

Human Behavior & Performance

MISSION PREP CHECKLIST



This checklist is built from the Human Behavior and Performance (HBP) Competency Model, used to train astronauts for long-duration spaceflight. Whether you're prepping for an analog mission, a team-based expedition, or a high-stakes project, these eight areas help you align your mindset, habits, and communication with what your team needs to thrive.



*Every successful
mission—on
Earth or off—
starts with
behavioral
readiness.*

HBP Mission Prep Checklist

Use this checklist to reflect on how well you're preparing behaviorally for your next challenge. Ask yourself:

1. SELF-CARE & SELF-MANAGEMENT

- Have I identified my stress triggers and planned strategies to manage them?
- Do I have a system to track my mood, motivation, and personal goals?
- Am I maintaining balance between task time, rest, and recovery?

2. COMMUNICATION

- Have I clarified my communication preferences with my crew/team?
- Do I consistently check for understanding—both when giving and receiving information?
- Am I comfortable addressing misunderstandings or confusion when they arise?

3. CROSS-CULTURAL COMPETENCY

- Have I explored the cultural norms or values of my teammates?
- Am I open to adjusting my behavior or expectations to support inclusivity?
- Do I make an effort to respect communication differences (verbal and non-verbal)?

4. TEAMWORK & GROUP LIVING

- Do I understand my teammates' roles and responsibilities?
- Am I contributing to a positive group culture and shared responsibilities?
- How do I show appreciation and emotional support for others?

5. LEADERSHIP

- Have I practiced both stepping up as a leader and supporting others in leadership?
- Am I clear about how I'll contribute to keeping the team motivated and on-task?
- Do I adapt my leadership/followership style based on the needs of the team?

6. CONFLICT MANAGEMENT

- Have I discussed conflict norms or expectations with my team?
- Am I prepared to raise concerns respectfully and constructively?
- Do I know what behaviors help resolve conflict (vs. escalate it)?

7. SITUATIONAL AWARENESS

- Do I monitor my own physical/mental fatigue and that of my team?
- Have I created a plan for staying alert during both low and high workload periods?
- Do I speak up when something doesn't feel right—even if I can't explain why?

8. DECISION MAKING & PROBLEM SOLVING

- Am I comfortable involving others in decisions when appropriate?
- Do I have a method I trust for making decisions under pressure?
- Am I willing to admit mistakes and revisit decisions if needed?

