



# 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.

## NURTURE THE SPIRIT

### **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? Where can you take action? Who or what gives you the strength to persevere and grow?

### **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 do 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?



For more information refer to:  
FM 7-22, Holistic Health and Fitness 2020  
[usacimt.tradoc.army.mil](http://usacimt.tradoc.army.mil)



<http://www.hprc-online.org>

