

Resilient Leadership - Spiritual Fitness



“The soldier’s **heart**, the soldier’s **spirit**, and the soldier’s **soul** are everything. Unless the soldier’s soul sustains him, he cannot be relied on and will fail himself, his commander, and his country in the end. It is not enough to fight. It is the spirit that wins the victory. Morale is a state of mind. It is steadfastness, courage, and hope. It is confidence, zeal, and loyalty. It is élan, esprit de corps, and determination. It is staying power, the spirit which endures in the end, and the will to win. With it all things are possible, without it everything else—planning, preparation, and production count for naught.”

- General of the Army, George C. Marshall (Snider, 2008)

The Spiritual Dimension

- Entails one's purpose, core values, beliefs, identity and life vision
- Defines the essence of the person
- Enables one to build inner strength
- Make meaning of experiences
- Behave ethically
- Persevere through challenges
- Resilient, grow and thrive through adversity
- Draws on personal experience, philosophical, psychological, and/or religious teachings



Defining Key Terms

- **Human Spirit-** “...the vital **animating force within living beings**; the part of a human being associated with mind, will, and feelings; and the essential nature of a person (Sweeney, Hannah, & Snider, p. 26, 2008).”

“There is something in the human spirit that will survive and prevail, there is a tiny and brilliant light burning in the heart of man that will not go out no matter how dark the world becomes.”

– Leo Tolstoy



Defining Key Terms

- **Spirituality-** “...the degree of receptivity one feels toward undertaking such development” of the human spirit and the “...inclination and orientation to pursue such development and enlightenment within the domain of the human spirit (Sweeney, Hannah, & Snider, p. 28, 2008).”



Defining Key Terms

- **Spiritual Fitness-** Everyone has a **lens through which he or she views and interprets the world**, whether that “lens” is a religious faith, a belief system, a world view, or general outlook on life. As stated in Chapter 6-1 of Army Regulation (AR) 600-63, “When a person’s actions are different from his or her stated values, the person lives with inner conflict. This person struggles for integrity and congruity, but cannot find inner peace until this struggle is dealt with. The extent to which this is accomplished is a measure of spiritual fitness (USAPHC TG No. 360, p. 9, 2012).”

