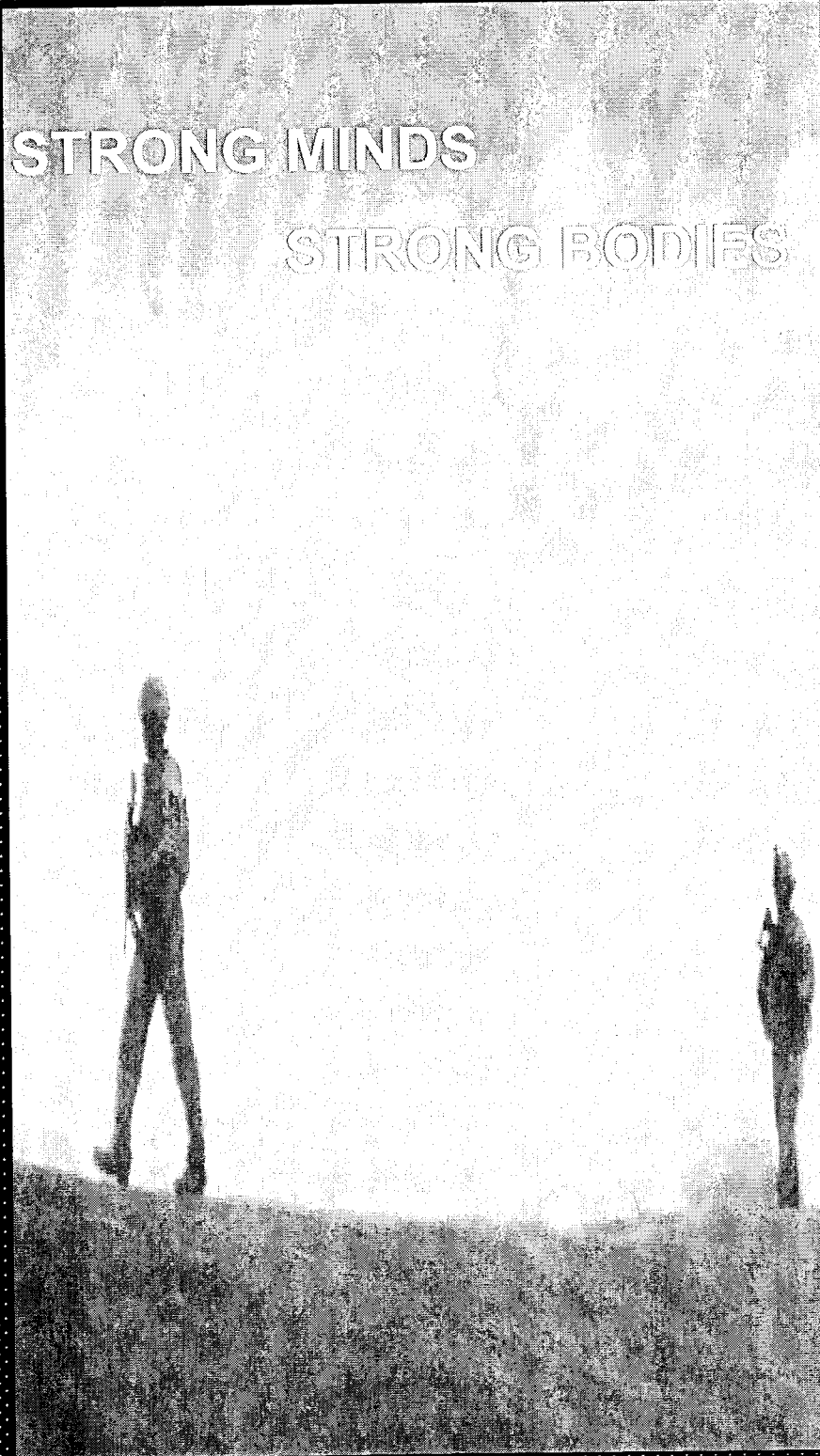
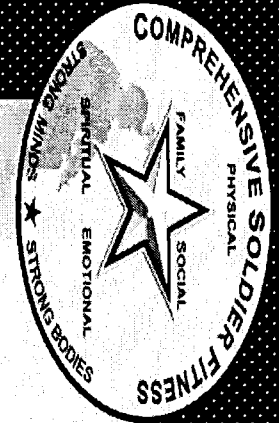


RESILIENCY



STRONG MINDS

STRONG BODIES



COMPREHENSIVE
SOLDIER FITNESS
STRONG MINDS
STRONG BODIES

Building Resiliency One Goal At A Time

Table of Contents

How to Use This Book	i
The Global Assessment Tool (GAT)	ii
The five pillars of Comprehensive Soldiers Fitness	iii
Resiliency Skill Overview	iv
Goal Setting	v



How to Use This Book

This book is designed to enhance the Resiliency training you will or have received. It will help you to set goals to improve in any or all of the five pillar areas of Comprehensive Soldier Fitness (emotional, spiritual, family, physical, social). Your Global Assessment Tool (GAT) score can help you determine your current level of overall fitness in each category. Even if you have not taken the Resiliency Training this book will help you with setting goals.

This book will help you establish and achieve a series of goals. Your ability to manage goals in your day-to-day life is critical; not only to you and your family, but also to the overall success of your unit. Personal and unit effectiveness is built around developing and achieving goals. This Goals Book will assist you in developing goals for yourself and help you develop a plan to reach those goals, assisting in your personal and professional growth. Don't fool yourself, though; this book is only as useful as you make it.

Just because you identify goals and develop a plan to reach those goals, they won't automatically happen. Only hard work, dedication, and perseverance will bring you those goals such as promotions or that college degree. This book is a tool to help you and your chain of command to visualize your goals and to develop and implement a plan to reach them. It will allow you to see progress toward your goals as you accomplish the subtasks you develop to help you reach your final goals.

First line leaders should use this book with their subordinates to help them grow and develop. Team leaders can take these books and work with team members and help them to reach their goals. Squad leaders can use them with their team leaders to challenge them to be not just great Soldiers, but great people, proud of their profession and their personal growth.

