



AIRBORNE™

FLIGHT CHECK

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AIRBORNE

FLIGHT CHECK

A practical reflection tool to help you discover where you have lift — and where you may be losing altitude.

YOUR FLIGHT CHECK

AIRBORNE is about creating the conditions that allow you to perform, lead and live well.

The Flight Check gives you a snapshot of where you are flying strongly and where there may be opportunities to create more lift.

It explores eight dimensions of wellbeing and performance — the eight Flight Lines of the AIRBORNE framework.

BEFORE YOU BEGIN

- Allow approximately 15 minutes to complete the Flight Check without interruption.
- There are no right or wrong answers. The value of the Flight Check lies in your honesty.
- For each statement, choose the response that most accurately reflects where you are right now — not where you'd like to be, or where you think you should be.
- Be curious rather than critical. Your results are a snapshot, not a judgement.

HOW IT WORKS

1. Complete the 40 questions

There are five questions across each of the eight AIRBORNE dimensions.

2. Score each Flight Line

Each response is scored from **0–4**:

Strongly agree = 4 Agree = 3 Neither agree nor disagree = 2 Disagree = 1 Strongly disagree = 0

Add your five responses to get your raw score out of 20.

3. Convert your score

Find your raw score in the top row and read your Flight Line score directly underneath.

0	1	2	3	4	5	6	7	8	9	10
0	.5	1	1.5	2	2.5	3	3.5	4	4.5	5

11	12	13	14	15	16	17	18	19	20
5.5	6	6.5	7	7.5	8	8.5	9	9.5	10

4. Shape your Wing

Plot each of your eight Flight Line scores on your **Flight Profile**, then connect the points. **The shape you create is your wing.**

A useful mindset: Answer honestly. Notice without judgement. Use your results as information, not a verdict.

NAME: _____

DATE: _____

A — Aim for Altitude

Clarify what matters, where you're headed, and who's steering.

Choose one response for each statement.

1. I have a clear sense of what I want my life to look like in the next 12 months.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0
2. The way I'm spending my time and energy currently reflects what matters most to me.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0
3. I feel a genuine sense of purpose in my life right now.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0
4. When things feel difficult, I generally believe I have the power to influence my situation.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0
5. I take active responsibility for my own wellbeing rather than waiting for circumstances to improve.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0

A TOTAL: ____ / 20

CONVERTED SCORE: ____ / 10

I — Illuminate Your Edge

Develop the self-awareness that makes every other dimension possible.

6. I have an accurate picture of my own strengths and the areas where I could grow.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0
7. I assess my own performance and wellbeing honestly rather than telling myself everything is fine.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0
8. I am generally aware of how I'm feeling.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0
9. I actively seek feedback from others to understand how I come across and where my blind spots might be.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0
10. I make regular time to reflect on how I'm doing across the different areas of my life.

Strongly agree

Agree

Neither

Disagree

Strongly disagree

4

3

2

1

0

I TOTAL: ____ / 20

CONVERTED SCORE: ____ / 10

R — Reboot Through the Power of Sleep

Quality sleep is premium fuel — and your brain can't perform without it.

11. My sleep feels genuinely restorative — I wake up feeling mentally clear and physically refreshed.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

12. I get 7–9 hours of sleep on most nights.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

13. I can switch off at night without lying awake worrying or ruminating.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

14. I have consistent sleep habits and routines that support good quality sleep.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

15. Poor sleep rarely affects my ability to function at my best.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

R TOTAL: ____ / 20

CONVERTED SCORE: ____ / 10

B — Build Relational Intelligence

Understand yourself and others well enough to lead with trust, not just authority.

16. I am generally attuned to how others are feeling.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

17. I actively work to build and maintain trust in the relationships that matter to me.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

18. I communicate openly and honestly even when the conversation is difficult.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

19. I am willing to address difficult interpersonal situations rather than avoid them.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

20. I am willing to show vulnerability and acknowledge when I don't have all the answers.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

B TOTAL: ____ / 20

CONVERTED SCORE: ____ / 10

O — Overcome Inhibitors and Barriers

Identify what's quietly working against you — from within and without.

