

Situational Awareness & The Predator Mindset

When people think situational awareness they think its "checking your six" or "keeping ones back to the wall." This definition is only a beginning. As the names implies, situational awareness is knowing what's going on around you. It sounds easy, but in fact, it requires planning, preparation, and practice. In a dangerous situation being aware of a threat a few moments before everyone else, can keep you and your loved ones safe. Where does it begin? By flipping a mental switch in your mind.

Statistics overwhelmingly say that a large percentage of western society view themselves more as victims or "prey". What this means is they protect from a defensive mindset rather than an offensive one.

In nature, animals are born with a certain destiny; They are either predators or prey. A deer cannot opt to hunt the wolf, or a shark choose to eat seaweed. They are biologically hardwired to be exactly what they are, predator or prey. That is the natural order of things and being a victim isn't a choice,

We, on the other hand, are different. We choose our destiny by the decision to be either prey or predator every day when it comes to getting what we want out of life. Modern society encourages us to pursue a "prey mentality" and in fact places a negative connotation on the word "predator." We are taught to believe that a predator's personality traits are bad because they are hard to control, they chase what they want, they go it alone, and their aggressive. In short, predators are dangerous.

Yet, it is that predatory instinct or that gut feeling we get from time to time that is instinctive to our survival. Our ancestors believed in their predatory instincts, and they knew they were important and that their survival depended on them.

A predator follows a pattern of thought and action that is ingrained within their DNA. Humans by nature are predators, even though most don't realize it. We have the instinct, but it's been subdued through social engineering beginning in childhood and continuing into adulthood. We have been rewired to not profile, to not accuse, to not suspect and not to be a bit paranoid.

This "prey mentality makes people focus on fending off whatever unpleasantness or misfortune they view as "coming after them". They are constantly on defense while never doing anything from an offensive point of view. This prey mindset is rooted in fear, which like any human emotion, has its place and function. However, this prey mentality can be very destructive if used improperly or in excess, i.e. "that deer in the headlights moment."

With a "predator mindset" we alleviate fear and think logically and with reality. Predators think about themselves and what they want. They rationalize the facts, whether they like them or not. Predators accept the situation for what it is and move on undeterred. A predator

knows the world is not fair but navigates through it. They know there is more than one way to get something done and what can't be won today, can be won tomorrow.

In business, war, sports, or nature, the inability to evolve causes failure. Surviving in the urban jungle requires adaptability, improvisation and the ability to overcome adversity. Learning to flip that switch in our head to turn on our "predator mindset" is the first step in developing the foundation of good situational awareness.

This predator mindset is one I look forward to discussing with you while providing real life techniques you can share with your family and use in everyday places, here at home or traveling the globe. I am honored to have been asked to speak at Dare to Grow Texas and I look forward to meeting you in a few weeks.