



The 5 Skills for Building Spiritual Readiness

SKILL 1: ASSESSMENT

SKILL 2: DEVELOPMENT

SKILL 3: DEEP DIVE

SKILL 4: STABILIZATION

SKILL 5: TRAINING & ADVISEMENT

"Spiritual readiness develops the personal qualities a person needs in times of stress, hardship, and tragedy. These qualities come from religious, philosophical, or human values and form the basis for character, disposition, decision making, and integrity."

From *FM 7-22, Holistic Health and Fitness*.

How the 5 Skills Help Soldiers

SKILL 1: Assessment

- Helping new Soldiers complete an individual Spiritual Readiness Assessment and a Spiritual Connections Matrix, as the foundation for a Spiritual Readiness Development Plan

SKILL 2: Development

- Helping new Soldiers find a spiritual community and identify one or more personal spiritual practices, to support their Spiritual Readiness Development

SKILL 3: Deep Dive

- Helping new Soldiers solidify meaning and purpose in life while interacting with the Life Worth Living questions in small group sessions
- Helping new Soldiers establish a Spiritual Operating Procedure (SOP) and draw a Spiritual Road Map

SKILL 4: Stabilization

- Helping Soldiers via Dual Referral Actions by Commanders and Bi-Directional Referral Actions by Behavioral Health Providers and Chaplains

SKILL 5: Training & AdviseMENT

- Helping Soldiers by advising Command Teams on supporting spiritually fit Soldiers via their individual Spiritual Readiness Development Plans and Organizational Spiritual Readiness Training Plans