

# Shipyard Survival Cheat Sheet



*A quick reference for yacht crew navigating refit season*

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## Daily Structure

### Morning Check-In

- Review today's schedule
- Confirm tasks with your department head
- Identify contractor activity onboard

### During the Day

- Take short breaks to reset focus
- Communicate clearly with contractors and crew
- Stay adaptable as plans change

### End of Day

- Note any unfinished tasks
  - Reflect on one small win
  - Reset for the next day
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## Mental Reset Tools

When shipyard fatigue builds, try a quick reset:

- Step outside for 5 minutes of fresh air
- Stretch or move around to reset your energy
- Drink water and take a short break from noise

### **Daily Reflection Prompt:**

*What went well today?*

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## Financial Awareness

During refit season:

- Track personal income and spending
- Avoid unnecessary lifestyle inflation - try not to be tempted to the big party lifestyle that everyone ends up falling into!
- Allocate small amounts consistently to savings

Small discipline now creates long-term stability.

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## Career Opportunity Check

Shipyard can also be a career window.

Consider:

- Completing a new course & obtain new certification
  - Learning from engineers or contractors
  - Expanding professional contacts
  - Planning your next career step - very important. Time may feel slow, but it will fly past so quickly!
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## Remember

Shipyard season may not be glamorous.

But it's where many yacht careers are quietly strengthened.