Identity and Purpose



<https://www.youtube.com/watch?v=nknzSWDcUgA&t=2s>

Identity and Purpose

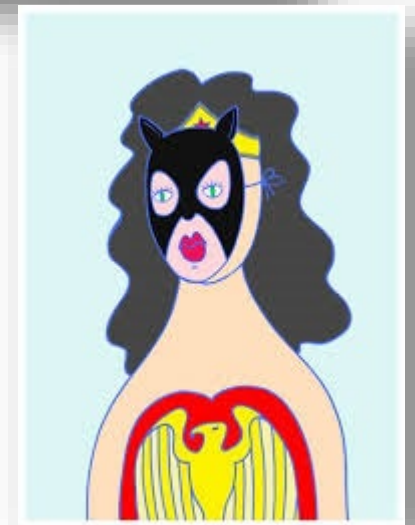
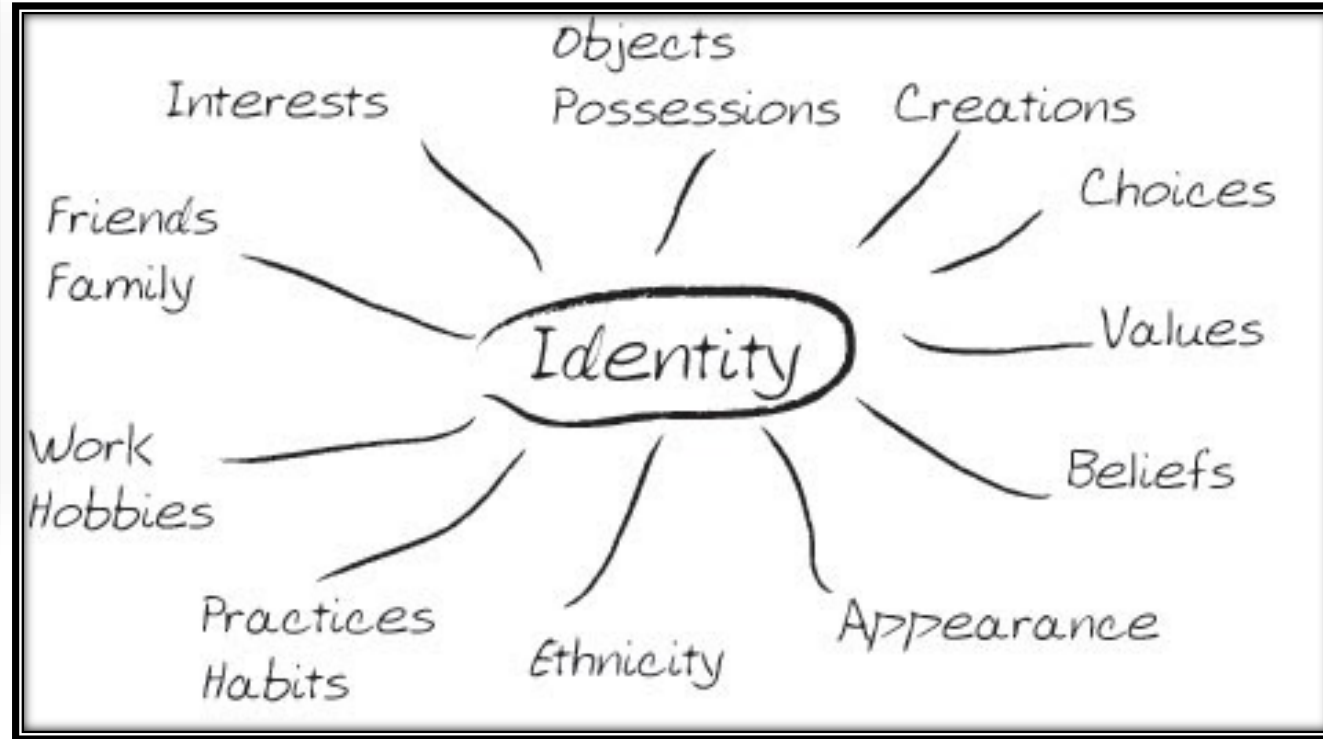
- **Identity-** “the qualities, beliefs, etc. that make a particular person or group different from others” Merriam-Webster Dictionary
- **Purpose-** “the reason why something is done or used; the aim or intention of something; the feeling of being determined to do or achieve something” Merriam-Webster Dictionary

Practical Exercise #1: List out the components that you think make up your identity. Share your findings with your neighbor!

identity

purpose

Identity and Purpose



<https://www.youtube.com/watch?v=Wtjs0L5Gxlc>

<https://www.youtube.com/watch?v=OiZZNX2Sihw>

Developing a Personal Mission Statement...

- **What gives you meaning and purpose in life?**
- **What gives you hope for the future?**
- **How do you decide what is right and wrong?**
- **How do you persevere through challenges?**
- **If money was no object, how would you choose to spend your one, precious life?**
- **What would you like to be remembered for in life? (Legacy)**

My Personal Life Mission...

I call this my F7 mission!

- **FAITH** – My personal beliefs...
- **FAMILY** – Christina and Herbie, Allie & Bowman
Extended Family
- **FRIENDS** – My “Mighty Men & Women”
- **FUTURE** – Military, Spanish, Guitar, Piano, Travel, Yodeling
- **FITNESS** – Be the Best Version of Myself!
- **FINANCES** – Live Debt Free, Give! – Baby Steps...
- **FUN** – “Laughter is Good Medicine!”



“Soldier” by George L. Skypeck

(Army Fit Comprehensive Resilience Module on Spiritual fitness)

I was that which others did not want to be.

I went where others feared to go, and did what others failed to do.

I asked nothing from those who gave nothing, and reluctantly accepted the thought of eternal loneliness ... should I fail.

I have seen the face of terror; felt the stinging cold of fear; and enjoyed the sweet taste of a moment's love.

I have cried, pained, and hoped ... but most of all, I have lived times others would say were best forgotten.

At least someday I will be able to say that I was proud of what I was... a soldier.

Identity and Purpose Conclusion

- People with a strong sense of identity typically behave within acceptable norms of that identity. Defining an identity facilitates “developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication, including a comfortable exchange of ideas, views, and experiences (AR 350-53).”
- Those with a conviction about a personal purpose **will usually endure hardship** and will embrace a supportive worldview.

