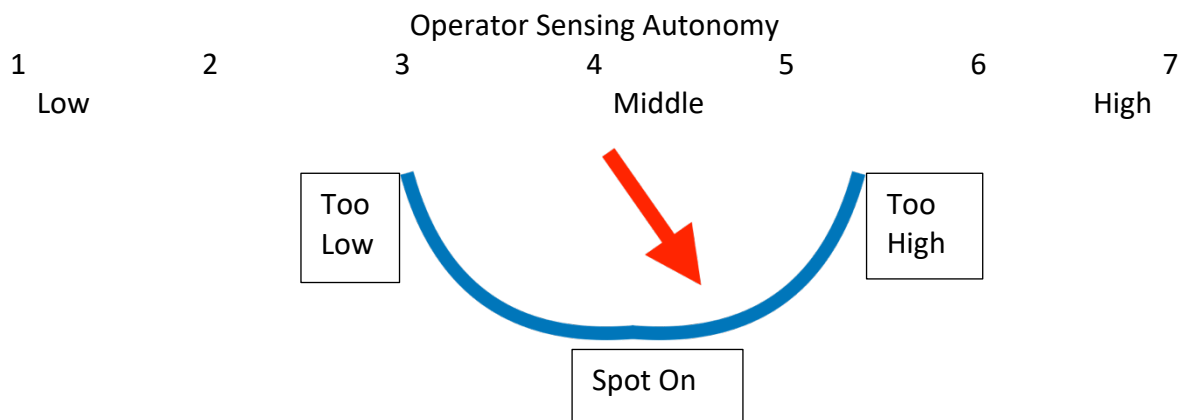
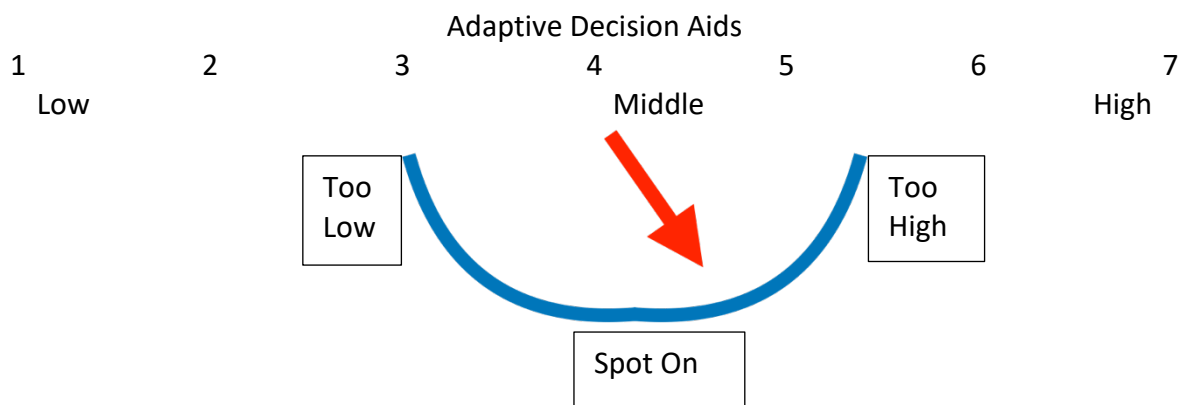
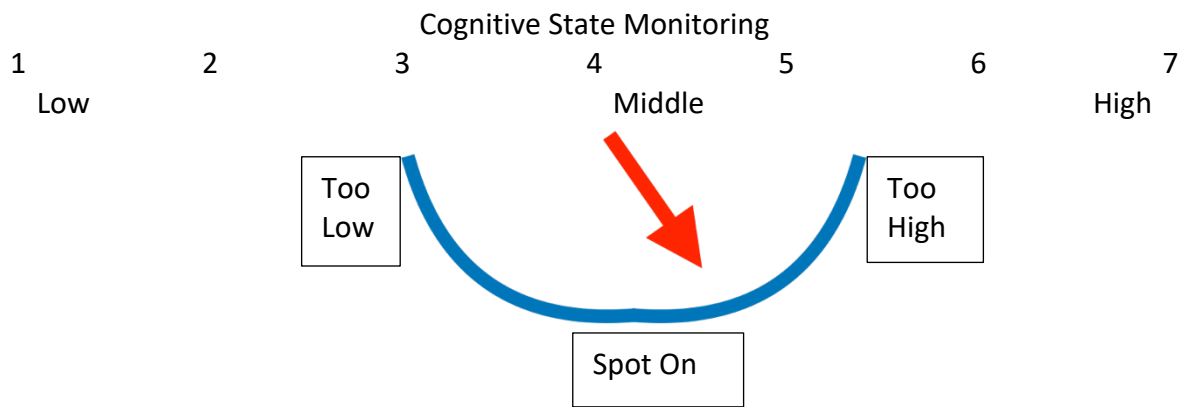
