



U.S. AIR FORCE

Domain: Spiritual

Domain: Spiritual Tool Kit

Title: Your Life Focus

Time: 40 min

Purpose:

- **Spiritual Integrity**—clear destructive self-narratives by thankfulness/praise
- **Empower selfless service**—focus on the road ahead; renew hope/purpose
- **Restore a climate of excellence** by sharing positive focus

Instruction:

- **Two individual exercises and a group interaction:**
 - **Take 12 minutes to count your blessings**—write them down
 - **Take 12 minutes to list your hopes**—write them down
 - **Share thankfulness/praise:** Tell your blessings & hopes in your group



Resiliency Stand Down Activity

U.S. AIR FORCE

Spiritual Resiliency Activities

Catholic Daily Mass—1130 hours

Northside Chapel

Chapel Open Houses—1300 hours

- **Northside Chapel Prayer service**
- **Vogelweh Chapel Prayer Service**
- **Kapaun Chapel Prayer Service**
- **Southside Chapel Prayer Service:**
 - Opening prayer**
 - Followed by faith specific prayer**
 - in designated areas:**
 - Christian, Jewish, Muslim, Interfaith Meditation**