Practical Exercise #2: Write out your retirement speech and/or your eulogy.

Core Beliefs and Values

- **Beliefs-** things you hold to be true about yourself, others, and the world (UPENN)
- **Values-** what you aspire to, or what one believes they, the world, and others “should” be (UPENN)

Beliefs and values are key to forming your identity



What Are Our Values?



Loyalty ~ Duty ~ Respect ~ Selfless Service ~ Honor ~ Integrity ~ Personal Courage

Definitions: Core Army Values

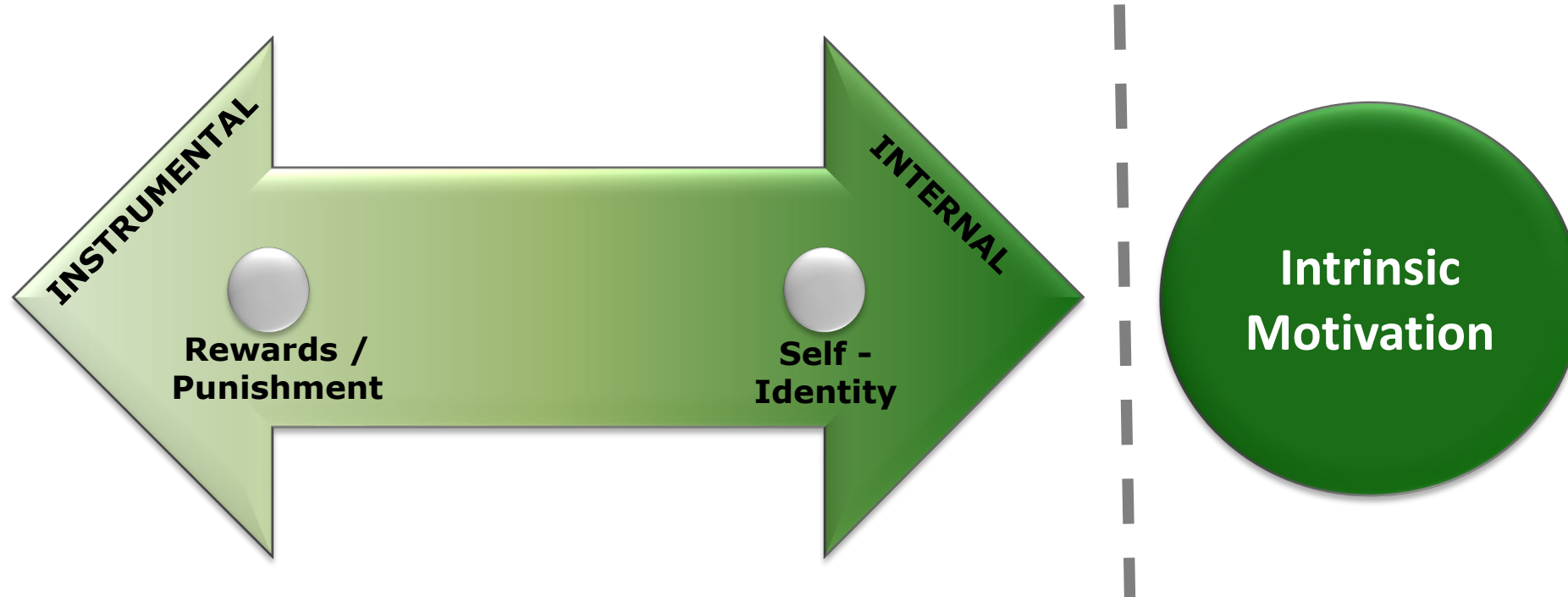
L-D-R-S-H-I-P

- **Loyalty:** Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other soldiers.
- **Duty:** Fulfill your obligations.
- **Respect:** Treat people as they should be treated.
- **Selfless Service:** Put the welfare of the nation, the Army, and your subordinates before your own.
- **Honor:** Live up to all the Army values.
- **Integrity:** Do what's right, legally and morally.
- **Personal Courage:** Face fear, danger, or adversity (physical or moral).



