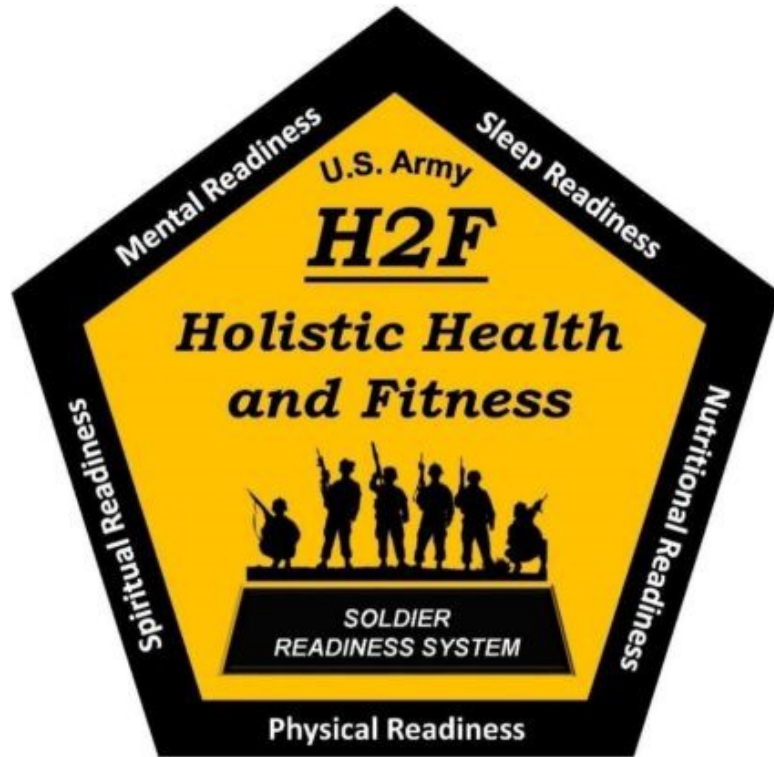




TJAGLCS H2F TOUCHPOINT



FY22

**SEPTEMBER
SPIRITUAL READINESS**

SPIRITUAL READINESS

For the month of September, TJAGLCS will focus on improving our spiritual readiness. "Spiritual Readiness is the ability to endure and overcome times of stress, hardship, and tragedy by making meaning of life experiences. Individuals find meaning as they exercise beliefs, principles, ethics, and morals arising from religious, philosophical, and human values. Soldiers who successfully develop, sustain, and repair their state of being while facing adversity demonstrate spiritual readiness. Leaders who understand spiritual readiness can encourage personal spiritual readiness by creating a climate of mutual respect and dignity that promotes dialogue, fosters team cohesion, and enables free exercise of religion or no religion. This approach enables collective and individual readiness."

(FM 7-22, 3-21)

Summary

Spiritual readiness is a vital domain in the H2F System, and it directly impacts the resiliency of individuals and organizations. Encouraging Soldiers to connect and reflect on the worldview or value system that informs their core beliefs, principles, ethics, and morals can empower them to endure and overcome stress, hardship, and tragedy. Leaders have a responsibility to support spiritual readiness practices and create a climate where dignity and respect guide the process. Understanding common spiritual readiness practices enables leaders to support individual spiritual readiness development, sustainment, maintenance, and repair.

FM 7-22, 10-37

Strategies to build your spiritual fitness

At the start of each day, reflect on these questions to help enhance your performance and well-being. At the end of each day, use them as a personal AAR to grow your spiritual fitness.

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 bit better?

Overcome challenges

What do you need to accept? Where can you take action?
Who or what helps give 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 in the future?

Live your values

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

Connect with something greater

How will you take time to deeply engage with something larger than yourself?
How can you meaningfully connect with others, nature, or a higher power?



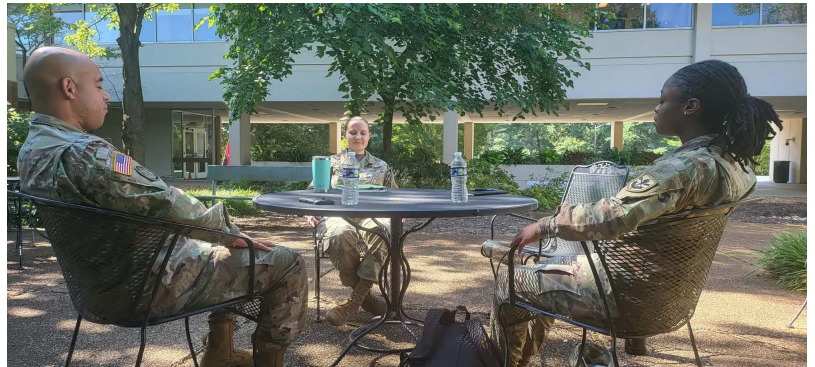
Figure 13-1. Circle of health



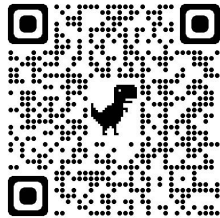
SPIRITUAL READINESS RESOURCES

The soldier's heart, the soldier's spirit, the soldier's soul, are everything. Unless the soldier's soul sustains him he cannot be relied on and will fail himself and his commander and his country in the end.

