

# SPIRITUAL READINESS

## Find Meaning & Purpose

Spiritual readiness is the ability to endure and overcome adversity by finding meaning in our life experiences. We derive meaning and purpose from serving and belonging to something greater than ourselves, knowing who we are at our core, and developing our best traits.

### Try These Three Strategies to Strengthen Your Spiritual Readiness:

**Set Clear Goals.** Setting goals helps to increase our motivation by connecting everyday tasks to a bigger picture. Identify your priorities—Family, health, integrity—and leverage them to motivate you to action

**Practice Gratitude Daily.** Gratitude gives us a sense of fulfillment and hope for the future. Take time to be grateful for everyday positive moments, goals accomplished, and relationships built.

**Have the Deep Conversations.** Talk with someone you trust and discuss the big questions:

- Why am I here and what is my purpose?
- Who and what in my life provides the most meaning?
- How do I explain the things that happen to me?

**Understanding your purpose, core values, beliefs, identity, and life vision builds your inner strength.**



ARMY RESILIENCE

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