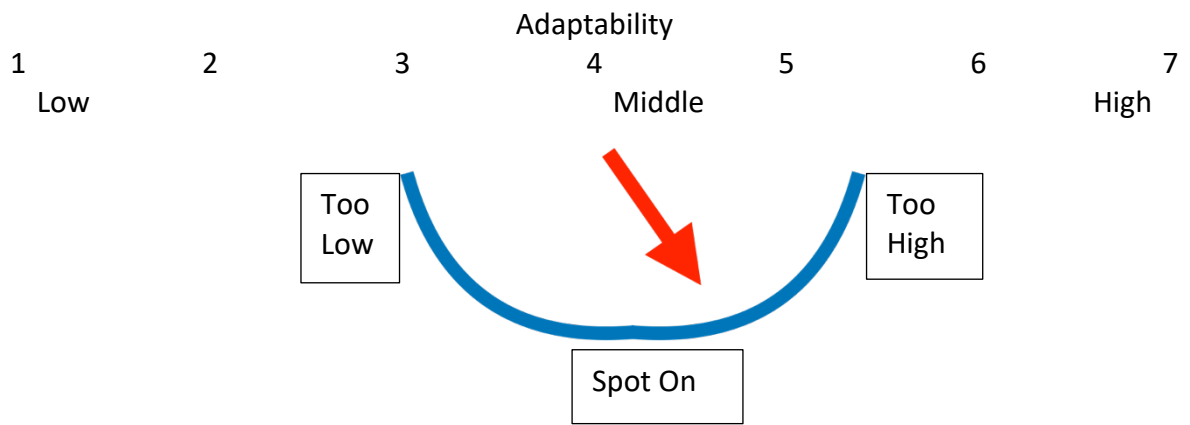


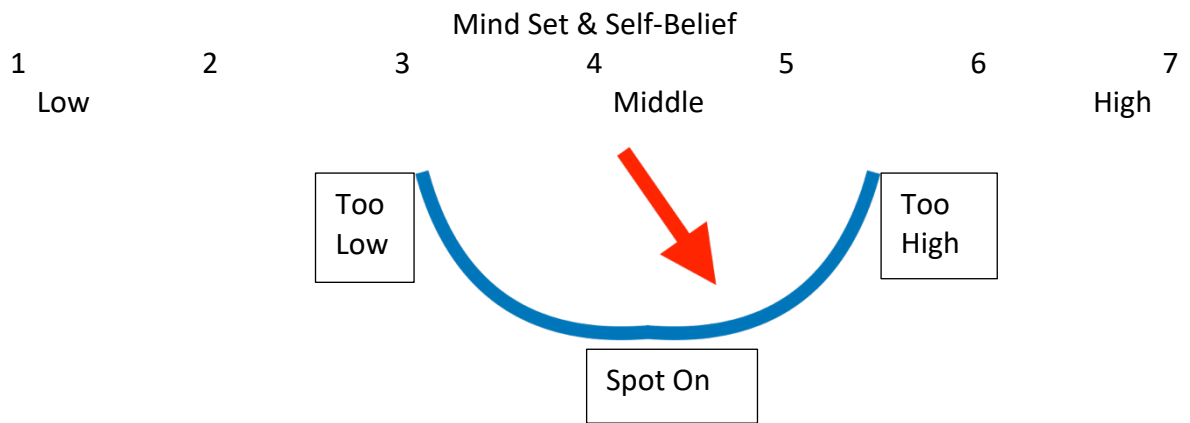
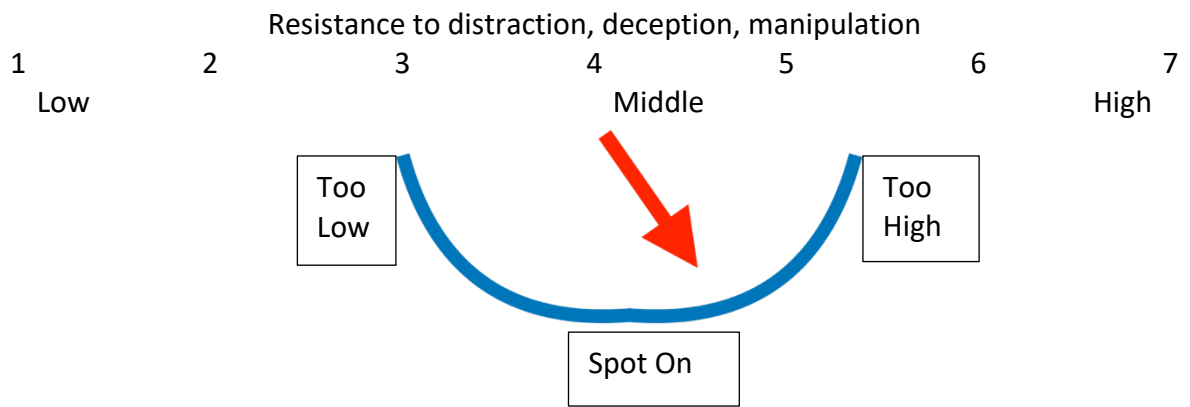


## Module 2 – Mind Set & Self-Belief