All of us have areas in which we would like to improve, grow, or change. Use this book as a tool to help you develop a plan of attack which will get you to your objective. It is only as useful as you make it.

The Role of Global Assessment Tool (GAT) <https://www.sft.army.mil>

What is it?

The Global Assessment Tool (GAT), as part of the Comprehensive Soldier Fitness program, provides a person with a baseline in the four dimensions of strength: **emotional, social, spiritual, and family**; and provides an opportunity to track **self-development** and growth in these areas **over time**.

What has the Army done?

Developed by subject matter experts from the U.S. military and civilian universities, the GAT contains a series of questions prepared by scientists, and tested and validated by Soldiers.

An individual's answers to the GAT are **not accessible to others and are they meant to diagnose problems**. The GAT provides immediate results that allow Soldiers to identify their own personal strengths and weaknesses. Soldiers are able to immediately begin training that will help them enhance their performance and build resilience.

The GAT is designed to be taken multiple times over a period of six months to a year in order to measure overall improvement across the pillars of Comprehensive Soldier Fitness.

Why is this important?

Comprehensive Soldier Fitness is designed to raise the level of importance of psychological fitness to that of physical fitness. The program hails a new era and culture change for the Army, who now also equips and trains its Soldiers to maximize their potential and face the psychological rigors of sustained operations. This assessment and training enhances resilience and coping skills, enabling Soldiers to grow and thrive during this very demanding period of our Army.

The five pillars of Comprehensive Soldier Fitness

Emotional Fitness

Definition: An emotionally fit person faces life's challenges in a positive, optimistic way by demonstrating **self-control**, **stamina**, and **balance**, never too high, never too low, with their choices and actions

"Cast me into a dungeon; burn me at the stake, crown me king of kings, I can 'pursue happiness' as long as my brain lives --but neither gods nor saints, wise men nor subtle drugs, can insure that I will catch it." - Robert Heinlein

Social Fitness

Definition: A socially fit person develops and maintains trusted, valued relationships, and friendships that are personally fulfilling. They foster good communication including a comfortable exchange of ideas, views, and experiences.

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor." - Vince Lombardi

Spiritual Fitness

Definition: You build Spiritual Fitness by developing and strengthening a set of **beliefs**, **principles**, or **values** that sustain a person beyond family, institutional, and societal sources of strength.

"In war, the moral is to the material as three is to one." - Napoleon Bonaparte

Family Fitness

Definition: You build Family Fitness by being part of a family unit that is **safe**, **supportive**, and **loving**, and provides the resources needed for all members to live in a **healthy** and **secure** environment.

"Pray that your loneliness may spur you to into finding something to live for, great enough to die for." - Dag Hammarskjold

Physical Fitness

Definition: Physical readiness is the ability to meet the physical demands of any combat or duty position, accomplish the mission, and continue to fight and win.

"War makes extremely heavy demands on the soldier's strength and nerves. For this reason, make heavy demands on your men in peacetime exercises and training" - Field Marshal Erwin Rommel, Infantry Attacks, 1937

The following is an overview of the resiliency skills that you can use to help setting goals. If you have not taken the Resiliency Training, you can still use this book to help set your goals.

Resiliency Training Skills Overview

Skill 1: Activating Events, Thoughts, and Consequences: Identify your Thoughts about an Activating Event and the Consequences of those Thoughts.

Skill 2: Avoid Thinking Traps: Identify and correct counterproductive patterns in thinking through the use of Critical Questions.

Skill 3: Detect Icebergs: Identify deep beliefs and core values that fuel out-of-proportion emotion and evaluate the accuracy and usefulness of these beliefs.

Skill 4: Energy Management: Enhance self-regulation so that you're able to stay calm and focused during an adversity or challenge.

Skill 5: Problem Solving: Accurately identify what caused the problem and identify solution strategies.

Skill 6: Put It In Perspective: Stop catastrophic thinking, reduce anxiety, and improve problem solving by Identifying the Worst, Best, and Most Likely outcomes of a situation.

Skill 7: Real-time Resilience: Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.

Skill 8: Character Strengths: Identify your top Character Strengths and those of others and identify ways to use your strengths to increase your effectiveness and strengthen your relationships.

Skill 9: Strengths in Challenges: Identify the specific actions that flow from your strengths in challenges and in successes.

Skill 10: Assertive Communication: Communicate clearly and with respect. Use the IDEAL model to communicate in a Confident, Clear, and Controlled manner.

Skill 11: Active Constructive Responding and Praise: Respond to others to build strong relationships and Praise to build mastery and winning streaks.

Skill 12: Hunt the Good Stuff: Hunt the Good Stuff to counter the negativity bias, to create positive emotion, and to notice and analyze what is good.

Goal Setting

Goals are a vital aspect of our lives. They provide purpose and direction, motivation and commitment, and clarity about the desired outcome. Unfortunately, most of us do not engage in a deliberate and systematic process for identifying goals and a plan for getting there. Elite performers do it all the time. Research has shown that goals and goal setting do impact performance. Setting and achieving goals does not have to be a burden; there is a method and a process to help you chart the way.

Properly applied, this process can add clarity and focus to what has typically been a challenging experience for many Soldiers, Family Members, and Civilians. And when you link the tested principles of Goal Setting with the methods developed in the MRT Course, you are on the way to releasing the inner-you. By incorporating the process of Goal Setting with other Resilience skills, you will develop life-long practices that will enable you to achieve your goals and to perform at your best. If done right, a goal setting process will establish mechanisms that will have you “trip over your goals” each and every day.

Use the acronym S.M.A.R.T. to help you develop goals that will push you over the finish line.

Specific - Your goals must be specific. This means that you must point out with clarity and detail exactly what it is that you would like to achieve. The more detail the better. Here you are determining the WHAT part. The HOW part is a work in progress that you will develop at a later time.

Measurable - Your goals must be measurable. Spend time to develop criteria and tools that you will use to measure your progress towards the attainment of your goals.

Attainable - Your goals must be attainable. You must not only believe that you can achieve your goals, but they must be within reach. If you have no belief in the goals you set, then your goals are nothing more than fleeting wishes or dreams that you will long for but never attain.

