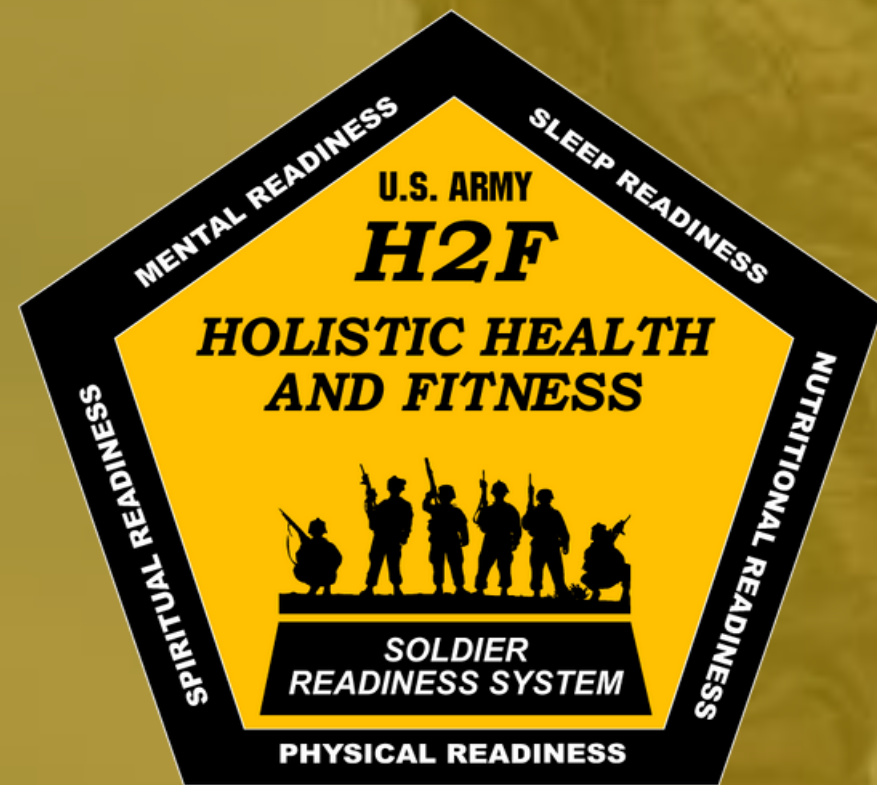




Spiritual Readiness

Agenda



- ▶ Introduction to Spiritual Readiness
- ▶ Spiritual Readiness Development
- ▶ Spiritual Readiness Resources
- ▶ Ways to strengthen your Spiritual Readiness
- ▶ Check On Learning
- ▶ Summary