21. I am aware of the beliefs I hold about myself that might be quietly limiting my potential.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

22. I notice when my inner dialogue becomes critical or unhelpful.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

23. When things go wrong, I am able to keep things in perspective.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

24. I take practical steps to address external obstacles that are getting in the way of my progress.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

25. I set clear boundaries that protect my time, energy and wellbeing.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

O TOTAL: ____ / 20

CONVERTED SCORE: ____ / 10

R — Release to Rise

Release what you're carrying so you have the emotional freedom to rise.

26. I am aware of my emotions and how they influence my overall wellbeing.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

27. I have healthy ways of processing difficult emotions rather than suppressing or avoiding them.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

28. I can respond to challenging situations thoughtfully rather than reacting automatically.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

29. I am able to move forward from difficult past experiences.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

30. I pay attention to the physical signals my body sends me, particularly when I am under stress.

Strongly agree	Agree	Neither	Disagree	Strongly disagree
4	3	2	1	0

R TOTAL: ____ / 20

CONVERTED SCORE: ____ / 10

N — Navigate with Presence

Lead from the now — fully here, fully grounded, fully yourself.

31. I can give my full attention to what is happening right now rather than being caught up in past worries or future concerns.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0
32. I am able to pause, breathe and return to the present moment when I notice my mind has wandered.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0
33. When I am with others, I am fully present — listening deeply rather than thinking about what comes next.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0
34. When situations become intense or demanding, I can stay grounded and present.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0
35. My sense of who I am remains stable and secure regardless of what is happening around me.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0

N TOTAL: ____ / 20

CONVERTED SCORE: ____ / 10

E — Energise to Soar

Harness the power of movement — the most underrated fuel for mental performance and vitality.

36. I engage in regular physical movement or exercise that supports my energy and wellbeing.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0
37. I deliberately use physical movement to manage and replenish my energy levels.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0
38. I recognise the positive connection between physical movement and my overall wellbeing.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0
39. My movement practice remains consistent even when life gets busy or demanding.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0
40. I engage in forms of movement that I genuinely enjoy rather than forcing myself through exercise I dread.

