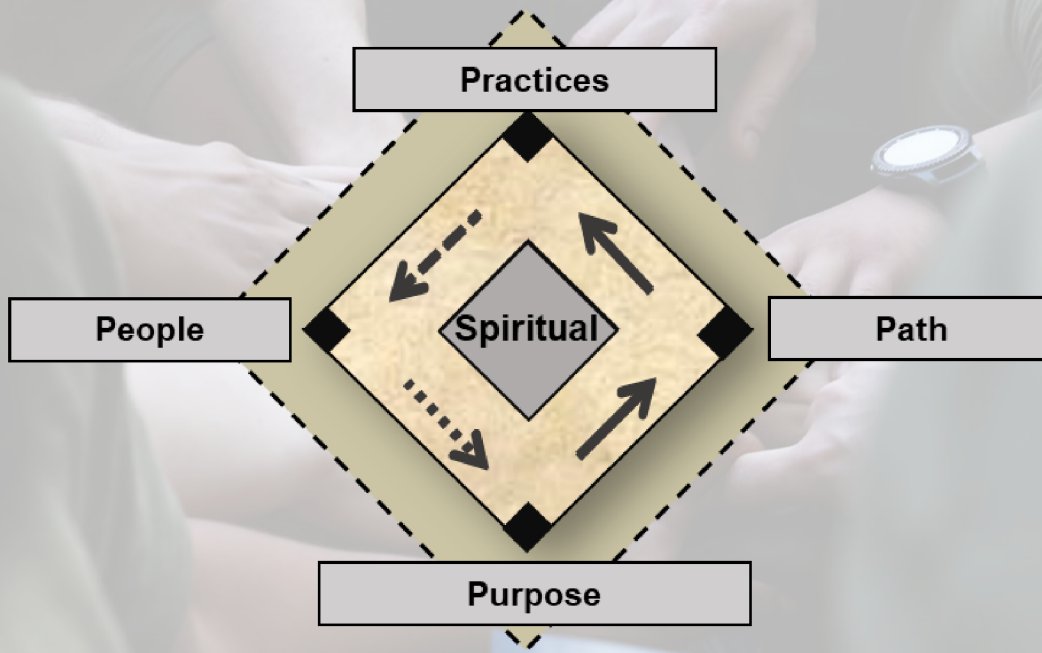


# Spiritual



It is what [soldiers] believe that makes them invincible. We have sought for something more than enthusiasm, something finer and higher than optimism or self-confidence, something not merely of the intellect or the emotions but rather something in the spirit of [a soldier]. Let me call it the morale of omnipotence.”

— General George C. Marshall

Spirituality is a sense of connection that ***gives meaning and purpose*** to a person’s life and it applies to all Soldiers, whether religious or non-religious. Identifying one’s purpose, core values, beliefs, identity, and life vision defines the spiritual dimension. The spiritual dimension enables one to ***build inner-strength, make meaning of experiences, behave ethically, persevere through challenges, and be resilient*** when faced with challenges.”

— FM 7-22 (10-2)

## Spiritual Performance Focus Areas

Not sure where to begin increasing your spiritual performance? These focus areas may guide your journey.

**Inward Belief:** This area focuses on resources to increase one's fundamental knowledge related to their core beliefs, values, self-awareness, and experiences that inform an individual's behaviors and actions. The focus is inward, developing your spiritual core which provides stability and resilience in times of difficulty.

**Core Values/ Beliefs (Spiritual and Religious):** This area includes resources on deepening one's individual spiritual/ core beliefs through general and faith specific resources (i.e. Bible Studies, devotionals, sacred text readings/ commentaries, basic "doctrine cheat sheets", etc.)

**Moral Leadership:** This area focuses on resources critical to the foundation of moral leadership and development from both a spiritual as well as 165-1, ADRP 6-22, DA PAM 165-18 perspective.