Realistic - Your goals must be realistic. This means that logically – given your time, money, resources, and level of skill – you will be able to achieve these goals successfully. If any of these is lacking, than you either need to improve your time, financial situation, skills, and resources, or simply set a different set of goals. But always aim high.

Timed - Your goals must be timed. You must set a deadline for the achievement of your goals and objectives. Without clear deadlines, you are growing the seeds of procrastination within your mind. Don't fall into this trap.

Helpful Hints

Write Your Goals Daily

Writing out the little goals that lead to your big goals daily is an effective way to keep them at the forefront of your mind. You can do this in a list type format based on your goal setting worksheet which you developed at the beginning of the goal setting process for each MRT area goal. Not only will you gain new insights and understandings but it will also keep you focused on what is most important in your life that day. But that focus will not be random. It will follow the goal plan you developed earlier.

Create Goal Reminders

It is easy to lose focus when things get hectic and out of hand. At these times it is important to get back to basics, and to focus upon the process of achieving your goals. This is best accomplished when you have creative goal reminders you can refer to throughout the day.

For example, create a collage poster of your goals comprising of magazine pictures and words that represent these passionate goals you have set for yourself. Create a catchy phrase for your key goal and repeat it to yourself every time you open a door, anywhere, anytime, all day.

Enlist a Personal Coach

Why do 53 of the best football players in the world (pick any NFL team) need a coach? Does Payton Manning – arguably one of the best quarterbacks in the NFL – really need a quarterback coach? And why does Ken Griffey, Jr., need a hitting coach? Shouldn't he be coaching the coach? Professional athletes, indeed, anyone who performs at the peak of their ability (Collegiate, Olympic...), usually do so by having a personal coach at their side.

Whether it is playing a musical instrument or hitting a baseball 450 feet, excellence is obtained by having a trusted and competent coach to help you navigate through the trails and road blocks that will inevitably come. You must do likewise.

Find a friend, co-worker, or even your supervisor and set up a relationship with them that puts them into a coaching role in your routine. Before each section begins, there is a place where you can record your personal coach. List this person here and take the time and effort to include them in the process. Doing so will help you remain accountable while performing at your best. Use the samples that follow in this book to help chart your progress.

NOTES



MENTAL
SKILLS
FOUNDATIONS

S MENTAL SKILLS

BUILDING
CONFIDENCE

GOAL SETTING

ATTENTION CONTROL

ENERGY MANAGEMENT

INTEGRATING
IMAGERY



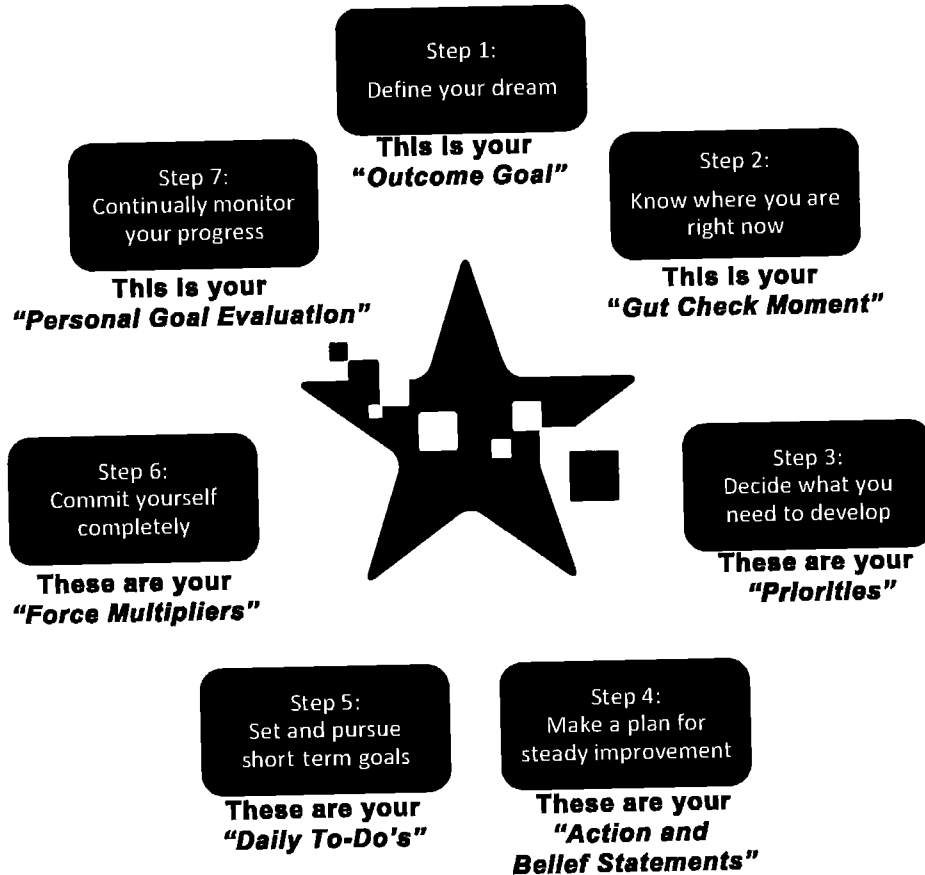
MENTAL
STRENGTH
FOR LIFE

GOAL SETTING

Defining a dream that is personally meaningful and developing the concrete steps to create a well-documented path to success.

*Having the courage to develop a vision,
the creativity to establish a plan,
and the guts to commit to the journey.*

Goal Setting: Setting Your Sights on the 300m Target



KEY POINTS:

- Goal setting is a process that builds upon itself, as indicated by our circular model. This process encourages action and constantly changes as you change. As the Chinese proverb states, "Be not afraid of going slowly, be only afraid of standing still."
- Science has shown that goal setting is the most effective performance-enhancing strategy available to Soldiers.

GOAL SETTING WORKSHEET

Score 300 on my APFT

Outcome Goal

Priority Area I physically & mentally prepare for the APFT

I eat a big meal two nights before the test, and eat a more modest meal the night before, focusing on plain foods, complex carbs, and hydration.

The night before, I carve out five to ten minutes to visualize myself executing my APFT test perfectly and achieving my goals. I do a pre-combat check of all needed PT gear the night before so that I feel ready and relaxed in the morning.

