

# ASP SUCCESS BLUEPRINT

DANGER  
EJECTION  
SEAT  
DANGER

WARNING  
WITHIN 3

RESCUE  
EMERGENCY CANOPY  
RELEASE ON OTHER SIDE

VERIZEN  
COACHING

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# PREFACE

Becoming an ADF pilot or mission aircrew member isn't just about talent—it's about readiness, resilience, and relentless preparation. Every year, thousands of applicants dream of flying for the Air Force, Navy, or Army. Only a small handful make it. The Aviation Screening Program (ASP) is where that separation happens.

At Verizen Coaching, we've worked with countless candidates who felt overwhelmed by the cognitive demands of ASP—until they were shown the right tools, training techniques, and mental strategies. This e-book is your companion through that preparation journey. It's designed not just to show you what's coming, but to teach you how to train for it—with clarity, confidence, and purpose.

Inside, you'll find a detailed breakdown of every major test in the ASP process, real candidate insights, and practical preparation strategies backed by cognitive science and Defence recruitment data. Whether you're weeks out or just getting started, this guide will help you maximise your effort, minimise surprises, and stay sharp under pressure.

You don't get selected just because you want it badly.

You get selected because you're prepared for what others aren't.

Let's get to work.

**– The Verizen Team**

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