H2F READINESS DOMAINS

Mental
Readiness

Sleep
Readiness

Spiritual
Readiness

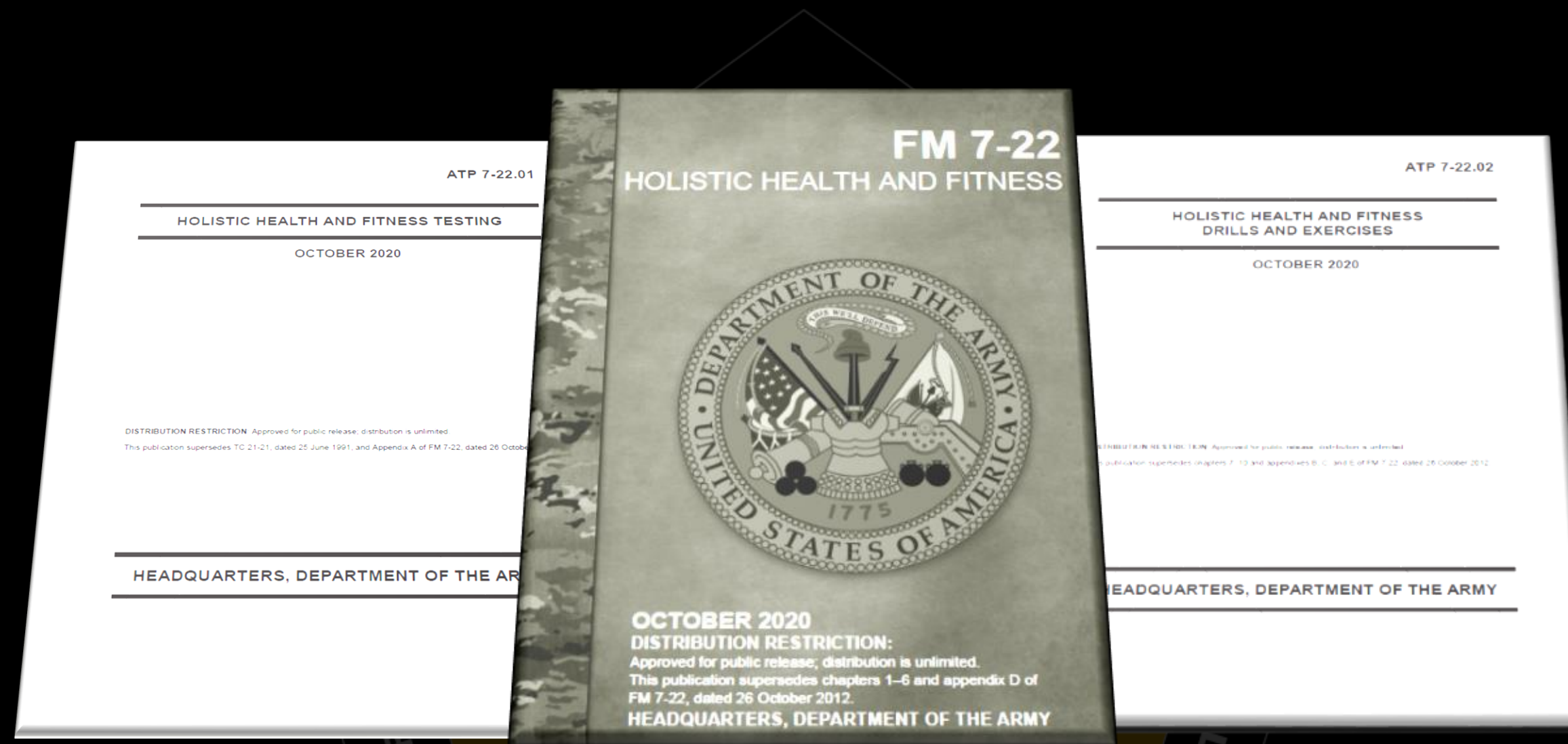
Nutritional
Readiness

Physical
Readiness





Doctrine



FM 7-22, Chapter 10: Spiritual Readiness

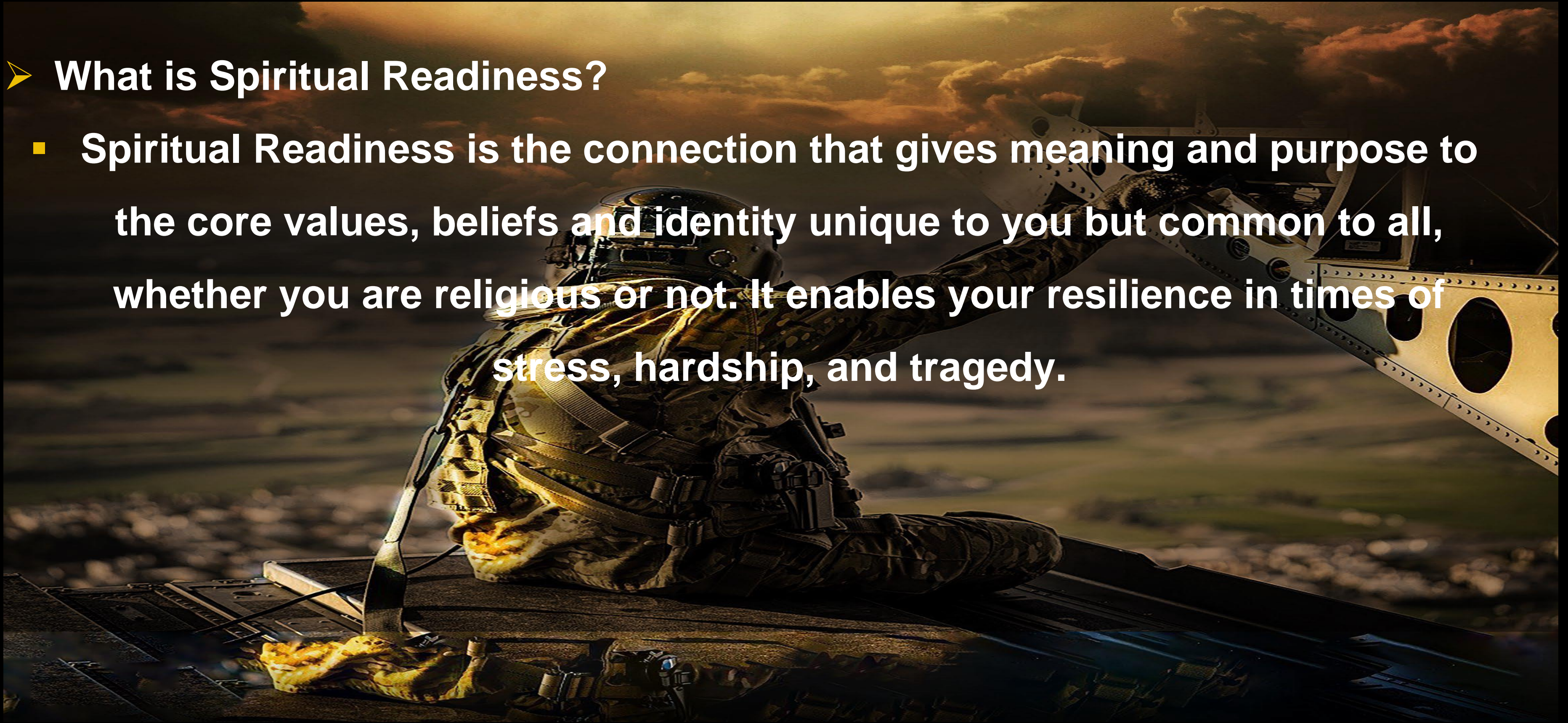
PHYSICAL READINESS

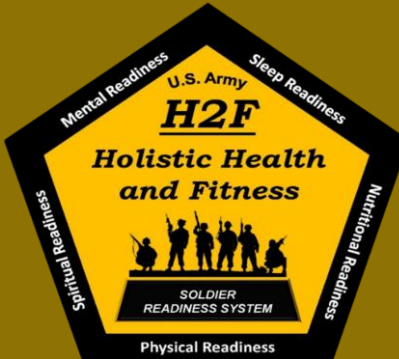


Introduction to Spiritual Readiness

➤ What is Spiritual Readiness?

- **Spiritual Readiness is the connection that gives meaning and purpose to the core values, beliefs and identity unique to you but common to all, whether you are religious or not. It enables your resilience in times of stress, hardship, and tragedy.**