I am fully equipped to crush my previous APFT score - I've done the hard work and now I go all in & reap the rewards! Pain has become my new benchmark of success... The more it hurts, the better I'm doing.

It's not the will to win, but the will to prepare that makes the difference, and I win the battle before it begins.

Action Statements

Belief Statements

Priority Area I execute my physically & mentally APFT plan

PUS and SLS: I relax & let gravity do the work on the way down. I explode from the ground to halfway & my momentum finishes each PT run. I focus on running tall with my head still and level, eyes locked on my next target, arms loose and moving forward & backwards.

I use my cues religiously - "Fire the pistons" for PUS, "Crack the whip" for SLS, & "glide the stride" for my 12 minute run.

I work hard during events and recover smart between events, using my time between events to recharge and refocus. I choose to suffer for 12 minutes rather than regret giving into a comfortable 14-min run. Short-term pain leads to long-term satisfaction.

My blistering pace and silky stride make a grayhound feel inadequate!

Action Statements

Belief Statements

Priority Area

Priority Area I physically & mentally warm-up for the APFT

I prepare my muscles by flexing & stretching my chest, arms, & abs when standing in line.

I do an easy jog and some light stretching on the infield of the track before the run. I make sure I'm sweating before the run begins. While warming up physically, I prepare my mind by creating positive images of success, motivating & confident self-talk, and a light-hearted responsibility.

I would rather be confident than comfortable. I embrace my nerves and steer my butterflies to fly in formation.

I pay my dues now to reap the rewards later - Short term pain leads to long term satisfaction.

I start strong & finish stronger... The longer the workout, the better I get!

Action Statements

Belief Statements

Action Statements

Belief Statements

Priority Area





GOAL SETTING WORKSHEET

Outcome Goal _____



Priority Area _____

Action Statements

Belief Statements

Priority Area _____

Action Statements

Belief Statements

Priority Area _____

Action Statements

Belief Statements

Priority Area _____

Action Statements

Belief Statements

What image will you use, as a background for this goal sheet, to motivate you?

How will you trip over this goal sheet daily?

Define Your Dream

Graduate
Ranger School
in 2011

The process begins with a powerful and personally meaningful dream goal



- Does it give you goose bumps when you envision it?
- Does it keep you awake at night because of excitement and anticipation?
- Does it send chills down your spine when you think about achieving it?

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."
~ Michelangelo

Begin to define your dream. Ask yourself the following questions and be sensitive to the first thought or image that pops into your mind. This is a challenging yet crucial first step because it requires you to think creatively about what's really important to you. Your responses will be used to develop your Outcome Goal and its timeline.

1. As a Soldier, Family Member, or Civilian in the Army, what accomplishment or achievement would be worth your very best effort?

2. For this year, what would you pursue if everything fell perfectly into place?

3. Looking beyond your time spent as an Army Soldier, Family Member, or Civilian, how do you want to be remembered?

Based on your brainstorming, identify your personally meaningful Outcome Goal that is worth pursuing this year and record it on the goal worksheet on page 29 on the appropriate line as seen below.

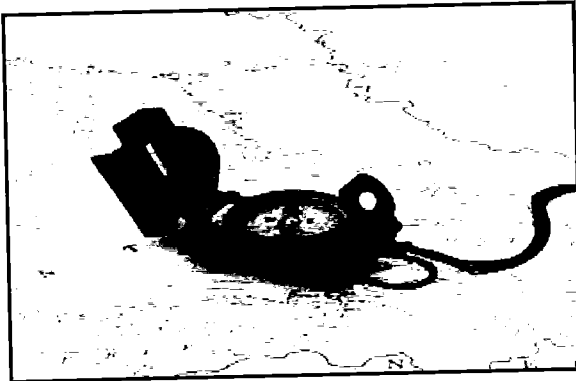
Score 300 on my APFT

Outcome Goal Score 300 on my APFT

<p>Priority Area <i>I physically & mentally prepare for the APFT</i></p> <p>1. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p> <p>2. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p> <p>3. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p> <p>4. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p>	<p>Priority Area <i>I associate my physically & mentally APFT plan</i></p> <p>1. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p> <p>2. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p> <p>3. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p> <p>4. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p>
<p>Priority Area <i>I physically & mentally associate for the APFT</i></p> <p>1. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p> <p>2. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p> <p>3. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p> <p>4. I will do a physical fitness test on the field and will receive feedback and advice from the command to help me improve my performance.</p>	<p>Priority Area</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>

Know Where You are Right Now

Your goal “GUT CHECK,” requiring brutal objectivity.



“Fortunate, indeed, is the man who takes exactly the right measure of himself and holds a just balance between what he can acquire and what he can use.”

~ Peter Latham

This is where reality sets in. The time for dreaming big must be balanced with an objectively honest self-analysis about where you are at this very moment, what assets you have to leverage, and what limitations are standing in your way.

1. Where are you right now in relation to your Outcome Goal?

2. What strengths do you possess that will help you accomplish your Outcome Goal?

3. What skills and qualities are needed to accomplish your Outcome Goal?

4. What kinds of obstacles or challenges will likely get in your way?

5. Do your personal values match up with your desired goal?

Decide What You Need to Develop



At this point, you have two important pieces of information: (a) the dream and corresponding Outcome Goal – where you want to go, and (b) the reality – where you are now. In order to achieve your Outcome Goal, there are some main areas of your life that will require immediate attention and improvement. These will become your “Big Rock” Priorities.

To begin closing the gap between where you are and where you want to go, you’ll have to focus your energy and effort on the activities and thoughts that will have the greatest benefit. You can identify these by answering the question: “What main areas of myself do I need to develop in order to help my dream come true?”

“Maxing” the Army Physical Fitness Test provides a simple example of setting Priorities. These might include (a) increasing upper body strength, (b) increasing abs/core strength, (c) improving 2-mile run time, and (d) developing a mentally tough mindset. (c) improving 2-mile run time, and (d) developing a mentally tough mindset.