Sources of Motivation

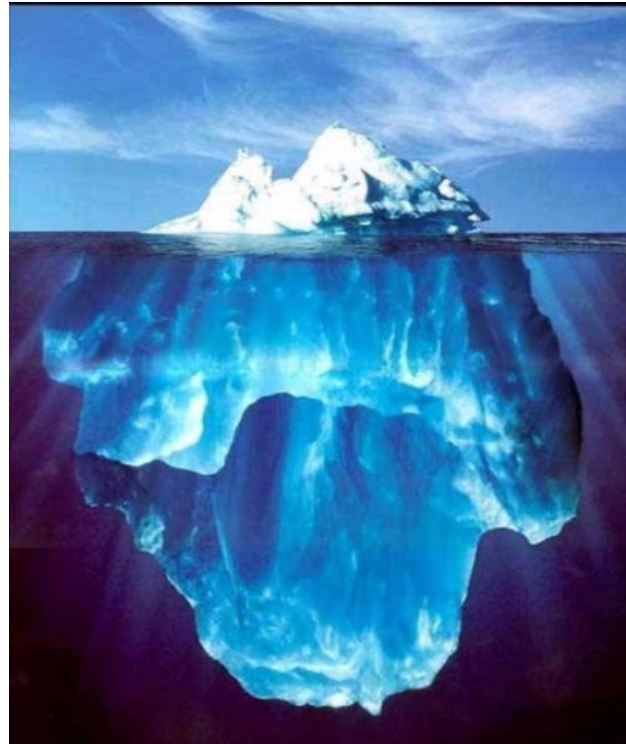
Based on Richard Ryan & Ed Deci



Icebergs

Icebergs are core values (what you aspire to) and core beliefs (what you believe to be true of yourself, others, and the world).

Does this
iceberg help me
or hurt me?



Has this
belief
changed?

Am I too
rigid with
my belief?

Practical Exercise #3: With your small group discuss:

1. How we develop or adopt beliefs and values. What are the sources of our beliefs and values?
2. How do beliefs and values guide your behavior?
3. What standard do you refer to or consult to resolve a conflict of values?
4. When should you question whether a belief or value is helping or hurting you?

**** Recommended personal exercise - reflect on where you sense personal vulnerability to failure and devise risk mitigation techniques to establish guards to prevent you from stepping outside those bounds.**

Moral Injury

“Transgressions can arise from individual acts of commission or omission, the behavior of others, or by bearing witness to intense human suffering or the grotesque aftermath of battle. An act of serious transgression that leads to **serious inner conflict** because the experience is at odds with core ethical and moral beliefs is called moral injury.” (Maguen & Litz, 2012)



Beliefs and Values Conclusion

Beliefs and values:

- Are a part of how we identify ourselves
- Allow us to claim membership with a community
- Provide a source of motivation to attain goals and stay within with acceptable moral and performance boundaries
- Conflicting values may be at play when we are indecisive
- Out of proportion consequences can be caused by beliefs and values that are below the surface of our awareness
- Moral injury mimics the symptoms of severe stress and can be confused with PTSD

ARMY VALUES

Loyalty ~ Duty ~ Respect ~ Selfless Service ~ Honor ~ Integrity ~ Personal Courage

Spiritual Practices



<https://www.youtube.com/watch?v=uwjPaN6hZjE>

<https://www.youtube.com/watch?v=W6QDmeWhSHg>

Spiritual Practices

- Sources of spiritual practices: philosophy or religious beliefs
- Engage in communities that hold similar beliefs

“Like the body that is made up of different limbs and organs, all mortal creatures exist depending on one another.” - Hindu proverb

Prayer, Meditation, Reading and Writing

Here is a prayer which is said to have been found in the pocket of a deceased confederate Soldier during the American Civil War (Army Fit).