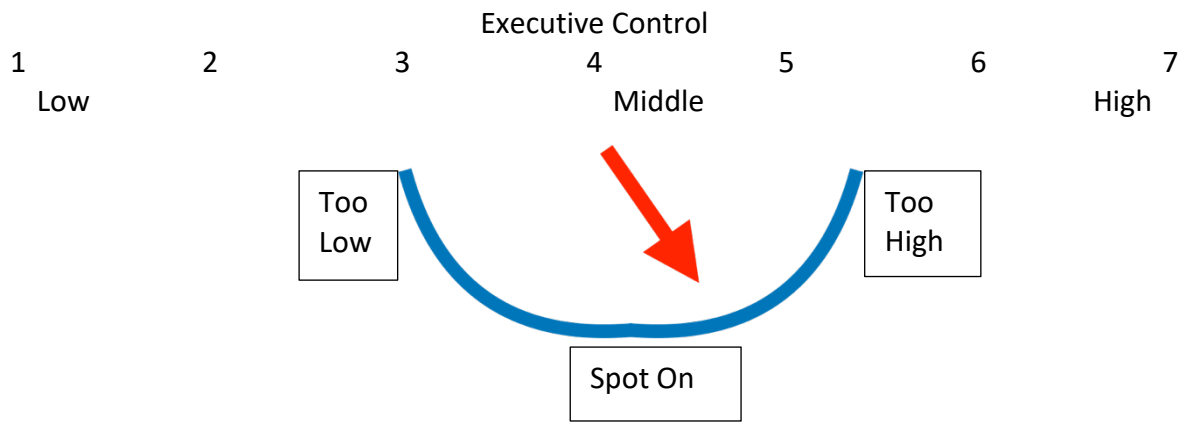




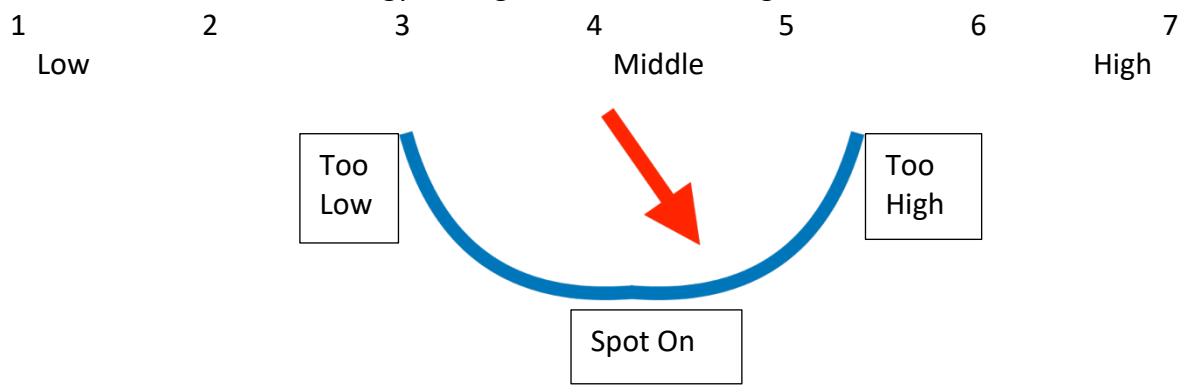




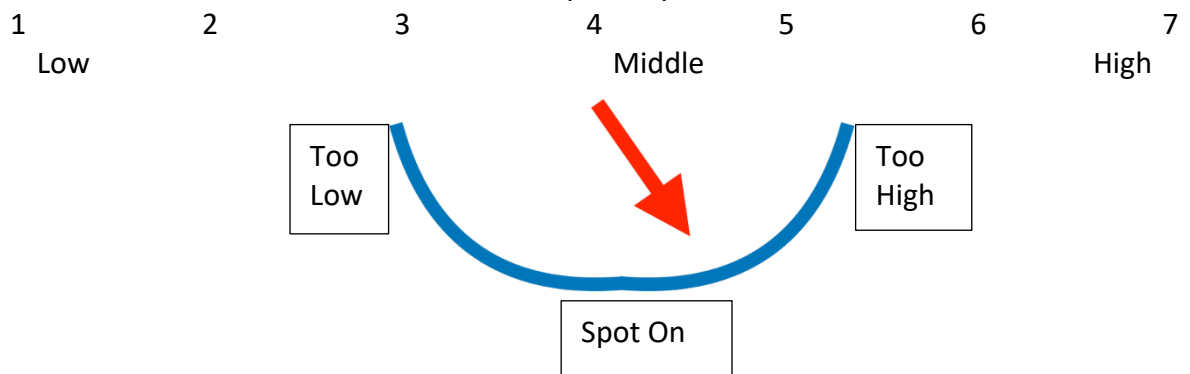