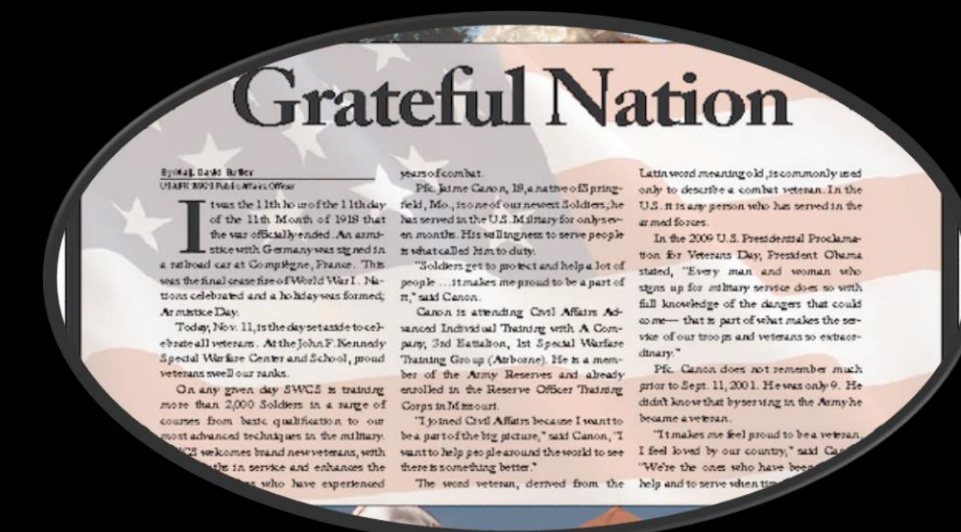




Spiritual Readiness Development

➤ Be Grateful

- What are you thankful for and how will you show it?
- What do you want to make sure you do not take for granted?



➤ Serve others

- What personal strengths and gifts can you share?
- What's one thing you can do today to make the world a little better?



➤ Overcome Challenges

- What do you need to accept?
- Who or what gives you the strength to persevere and grow?





Spiritual Readiness Development

➤ **Forgive Yourself and Others**

- What anger, pain, guilt or hatred do you want to release?
- What can you learn?
- What do you hope for the future?

➤ **Live Your Values**

- What values you want to live out?
- What drives your best?
- What are your temptations?
- How can you avoid them?

➤ **Connect with something greater**

- How will you meaningfully connect with others, or something larger than yourself, like nature or a higher power?





Spiritual Readiness Resources

➤ Several offices, agencies, and individuals have staffs and resources to support leaders and the H2F Performance Team in facilitating spiritual readiness.

- Commanders and Leaders
- Chaplain Section or Unit Ministry Team
- Garrison Chaplain's office
- Equal Opportunity Advisor or Office
- Army FIT website www.armyfit.army.mil





Ways to strengthen your Spiritual Readiness

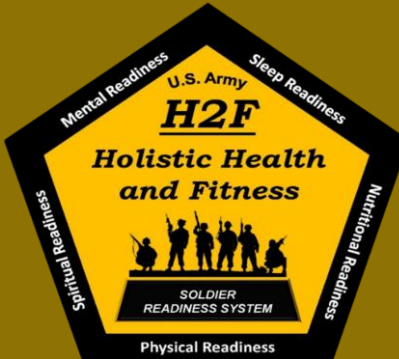
➤ General Spiritual Readiness Practices:

- Corporate and Individual Meetings
- Service and Charity
- Hospitality
- Journaling
- Meditation
- Prayer and Chanting
- Belief Based Education
- Belief Based Reading and Reflection

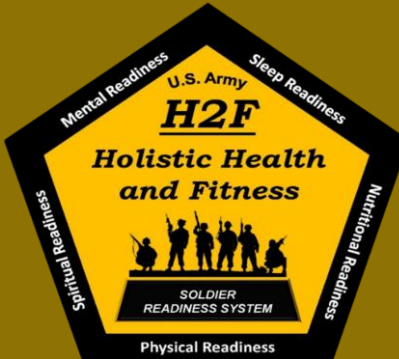


A photograph of three hikers with large backpacks walking across a desert landscape. They are holding hands for support, suggesting a challenging or difficult journey. The image is overlaid with a semi-transparent olive green filter. The text "Check on Learning" is centered over the image in a bold, black, sans-serif font.