**Character Building/ Army Values:** This area focuses on our common values as an Army and how to cultivate these values into our daily lives IAW ADP 6-22 and their intersect with a spiritual/ faith perspective.

**Mindfulness/ self-awareness:** This area focuses on resources related to being present in the moment, mindful of oneself and others, and the ability to slow down and reflect.

**Meaning and Purpose:** This area is centered on helping individuals answer the question of "why" from various perspectives (i.e. existential meaning, professional meaning, purpose of individual within a family or community, etc.)

- **What is Your Spiritual Path (faith-belief-worldview)?**
- **What are Your Most Effective Spiritual Practices?**
- **To Whom do You Feel Most Spiritually Connected?**
- **What is Your Hope and Vision for the Future?**

## Spiritual Performance Focus Areas (cont.)

Not sure where to begin increasing your spiritual performance? These focus areas may guide your journey.

**Outward Behavior:** This focus area provides resources that promotes positive behaviors that impact decision-making, healthy relationships, and living with purpose and meaning. The focus of this category is outward, providing “muscle-memory” in times of difficulty, increasing personal gratitude and sense of connectedness with others.

**Service to others:** This area is focused on ways to serve others, the positive impacts of service, and links/ resources to various service opportunities.

**Forgiveness:** This area provides resources on the “what” and “how” of forgiveness, both in order to forgive others as well as oneself.

**Spiritual Disciplines:** This area will provide tangible “how to” on various spiritual disciplines both in general (i.e. meditation or journaling) as well as faith specific (i.e. Prayer from a Christian, Jewish, Muslim, etc. perspective).

**Healthy Relationships:** This area provides helpful relationship techniques (communication, conflict management, active listening, team building, etc.) in order to improve one’s both personal and professional relationships.

**Ethical Decision-Making:** This area provides material to assist developing ethical decision-making from a variety of methods, to include vignettes, decision-making models, articles, and training plans.

**Faith Community Engagement:** This area provides connection to faith communities and demonstrates the value of being connected to a like-minded group in order to promote healthy accountability, spiritual growth, and development utilizing various resources (links to online religious services, groups, communities, articles on the benefits, etc.)



## SPIRITUAL READINESS CONVERSATIONS FOR LEADERS

### Identity

- How would you answer the question, "Who am I?"
- **Development Point:** *Consider writing a self-narrative about who you see yourself as*

### Purpose and Meaning

- Does your life have meaning? If so, where does it come from? If not, why not?
- **Development Point:** *Talk with family, a mentor, or a Chaplain about meaning in life*

### Growth Orientation

- What mindset do you use to progress through life?
- **Development Point:** *Engage literature that builds a growth-oriented mindset*

### Personal Agency

- What aspects of my life can I control, and what can I not control?
- **Development Point:** *Meditate on how to find peace when life is not in your control*

### Coping Strategies

- How do I typically respond when experiencing adversity?
- **Development Point:** *Engage resources that provide coping strategies*

### Connection

- To what or whom do you feel most connected?
- What connections are causing significant distress and how can I healthfully disconnect from those?
- Who, if anyone, do I need to forgive to include myself?
- **Development Point:** *Make a plan to regularly reach out to people who are important to you and who care about you.*
- **Development Point:** *Journal your thoughts on forgiveness*



CDR SPIRITUAL DISCUSSION STARTERS

### **What Commander's Should Avoid in Spiritual Readiness Discussions**

- Don't let the conversation turn into an argument about spiritual beliefs or religious persuasion.
- Don't be afraid to talk about your own personal thoughts and beliefs and share what has helped you through life to get to where you are.
- Avoid using your position or influence to assert one spiritual or religious practice over another.
- Don't monopolize the conversation. Let your Soldier's feel open and free to talk about their own personal beliefs and practices
- Don't let your Soldiers' spiritual fitness levels remain low—see FM 7-22 Ch. 10

THINGS TO AVOID . . .

Sources: FM 7-22 and the peer-reviewed studies of Dr. Lisa Miller and associates