### Recovery Break Up



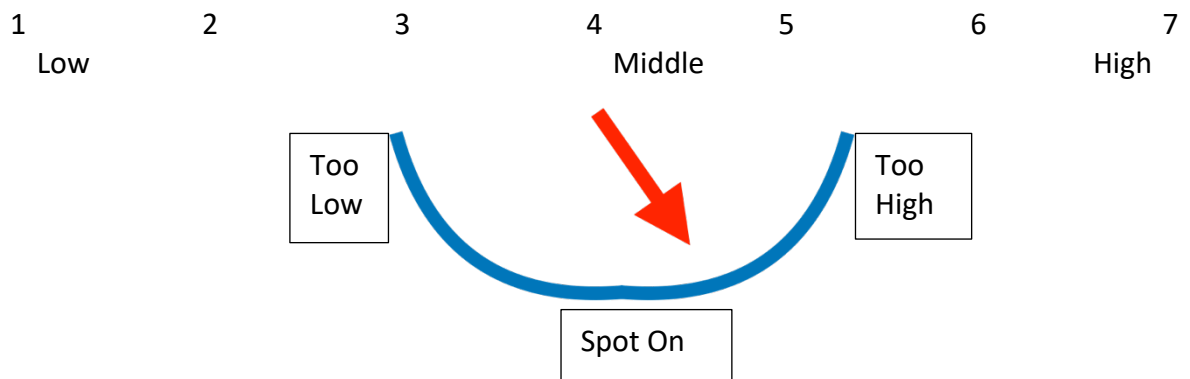
### Energy Management / Arousal Regulation

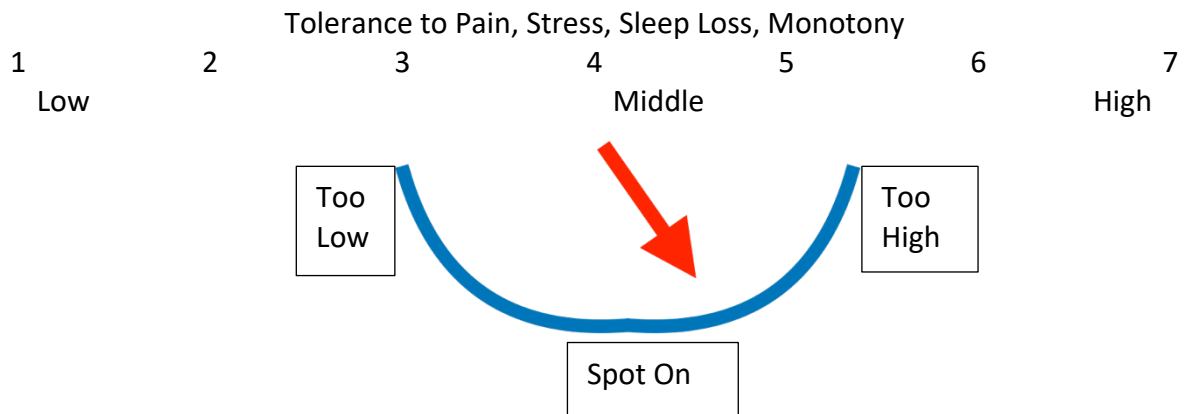