KEY POINTS:

- Priorities focus on larger, more general areas of your life that require your attention.
- Focus attention on current Priorities you can improve starting now.
- For additional ideas, review your answer to the previous question, “What skills and qualities are needed to accomplish my goal?”

For your Outcome Goal, identify three or four “Big Rock” Priority Areas and record them on page 29. These Priorities will direct your effort, energy, and attention to the right things in order to maximize goal success. Make an honest assessment of where you need to put your time and energy.



Priority Area I physically & mentally prepare for the APFT

Action Statements	<p><i>I eat a big meal two nights before the test, and eat a more modest meal the night before, focusing on plain foods, complex carbs, and hydration.</i></p> <p><i>The night before, I carve out five to ten minutes to visualize myself executing my APFT test perfectly and achieving my goals.</i></p> <p><i>I do a pre-snapchat check of all needed PT gear the night before so that I feel ready and relaxed in the morning.</i></p>
Belief Statements	<p><i>I am fully equipped to crush my previous APFT score - I've done the hard work and now I "go all in" & reap the rewards!</i></p> <p><i>Pain has become my new benchmark of success...The more it hurts, the better I'm doing.</i></p> <p><i>"It's not the will to win, but the will to prepare that makes the difference, and I win the battle before it begins."</i></p>

Priority Area I physically & mentally warm-up for the APFT

Action Statements	<p><i>I prepare my muscles by strapping & stretching my chest, arms, & abs when starting in line.</i></p> <p><i>I do an easy jog and some light stretching on the infield of the track before the run. I make sure I'm sweating before the run begins.</i></p> <p><i>While warming up physically, I prepare my mind by creating positive images of success, motivating & confident self-talk, and a light-hearted intensity.</i></p>
Belief Statements	<p><i>I would rather be confident than comfortable. I embrace my nerves and steer my butterflies to fly in formation.</i></p> <p><i>I pay my dues now to reap the rewards later - Short term pain leads to long term satisfaction.</i></p> <p><i>I start strong & finish stronger...The longer the workout, the better I get!</i></p>

Make a Plan for Steady Improvement

"If you fail to plan, then you plan to fail." ~ Proverb quote



Once Priorities are set, the next step is to identify the specific actions you will take in addressing them, as well as the attitude you will bring to the actions. Both are necessary to bring about meaningful change.

What **ACTIONS**
can I do on a
regular basis?

What **ATTITUDES**
will maximize my
actions?

Choose **SMART** actions:
Specific,
Measurable,
Action-focused,
Realistic,
Time-bound



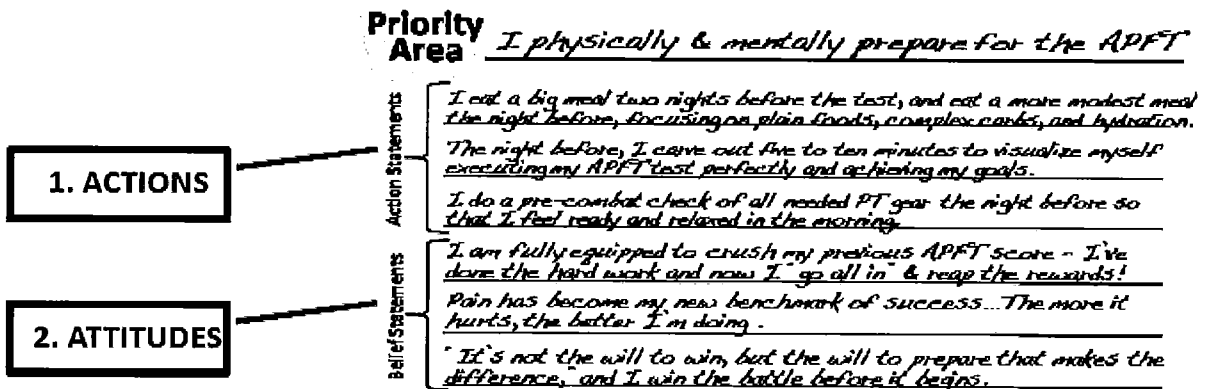
Choose attitudes that are:
Powerful,
Personal,
Present tense,
Specific

1. "What can I do on a regular and perhaps daily basis to address each of my chosen Priorities in order to help my dream come true?"

For example, if one of your Priorities is to improve your marriage, then a key action might be, "I go out of my way to do something special for my spouse once a week." Now, turn to your goal sheet on page 29 and identify two to three Action Statements that will help you accomplish EACH Priority Area, which in turn will make achieving your Outcome Goal possible.

2. "What must I believe about myself and my performance as I take these actions?"

Create powerful Belief Statements that describe how you want to be as a result of your actions, but phrase them in present tense, as if you already are that way. These Belief Statements intensify your actions. Now, turn to your goal sheet on page 29 and identify two to three Belief Statements for EACH Priority Area.



Effective Belief Statements

Belief Statement Checklist

✓	<i>Is it phrased in first person?</i>
✓	<i>Is it phrased in present tense?</i>
✓	<i>Does it use affirmative language?</i>
✓	<i>Does it create vivid imagery?</i>
✓	<i>Does it create the right emotions?</i>
✓	<i>Is it powerful?</i>
✓	<i>Is it personal and meaningful?</i>

<i>Psyching Yourself Up</i>	<i>Perseverance</i>	<i>Reframing</i>	<i>Reducing Stress</i>
<p>Slow is smooth, smooth is fast.</p> <p>I am aggressive and attack with ferocity.</p> <p>I am a PT animal and relentlessly attack each set.</p>	<p>I am resilient, tough, and thrive in adversity.</p> <p>I love challenges and testing myself – Bring it!</p> <p>I am best when the odds are stacked against me.</p> <p>I love a challenge.</p>	<p>I learn from setbacks and improve everyday.</p> <p>I find it easy to let go of critics and my own self-criticism.</p> <p>I am in control of my thoughts, feelings, and actions.</p>	<p>I am strong, centered and relaxed when things heat up.</p> <p>I see and use stressful situations as a challenge.</p> <p>I am calm and composed in the midst of chaos.</p>
<i>Physical Condition</i>	<i>Mental Skills</i>	<i>Ranger Tab</i>	<i>General</i>
<p>I PR the APFT every time I take it.</p> <p>I push myself to train at a high intensity – If it hurts, it's right for me!</p> <p>I take my meals as seriously as I take my workouts.</p>	<p>I take my recovery as seriously as I take my job.</p> <p>My confidence is mine and mine alone to protect.</p> <p>I am cool, calm, and confident during extreme stress.</p>	<p>I make smart decisions to protect my body and stay healthy.</p> <p>When things get tough, I suck-it-up and drive on.</p> <p>I am always mindful of my resources and conserve them.</p>	<p>I am important and worthy of respect.</p> <p>I take pride in myself and my accomplishments.</p> <p>I lead from the front and act as a role model for my Soldiers.</p>

Practical Exercise

RECOGNIZING BELIEF STATEMENTS

Circle or underline the Belief Statements in the Soldier's Creed.