- GENERAL George Marshall -

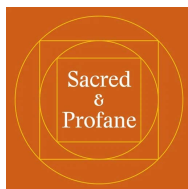


The Art of Mindfulness is a helpful tool in helping to develop and cultivate spirituality on a personal level. "Mindfulness is paying attention, on purpose and without judgment, to the present moment. Mindful awareness or mindfulness is a key component of cultivating presence - paying attention or being aware of the moment - and is essential for H2F. Unless Soldiers pay attention or take notice, they cannot change or grow... When the mind is too full of thoughts, it cannot focus on the present moment. The objective is to be mindful (FM 7-22, 13-7)." One resource law professionals may find helpful on the topic is the ABA article "To Young Lawyers on Practicing Mindfulness."



"Your wellness is a top priority. Military OneSource provides resources so you can manage stress and access benefits and tools that will help you stay strong in body and mind." - Military One Source Website

Military One Source has developed numerous apps designed to help you improve all five domains of your holistic health and fitness. You can download the apps to your phone or other electronic devices or access them on a computer. Included in this suite of apps are apps designed to help improve your self-awareness and help improve your spiritual readiness.



"The University of Virginia's Religion, Race, and Democracy Lab supports teaching, facilitates research, and produces stories in many forms on religion, race, and democracy. The Lab bring researchers, students, journalists, and public leaders together to focus on the ways these complex forces are found in and shape our everyday lives. The Lab is committed to the idea that learning more about how religion and race work with democratic societies can help us to live together in today's pluralistic and increasingly global societies." The Lab produces the podcast "Sacred and Profane" which explores how religion is involved in every aspect of our lives. This topic greatly contributes to the topic of the connection between religion and spiritual readiness.





THE ARMY'S NO. 1 PRIORITY IS TAKING CARE OF ITS SOLDIERS, CIVILIANS AND FAMILIES

LEADERS' CORNER

"People enhance their spiritual readiness through reflection and practice of a lifestyle based on the personal qualities they need during times of stress, hardship, and tragedy...They develop spiritual readiness by studying, connecting with, and understanding the value systems that mold their personal qualities. As their spiritual readiness grows, they become a leader of character and build resilience to navigate crisis.

(FM 7-22, 10-3)

FM 7-22 challenges leaders to take an active role in helping to develop and cultivate spiritual readiness within the lives of their subordinates. This can be a daunting challenge as each individual's spirituality is personal and unique. Building a foundation of trust and respect is essential in order to help cultivate and build spiritual readiness. FM 7-22 provides an assessment tool leaders can use in order to better understand the spiritual nature of their subordinates.

Table 10-1. Sample spiritual readiness assessment factors

<i>Factor</i>	<i>Questions</i>	
Personhood	<ul style="list-style-type: none"> • What perceptions do I have about myself that give me inherent value? • What gives my life meaning if anything? 	<ul style="list-style-type: none"> • Do I believe that my life has purpose? If not why not? • If so, what purpose?
Identity	<ul style="list-style-type: none"> • What do my worldviews and associated beliefs say about who I am in relation to others? • How would I answer the question, "Who am I?" 	
Growth Orientation	<ul style="list-style-type: none"> • What mindset do I use to progress through life? • On what do I base this mindset? 	<ul style="list-style-type: none"> • In what do I engage that shapes this mindset? • What am I reading to reinforce this mindset?
Personal Agency	<ul style="list-style-type: none"> • Over what do I have the ability to exercise control? • What aspects of my life are completely out of my control? 	<ul style="list-style-type: none"> • What can I do about adverse situations in my life over which I have no control? • How do I handle guilt and shame?

<i>Factor</i>	<i>Questions</i>	
Coping Strategies	<ul style="list-style-type: none"> • How do I typically respond when experiencing adversity? • What, if anything, has worked well? 	<ul style="list-style-type: none"> • What has not worked? • How can I improve my ability to cope with adversity?
Connection	<ul style="list-style-type: none"> • To what or whom do I feel most connected? • How am I reinforcing those connections? • What connections cause significant distress? • How can I healthfully disconnect from those? 	<ul style="list-style-type: none"> • If disconnection is impossible, how can I manage the connection to minimize the distress? • How can I re-establish damaged connections? • Who, if anyone, do I need to forgive to include myself?