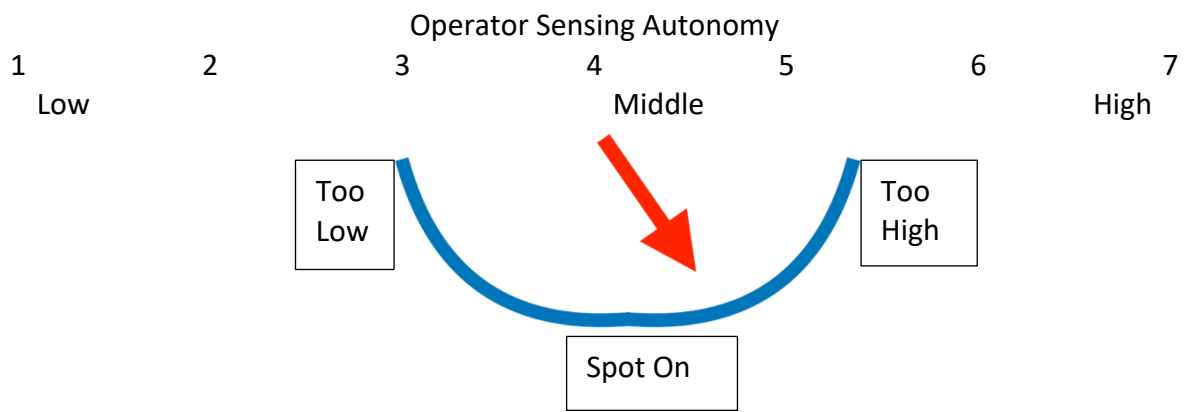
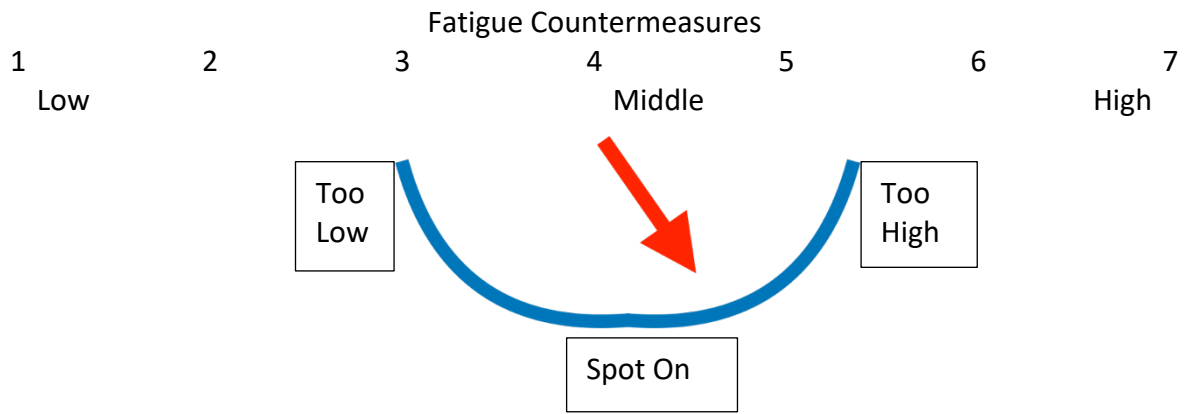


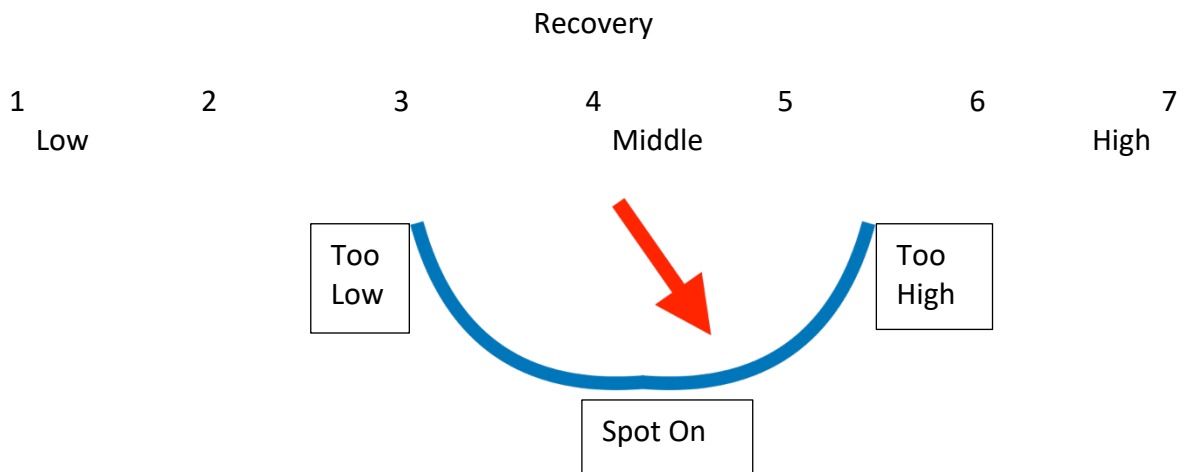
