



# Readiness through Resiliency

## Spiritual Fitness

Spiritual Fitness is a term used to capture a person's overall health and reflects how your spirituality may help you cope with and enjoy life. For some, it may be a relationship with your unit, family or nature. For others, it may be a relationship with religious practices. However you choose to express it, spirituality can create values and beliefs to give life meaning. **Spirituality may be used in a general sense to refer to that which gives meaning and purpose in life or more specifically to refer to the practice of a philosophy, religion, or way of living.**

### **SPIRITUAL FITNESS GUIDE**

This is a self-assessment tool to help service members consider their spiritual condition.

Spirituality may be used generally to refer to that which gives meaning and purpose in life, or the term may be used specifically to refer to the practice of a philosophy, religion, or way of living.

FIT	STRESSED	DEPLETED	DRAINED
<b>Potential Indicators</b> » Engaged in life's meaning/purpose » Hopeful about life/future » Makes sound moral decisions » Fully engaged with family, friends, and community » Able to forgive self and others » Respectful of others » Engaged in core values/beliefs	<b>Potential Indicators</b> » Neglecting life's meaning/purpose » Less hopeful about life/future » Makes some poor moral decisions » Somewhat engaged with family, friends, and community » Difficulty forgiving self or others » Less respectful of others » Straying from core values/beliefs	<b>Potential Indicators</b> » Losing a sense of life's meaning/purpose » Holds very little hope about life/future » Makes poor moral decisions routinely » Weakly engaged with family, friends, and community » Not likely to forgive self or others » Strong disrespect for others » Disregards core values/beliefs	<b>Potential Indicators</b> » Feels like life has no meaning/purpose » Holds no hope about life/future » Engaged in extreme immoral behavior » Not engaged with family, friends, or community » Forgiveness is not an option » Complete disrespect for others » Abandoned core values/beliefs

Your chaplain cares about you and is committed to helping with your Spiritual Fitness.  
**Absolute confidentiality is guaranteed.**

Chaplain POC:

**910-450-6186**



The United States Navy Chaplain Corps

Current as of 2 May 2012

### Leadership:

- Unit Team Building Workshops are available and provide mentors with an introduction to the leadership values of different personality types through DISC training curriculum, interpersonal skills and identified leadership styles.

### Unit:

- Relationship Enrichment Events offer Combat Ready Forces several one-day retreat experiences to enhance war fighter readiness by increasing their family readiness potential. These one day program are most often sponsored by specific units but open registration is allowed.
- Marines and Sailors are invited to speak to their unit chaplain about matters pertaining to their own specific faith group.

### Installation:

- CREDO's goal is to help enrich and strengthen individual's resiliency skills. Join the many who have reaped significant benefits from attending a CREDO retreat. CREDO provides a FREE weekend away within a positive, safe, and supportive environment to:
  - ⇒ Receive a greater understanding yourself and life
  - ⇒ Increase trust and self confidence
  - ⇒ Strengthen relationships
  - ⇒ Strengthen marriages
  - ⇒ Learn to handle anger more constructively
  - ⇒ Improve communication skills
  - ⇒ Establish new friendships
  - ⇒ Have fun
  - ⇒ Relax
- CREDO programs are traditionally 48 hours in length held on Friday afternoon through Sunday afternoon. All the programs are free to those who attend. All events require advance registration, and space is limited. Active duty, Retired and Reserve Navy, Marine Corps, Coast Guard personnel, DoD civilian employees, as well as family members with appropriate ID cards are welcome to register.

**\*For additional information on all resources and workshops mentioned above, please contact Chaplains Religious Enrichment Development Operation (CREDO) at 910-449-8292.**

*Force Preservation: It's everyone's responsibility*