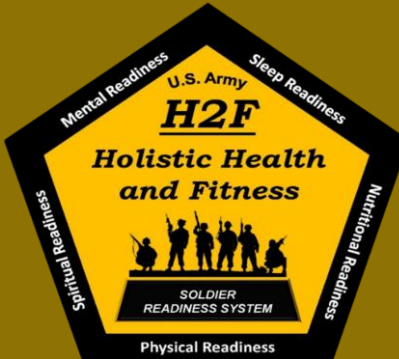
Check on Learning



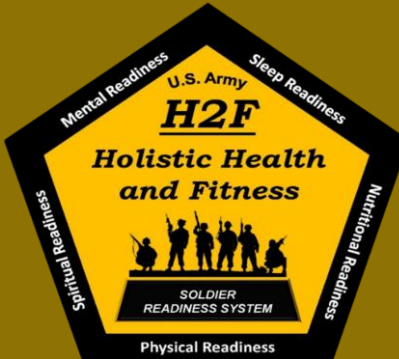
Q. What is Spiritual Readiness?



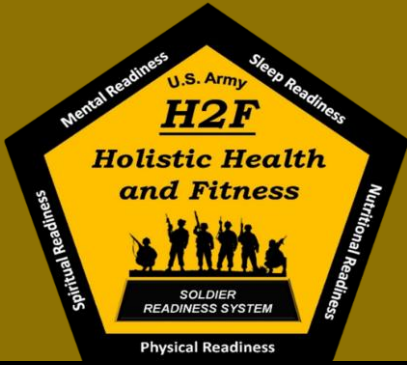
A. Spiritual Readiness is studying, connecting with, and understanding the value systems that mold your personal qualities to assist in times of stress, hardship, and tragedy.



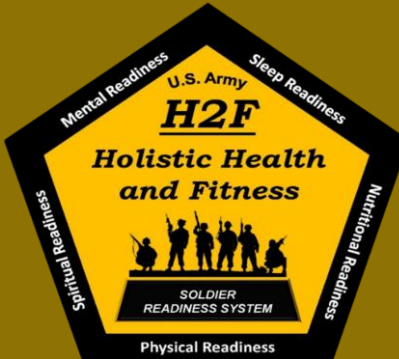
Q. What is Spiritual Readiness Development?



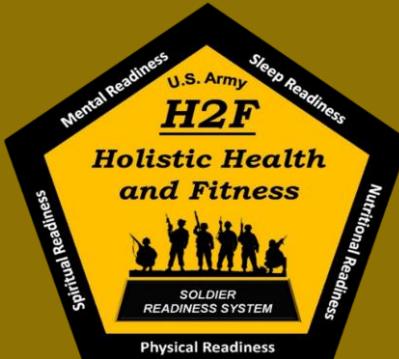
A. Spiritual readiness development involves improving one's spiritual posture to sustaining one's self through all aspects of life.



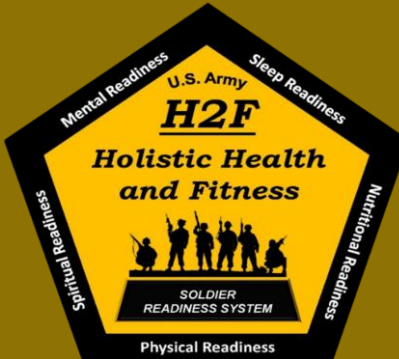
Q. Who drives the spiritual readiness process?



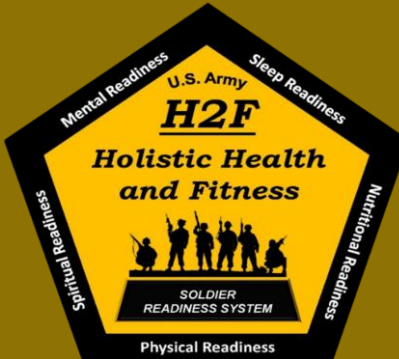
A. It is a self-directed process driven by the individual.



Q. Who is available to assist you in reserving space for a spiritual or religious meeting?



A. Chaplains and religious affairs specialists are assigned to units down to the battalion level.



Summary

In this lesson we covered:

- Introduction to Spiritual Readiness
- Spiritual Readiness Development
- Spiritual Readiness Resources
- Ways to strengthen your Spiritual Readiness
- This is just the wave-tops, see the FM 7-22 for more detailed information to better understand Sleep Readiness.



Questions?