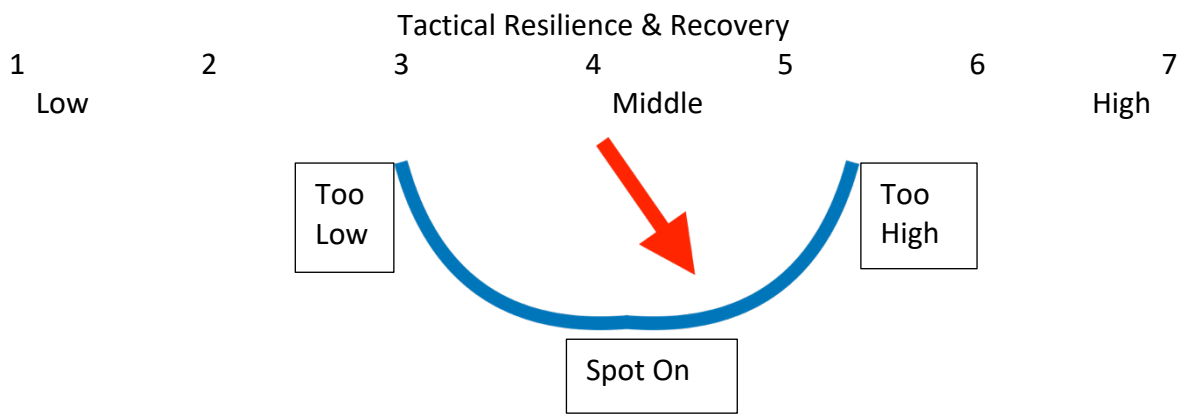
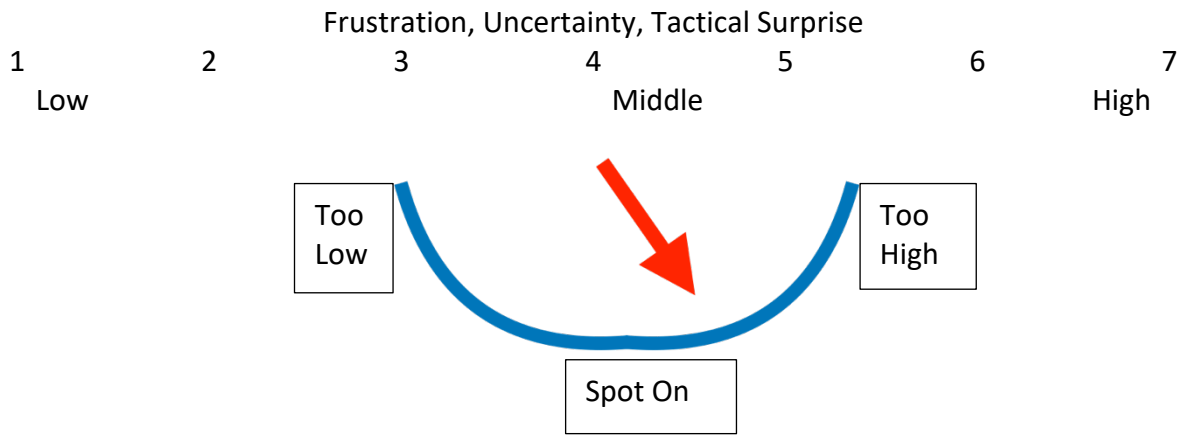
### Adaptability



### Meditation









# Mission Ready Break Up