Soldier's Creed

I am an American Soldier.

I am a Warrior and a member of a team.

I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.

How does the Army use creeds? What makes them so powerful?

Practical Exercise

CONSTRUCTING & USING BELIEF STATEMENTS

1. Identify an area of your professional life that you want to be at your best.

Example: *I want to be professional at all times.*

Construct a powerful, personal, and meaningful Belief Statement using the checklist below.

Example: *I am what right looks like.*

2. Identify an area of your personal life that you want to be at your best.

Example: *I want to be a strong parent and spouse.*

Construct a powerful, personal, and meaningful Belief Statement using the checklist below.

Example: *My actions inspire my kids to want to grow up to be like me.*

3. Identify a present weakness you wish to overcome.

Example: *I have a hard time controlling my frustration when things don't go as I had planned.*

Construct a powerful, personal, and meaningful Belief Statement using the checklist below.

Example: *Even when things don't go as planned, I stay level-headed and adaptive.*

Belief Statement Checklist	
	<i>Is it phrased in first person?</i>
	<i>Is it phrased in present tense?</i>
	<i>Does it use affirmative language?</i>
	<i>Does it create vivid imagery?</i>
	<i>Does it create the right emotions?</i>

4. Identify one or more deliberate, creative ways that you'll get mental reps of using your Belief Statements daily. Remember, repetition builds strength!

Examples: *Set as desktop background*
Record and use as my ringtone

Directions: Based on what you know about effective Priority Areas, Action Statements, and Belief Statements, edit this goal plan in order to make it more powerful.

Outcome Goal To get my Associate's Degree

Priority Area *I create a study plan for success*

Action Statements

- I review my notes for 2hrs three nights a week*
- I will be prepared for every class*
- I will try to monitor my progress*

Belief Statements

- Each day I'm closer to the diploma*
- I am the ultimate 'tactical student'*
- Someday it will all fall into place*

Priority Area *I will be a more confident student*

Action Statements

- I review my past successes before each class*
- I would like to score high on every test*
- I need to be successful from the beginning*

Belief Statements

- The best students are confident*
- I am top-notch scholar in every way!*
- I always exceed the teacher's expectations!*

Priority Area *I want to be physically fit*

Action Statements

- I run for 20 minutes as a study break*
- I will eat healthy foods to manage energy*
- I use tactical breathing before every class*

Belief Statements

- Top fitness means top grades!*
- Leverage the mind-body connection*
- Don't give up training or you'll flunk*

Priority Area *I gather support around me*

Action Statements

- I update family and friends once a week*
- I reward my spouse for watching the kids*
- I use the tutoring program 2x a week*

Belief Statements

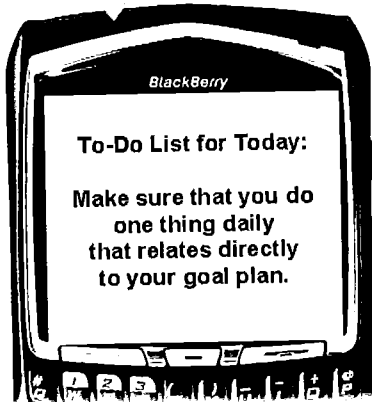
- When I win, my family wins*
- Don't be a loser!*
- Fight for yourself, fight for the family*

Set and Pursue Short-Term Goals

"Be not afraid of going slowly, be afraid only of standing still."
 ~ Chinese proverb



Now, it's time to get down and dirty with goal setting. You've already identified a personally meaningful Outcome Goal, corresponding Priorities, and both Action and Belief Statements for each Priority Area. It is both unrealistic and impossible to achieve every Action Statement and Belief Statement on the goal plan every day. Therefore, we must ensure that we set at least one daily goal that directs effort to some aspect of the goal plan by answering the question: "What will I do right now?"



The vision you identified during Step #1 may take months or even years to realize, and to keep yourself excited and energized through this time period, short-term goals are critical to your success. Setting and achieving short-term goals provides you with immediate feedback. If your actions are not producing change, then you will know that it is time to rethink them.

There is no short-term goal more important than the one you make for today. The present moment is the only place where you have any true control, which means that your personal life and your Army career are nothing more than the sum of all your "todays." Going to PT each morning with a specific goal in mind, such as completing every repetition of every exercise with complete focus, or hitting your target split times for each mile, means that you have a purpose for that PT session. "Purpose" is just another word for "intent," and this "intent" is what makes

"intensity" possible.

DAILY GOAL → PURPOSE → INTENT → INTENSITY!

The most effective use of this technique involves setting both an action goal and an attitude goal for each day. These should be directly relevant to some aspect of your larger goal plan. A blend of the right actions and attitudes helps you consistently do the right things while focusing on the state of mind that will most help you reach your long-term goals. Record these daily goals in your planner, green book, BlackBerry, etc.

