

STAGES OF SELECTION

The good things...

Mates:

You will forge bloody strong relationships during selection, that, if you pass, you'll keep for life.

The tough times you'll experience on selection and the absolute shit you'll go through... the physical torture, the mental stress, the emotional strain, the testing, the competition, the hunger, exhaustion as well as the personal and team growth, will make those you go through it with, great mates.

Then throw in the reinforcement cycle and operational service... those mates you'll never forget and you'll always have a solid bond.

Funny moments & stories to tell:

Selection is hilarious... it is fucken funny! There are so many moments on selection that are just ridiculous that you can't help, but laugh... hopefully at the time, but guaranteed later you'll look back and find them funny.

After all, no-one in their right mind would do some of the stupid shit you're made to do on selection... if it wasn't for the fact that you're trying out for an elite unit.

A benchmark to set:

Because of the very nature of selection and the fact that, up until that point, it will be the hardest thing you ever do... it will be one of the defining moments in your life.

- Defining because you'll be apart of a small and elite group
- Defining because you'll have dramatically push past any perceived boundaries you had for yourself
- Defining because you'll know, understand and have proven to yourself that you can handle anything that's thrown at you...

And from that moment on... you'll forever be able to use the fact that you finished selection as a benchmark against any other tough endeavour you come up against later in life.

So look forward to increasing, dramatically, your personal benchmarks of what you think is achievable.

Testing yourself & finding the true you:

Society is weak. There are so many weak people these days that never test themselves. They are so scared. So fearful of failure and what others will think of them that they never try anything hard... never put themselves out there... never test themselves.

For you to put yourself out there and commit to attempting selection... you're part of an elite, small group of individuals that have conquered their fears and do put themselves out there.

You will forever be able to use that to your advantage from now on... whether you are successful at selection or not... you'll always know that you had the courage to test yourself and see how you measured up.

An experience like no other:

There are very few experiences on earth like going for special operations selection... I'd say probably none.

It's absolutely unique.

You're putting your hand up to see if you have what it takes to be one of the elite operators. A person who can push through a vast amount of physical, mental & emotional pain.

You'll discover things about yourself that you would never have discovered otherwise.

You'll confirm things about yourself that you always suspected, but could never confirm.

You'll work with other guys that are committed to a unique cause.

It's not a job. It's not a race. It's not a project. It's not a course.

It's something else. It's selection.

Different stages of selection

You'll want to really quit at least one time:

At some point doing selection... you will really, really, really want to quit. You'll get to a point where you've just had enough and you'll think, "Fuck this, I'm done."

In that moment of you really wanting to quit... your mind will find any excuse to latch onto and help make that decision for you... to help you make that decision to quit.

And they're all bullshit excuses.

Why are they bullshit excuses?

Because if they were real excuses, you would never have signed up to do selection in the first place. It's purely your mind just giving you a way out.

So don't let it.

Tell yourself just to get through this next hour, or the current activity, or this shitty night and reassess in the morning... because if you do, if you can do that... you'll no doubt be good to go and never want off selection again.

When this moment hits you on selection (and it will), what is your game plan to overcome this desire to quit and continue on with the course?

It's an emotional roller coaster

Emotionally, selection is up and down.

You'll constantly be thinking... *"Have you done enough? Have you given it your all? Have you shown them that you're Operator material?"*

Selection is a brutal roller coaster of emotions... so be prepared. Have your stress management strategies ready to deploy... stay focused on the moment and have your end goal in sight.

What stress management strategies will you employ throughout this emotional roller coaster journey we call selection?

Your confidence will take a hit then rebound

No matter how confident you are, or how confident you think you are before selection... your confidence will take a hit and you will doubt yourself. I don't care who you are.

That's what selection is about... it's about putting you under the pump... having you question your ability to see if you have the fortitude and resilience to take the hit, and keep moving forward.

Your confidence will take a hit, no doubt, but if you continue, things will turn around and you'll start to gain your confidence back... and it will surpass your previous levels of self confidence by far.

When your confidence takes a hit during selection, what will you do to remain composed and continue forward?

You won't get feedback (positive or negative)

You won't get any feedback throughout selection... positive or negative. Yes you'll get yelled at... yes you'll get barked at... yes you'll fail to meet timings and get punished... however...

Nobody is going to sit you down and give you a detailed explanation into what areas you're doing well in on selection and what areas you're failing miserably.

It's all designed to see how you manage it. To see how you manage continuing on with no feedback whatsoever. To see if you can continue to put in your 100% effort with no positive encourage... and to see if you can continue to complete every activity to the best of your ability, even after thinking you've totally failed a task.

Always, always, always finish as you may just surprise yourself... and more than likely you'll get picked up. The overwhelming majority of candidates who finish selection, pass. So finish it and see what happens.

You'll think you can't possibly go on

At some point during selection you'll think that you can't physically continue.

But let me inform you... that you can... physically you absolutely can.

When you're so fatigue from lack of sleep, lack of proper nutrition and/or physically working too hard... (which you'll definitely experience during selection) you're eventually going to experience neural fatigue.

Your brain won't want to send the signals to tell your muscles to engage. Your muscles however, absolutely have the ability to do their job even after all that fatigue.

When you get to that point where you think you can't physically complete a task... understand that that is just neural fatigue... and that you actually can physically get the job done if you want to. You must tell your brain to send the right signals to your muscles and get your body working for you... it is absolutely possible.

And many thousands of candidates (including myself) can attest to this fact... because we've all been able to push past that neural fatigue... again and again and again... and you can do the same.

When you reach this stage during selection and you think you can't possibly go on, what will you do to ensure you continue putting one foot in front of the other?