Strongly agree

4

Agree

3

Neither

2

Disagree

1

Strongly disagree

0

E TOTAL: ____ / 20

CONVERTED SCORE: ____ / 10

SHAPE YOUR WING

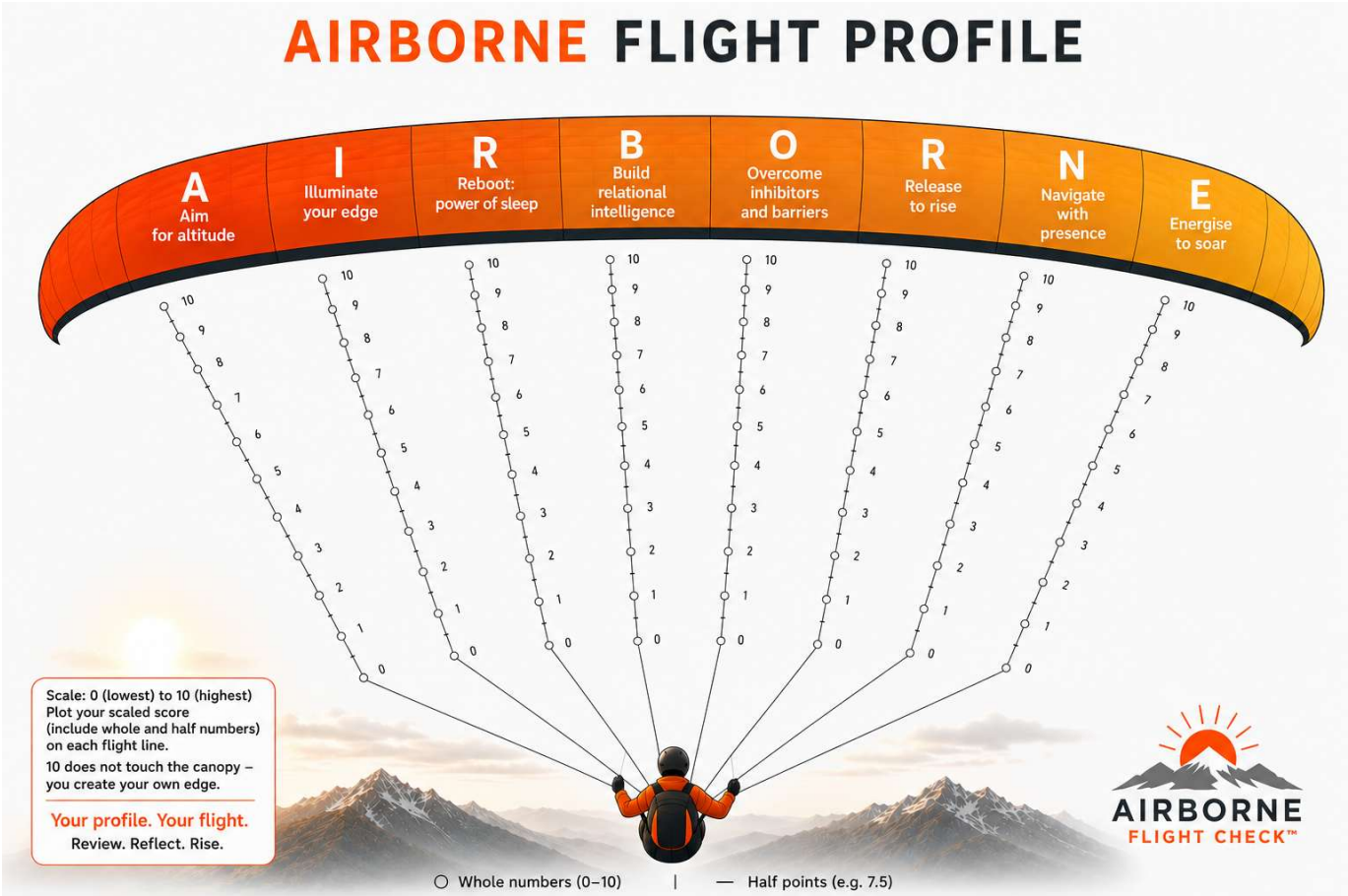
Your scores create the shape. Your wing. Your flight.

Now bring your eight scores together.

- Transfer each converted score from your eight Flight Lines to the corresponding line on the Flight Profile.
- Plot one point for each dimension at the score that matches your result.
- Once all eight points are plotted, connect them to create the shape of your wing.
- There is no ideal shape. Your wing is a snapshot of where you are right now — a starting point for reflection and progress.

MY CONVERTED SCORES

A	I	R	B	O	R	N	E
___ / 10	___ / 10	___ / 10	___ / 10	___ / 10	___ / 10	___ / 10	___ / 10



Your wing shows where you are. Your choices shape where you go next.

WHAT DOES YOUR WING REVEAL TO YOU?

Step back. Notice the shape before you decide what it means.

If your scores cluster close together, don't assume everything's equally strong — look for the smallest gaps between them. Those often reveal more than one obvious low point.

What stands out to you about the shape of your wing?

Which Flight Line has the greatest opportunity for growth?

Is there anything about the shape of your wing that surprises you?

What connections can you see between the different Flight Lines?

YOUR FLIGHT FOCUS

You don't need to change everything.

MY FLIGHT FOCUS

What is the one Flight Line where a small shift could create the greatest lift for you right now?

THE CHANGE I WANT TO MAKE

What small, meaningful adjustment will you make?

MY FIRST STEP

What will you do first — and when?

WHAT WILL TELL ME I'M MAKING PROGRESS?

What will you notice, feel or see?

Small shifts. Greater lift. Your flight, your way.