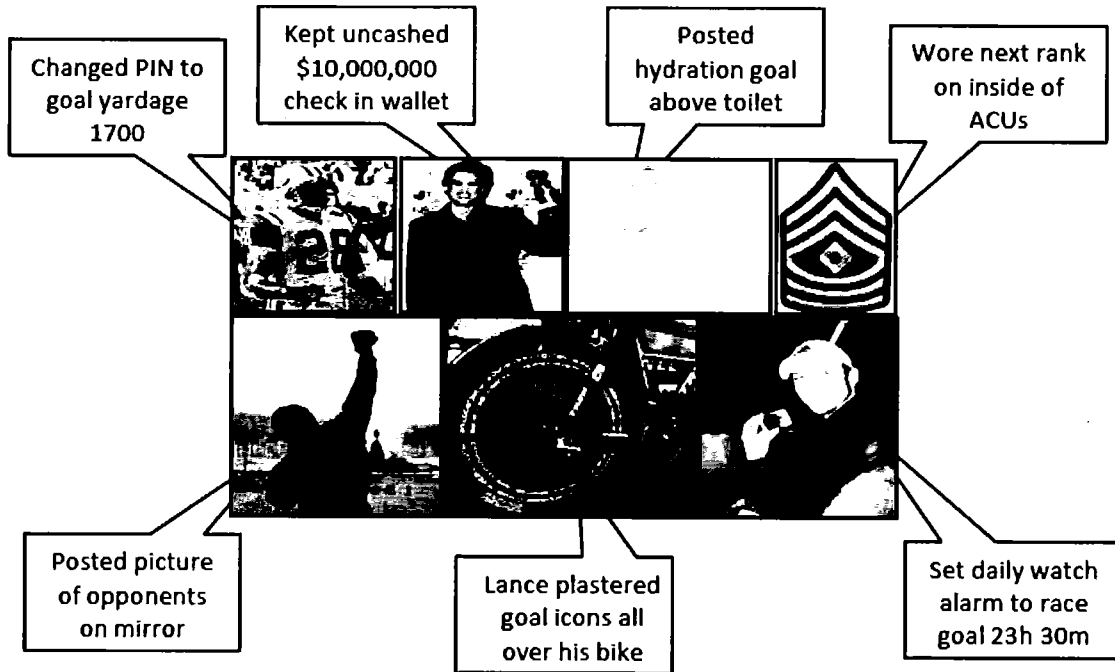
DAILY TO DO LIST:		
Today's Date: _____		
PRIORITY A, B, C	EST. TIME DUE DATE	CHECK WHEN COMPLETE
		<input checked="" type="checkbox"/>
		TODAY'S ACTION GOAL: <input type="checkbox"/>
		TODAY'S ATTITUDE GOAL: <input type="checkbox"/>

Commit Yourself Completely

"The difference between being involved and committed is like the difference between the pig's contribution and the chicken's contribution to a ham and eggs breakfast – The chicken is involved, but the pig is committed." ~ Martina Navratilova, World Champion tennis player



Securing Goal Commitment: Develop Ways to Trip Over Your Goals Everyday



What strategies might you adopt to keep your goals present in your mind? Be creative...

Examples: *Post my goals on my fridge so I see them daily.*
Use my goal sheet as my computer screen saver image.



KEY POINTS:

- Sacrifice, discomfort, and setbacks are a part of the process. Do not let them erode your confidence and motivation!
- Find creative and strategic ways to post your goals so that you trip over them every day.
- Share your goals with team members and loved ones. They will reinforce your successes and hold you accountable when you're tired or distracted.

Goals work best when:
Written down, read daily, revised frequently

Continually Monitor Your Progress

"If you don't change your direction, you're going to end up where you're headed."

~Anonymous



Every day, you are given the opportunity to ask yourself, "Am I getting closer to what really matters to me?" This question can only be answered if you keep your eyes open and monitor your progress. Are you in fact getting closer? Is your action plan paying off? Are you recognizing your improvements and forward progress? When it comes to improvement, examining your progress is as important as making progress.



KEY POINTS:

- Track your goal progress daily and weekly, celebrate even the smallest victories, and identify new strategies to overcoming sticking points.
- Focus on your goal successes weekly to build motivation and confidence.
- Focus on your goal setbacks weekly to adapt and improve.
- Begin performance journaling. Spend a few minutes each day reflecting on the thoughts and actions that helped and hurt your goal progress

PERSONAL GOAL EVALUATION

This form requires your dedicated attention for about 10-15 minutes at the end of the week. Record three things that went well related to your goals. Also, record two things you want to improve for the next week based on your progress and results.

List three "Confidence Builders" based on your performance this past week. Consider your goal successes and progress made towards your goal when listing these items.

1. _____
2. _____
3. _____

List two "Competence Builders" based on your goal results from this past week. Consider areas that need improvement or more direct attention when listing these items.

1. _____
2. _____

YOUR PERSONALLY MEANINGFUL OUTCOME GOAL

Your 1st Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Your 3rd Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Your 2nd Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

Your 4th Priority Area

- ✓ 3 to 5 action statements aimed at this priority
- ✓ 3 to 5 belief statements to bring to your actions

**Summary statement, unit motto,
or relevant quote**

I am the Complete Warrior

Caring Father and Role Model for Son

- I play with my son at least one hour every day.
- I use positive and meaningful language when I communicate with him.
- I give my son self-esteem by making him feel loved, accepted, and encouraged.
- I read books or sing songs to him every day.
- I teach him about ethics, morality, and the Bible.
- At every opportunity, I tell him, "I Love You."
- I participate in caring for my son by assisting with bathing, diaper changes, and feedings.
- My son and I have a strong and unbreakable relationship based on trust, respect, and love.

Compassionate and Dedicated Husband

- I always treat my spouse with respect.
- I tell my spouse I love her and express my appreciation for her contribution to our family every day.
- I allow for open communication with my spouse regarding to our experiences and feelings.
- I use respectful language when I communicate with my spouse.
- I coordinate our family activity each week to guarantee quality time outside the home.
- I plan two weeks of family vacation each year, focusing on quality lifetime experiences for our family.
- I am relaxed at all times when I am with my spouse.
- My spouse and I have a strong and unending relationship based on trust, respect, and love.