**I asked God for strength, that I might achieve;
I was made weak, that I might learn to humbly obey.
I asked for health, that I might do greater things;
I was given infirmity, that I might do better things.
I asked for riches, that I might be happy;
I was given poverty, that I might be wise.
I asked for power, that I might have the praise of men;
I was given weakness, that I might feel the need of God.
I asked for all things that I might enjoy life;
I was given life, that I might enjoy all things.
I got nothing I asked for but everything I had hoped for.
Almost despite myself, my unspoken prayers were answered.
I am, among men, most richly blessed.**



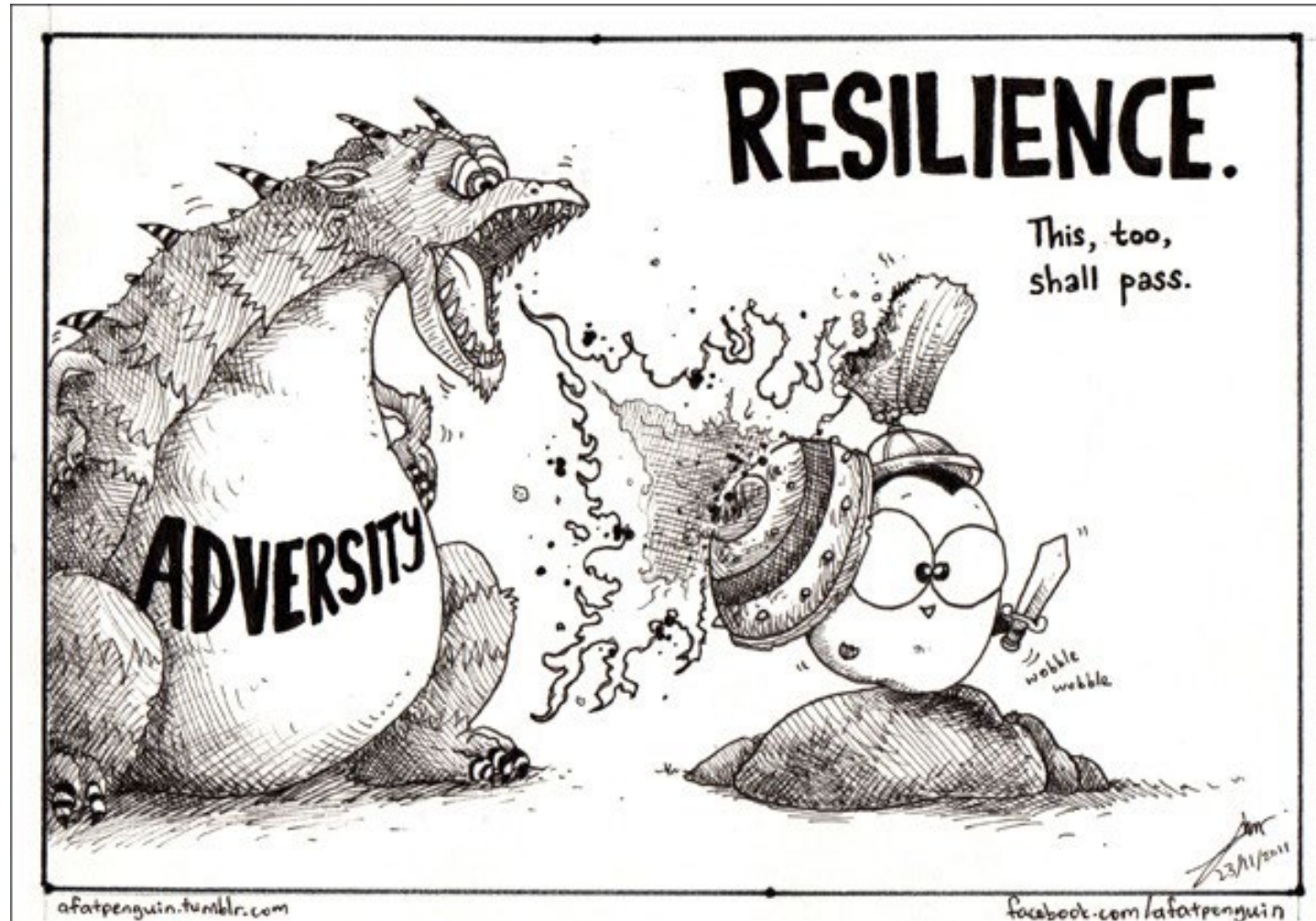
More Spiritual Practices

- Time in nature
- Music
- Visual reminders
- Mindfulness
- Meditation



PE: Identify the spiritual practices you already engage in and write a plan to sustain or improve your spiritual practices.

Resilient Leadership



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