

BRIAN FLANIGAN

THE

NAVIGATING CHAOS

FIELD GUIDE

FROM DISRUPTION TO DIRECTION

**A practical 20-minute workbook to regain clarity, take action,
and move forward with purpose.**

Chaos doesn't wait for you to be ready.

Disruption is what happens. Chaos is what it creates. Your framework is how you navigate it.

START WITH ONE REAL DISRUPTION

You do not need a perfect plan. You need enough clarity to make the next meaningful move.

Choose one situation that has changed your circumstances, disrupted your expectations, or left you unsure what to do next. Use the rest of this guide on that one issue.

The disruption I am navigating:

What is at stake if I do nothing?

What do I need most right now?

☐ Clarity ☐ Connection ☐ Confidence ☐ Momentum

RATE YOUR STARTING POINT

Clarity: 1 2 3 4 5 6 7 8 9 10

Momentum: 1 2 3 4 5 6 7 8 9 10

The goal of this guide is simple: make one decision and choose one action you can begin within 24 hours.

IDENTIFY THE TARGET

Restore clarity and commit to what matters now.

What changed? Describe the situation without trying to solve it yet.

What has not changed? Consider your purpose, responsibilities, values, and commitments.

SEPARATE FACTS FROM ASSUMPTIONS

FACTS I CAN VERIFY	ASSUMPTIONS I AM MAKING

What would meaningful progress look like 30 days from now?

Write your target: Over the next 30 days, I will _____ so that _____.

Action creates clarity. A clear target gives your action direction.

BUILD THE CREW

Strengthen connection, trust, and accountability.

Chaos gets louder in isolation. The right people help you see reality sooner, challenge weak assumptions, and keep moving when your own perspective narrows.

BUILD YOUR CREW MAP

ROLE I NEED	PERSON	NEXT CONVERSATION
Truth teller		
Subject expert		
Support		
Accountability		

What conversation am I avoiding because it may be uncomfortable?

What specific help, perspective, or accountability will I ask for?

The best crews surface reality early.

RESILIENCE

Use adversity to develop capacity and confidence.

Resilience is not pretending the situation is easy. It is protecting your ability to respond, learning from pressure, and continuing to move with purpose.

What is the hardest part of this situation - and why?

What have I survived, learned, or built before that proves I can handle hard things?

What is within my control during the next seven days?

What routine, relationship, or standard will I protect so I remain capable of responding?

Why does this target matter enough to keep fighting when progress is slow?

Hardship can affect your circumstances without deciding your direction.

ADJUST FIRE

Learn, adapt, and persist toward the objective.

When circumstances keep changing, shorten the distance between action and learning. Move through the cycle quickly enough to maintain momentum and deliberately enough to stay on target.

THE EXECUTION RHYTHM

1 IDENTIFY	2 ACT	3 ASSESS	4 ADJUST	5 PERSIST
Name the current target.	Make the smallest meaningful move.	Look for evidence and feedback.	Change the plan when needed.	Repeat before momentum fades.

Identify > Act > Assess > Adjust > Persist

What evidence will tell me the plan is working?

What new information or condition would cause me to adjust?

What must remain constant even if the plan changes?

Speed does not mean rushing blindly. Fast enough to maintain momentum. Deliberate enough to stay on target.

YOUR 24-HOUR ACTION PLAN

Your plan can be incomplete. Your next move cannot be vague.

The next meaningful action I will take:

When and where will I do it? Be specific.

Who needs to know - or who will hold me accountable?

What is the most likely obstacle?

If that obstacle appears, what will I do next?

MY COMMITMENT

Within the next 24 hours, I will _____.

☐ Action completed ☐ Crew contacted ☐ Review scheduled

AFTER-ACTION REVIEW

Return after you act. The value is not in judging the result; it is in learning quickly enough to improve the next move.

WHAT HAPPENED?	
WHAT DID I LEARN?	
WHAT WILL I REPEAT?	
WHAT WILL I CHANGE?	
WHAT IS MY NEXT TARGET?	

Clarity now: 1 2 3 4 5 6 7 8 9 10

Momentum now: 1 2 3 4 5 6 7 8 9 10

Keep moving. Direction is built through repeated action, honest assessment, deliberate adjustment, and the will to persist.

ABOUT BRIAN FLANIGAN



Brian Flanigan is a retired Air Force Lieutenant Colonel, former AC-130 gunship and MQ-9 pilot, cancer survivor, and current airline pilot. Drawing on more than 2,200 combat hours and 20 years of leadership, he helps leaders and teams regain direction, build resilience, and move forward with purpose.

BRING NAVIGATING CHAOS TO YOUR ORGANIZATION

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