Strong and Supremely Fit

- I hit four times a week and hit every body part at least once a week.
- I hit with superior form, focus, and explosiveness.
- I become stronger and more fierce with each perfectly executed repetition.
- I conduct cardio training at least three times per week, gaining strength and endurance with each training session.
- I stretch after every workout, ensuring my muscles are prepared for recovery.
- I push through the burn when I run the staircases and the hills around post.
- I am as powerful as an ox. I handle myself in the arena.
- I play hard. (Pass the Marshmallow)

Best Field Artillery Officer in Year Group

- I lead by example, seizing the moral high ground and choosing the harder right.
- I check my baggage at work and give 100%, 100% of the time.
- I remain focused and vigilant until the battle is won both in garrison or at war.
- I am a determined and dedicated leader in the valley and I am a humble and attentive leader on the mountaintop.
- I treat my co-workers with courtesy and respect.
- I am not satisfied with the status quo, and I constantly seek to improve myself and my organization.
- I am strong enough to handle success and mean enough to handle my critics.
- I treat all my Soldiers with respect and dignity because they are my little brothers.

100 QUESTIONS TO ASK YOURSELF

I steadily increase my physical fitness

- ✓ I lift shoulders and back twice a week for 40 minutes, varying the intensity of each workout.
- ✓ I run five days a week, averaging a 7:15 pace for at least 40 miles/wk.
- ✓ I swim at least once a week for 800 meters.
- ✓ I ruck march with a 35 lb pack six or more miles weekly.
- ✓ I shoulder more than my share of the task, whatever it may be, more than 100%.
- ✓ "If you want to shine, you got to burn."

I conduct mental preparations

- ✓ I talk to other Rangers for guidance.
- ✓ I read the book, "No Excuse Leadership".
- ✓ I keep a motivation tab in my patrol cap.
- ✓ I say the Ranger Creed nightly
- ✓ I am mentally alert, physically strong, and morally straight.
- ✓ I've survived food and sleep deprivation before and I know I can handle it again!
- ✓ My intestinal fortitude is rock solid and unwavering.
- ✓ "All in need now is to want it bad enough!"

I practice

- ✓ I read the Ranger Handbook at least three times weekly.
- ✓ I practice my SOPs.
- ✓ I carry the Ranger Handbook with me at all times.
- ✓ I listen to my imagery scripts weekly.
- ✓ I am a technically and tactically competent team player who makes my battle buddies successful.
- ✓ I know the basics of patrolling. I know the battle drills. I know troop leading procedures.
- ✓ Gallantly, I show the world that I am a specially selected and well-trained Ranger.

I stay healthy throughout my patrol

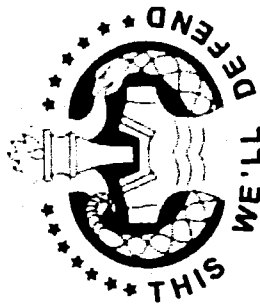
- ✓ I eat four healthy meals a day and stay hydrated by drinking 2 liters of water daily.
- ✓ I stretch before and after all workouts.
- ✓ I tend to my feet and deal with all blisters and hot spots before they become issues.
- ✓ My equipment is well-maintained and my boots are in top condition.
- ✓ I am always ready on a moment's notice.



RANGER

RANGER

BEST DRILL SERGEANT IN MY BDE



I AM AN EXPERT MARKSMAN AND TRAINER

- I attend AWG CATC training.
- I print and read all weapons FMs and TMs.
- I become the SME on the Engagement Skills Trainer.
- I use the BRM Imagery CD personally and with my Soldiers.
- I continually research close quarters battle, refine shooting techniques, and develop new training techniques.
- I'm the go-to guy and a team player.
- I shoot expert every time.
- I am the best shot in the battalion.

I SET THE STANDARD IN PT

- I max the APFT every time.
- I run 30 miles per week.
- I lift full body 3 times per week.
- I enter a race 2 times per year.
- I attain Combatives Level II Certification.
- I become a proficient swimmer.
- I bring relentless intensity to every PT session.
- I am a PT animal and everyone knows it!

I LEAD SOLDIERS FROM THE FRONT

- I do PT with Soldiers every day.
- I prepare fully for every class that I teach.
- I use combat experience to motivate and to make training realistic and relevant.
- I help my Soldiers set goals and I mentor them to achieve their goals.
- I am a dynamic leader and trainer.
- I am a compassionate leader with Soldiers who are struggling.

I CONTINUE TO DEVELOP MYSELF

- I attend Sniper School.
- I earn Sergeant Audie Murphy Club NLT 2010.
- I take three college classes per year towards my bachelor degree.
- I volunteer at my church.
- I maintain balance with my spouse and children.
- I learn something new every day.



I get promoted to SSG by 2011

- I attend WLC on March 30th 2010
- I graduate WLC NLT mid April 2010
- I do one correspondence course a week
- I speak to an Education Counselor this week
- I research different colleges and degree programs this weekend
- I enroll in criminal justice program ASAP
- I take at least two college courses each semester

"Study hard today, Play hard tomorrow."

- I run at least 2 miles on Tuesdays, Thursdays, and Saturdays after work
- I do an upper body workout on Mondays
- I do a lower body workout on Wednesdays
- I do an abdominal workout on Fridays
- I limit fast food to once a month
- I drink at least 6 bottles of water daily for hydration purposes

"Hit 'em hard, Hit 'em Fast"

- I focus on teaching, coaching, and mentoring my Soldiers everyday
- I develop my counseling skills by reviewing FM 6-22 Appendix B once per month
- I take on one new responsibility each month
- I give my Soldiers one new responsibility each month
- I review my Soldiers' performance when given a new responsibility each month

- I study one section from the Army Study guide every evening
- I read FM 6-22 (Army Leadership), FM 7-0 (Training the Force), and FM 7-1 (Battle Focused Training) in the next 4 months
- I study one Warrior Task or Battle Drill per week
- I learn about one Army Program a day

“SURVIVE & THRIVE”

~My Deployment Plan~

MY BODY IS HEALTHY

- I attend 3 exercise classes/week to help release stress
- I eat a well-balanced diet including whole grains and 4 servings of fruit and vegetables each day
- I follow a sleep routine consisting of 8 hrs each night
- I try a new type of fun exercise 1 day per week
- “I become healthier, stronger, and empowered”
- “I am healthier than I was yesterday”
- “This is my time!”

MY MIND IS RESILIENT

- I set and evaluate goals as new challenges arise
- I practice my relaxation cards with complete focus and intention daily
- I use meaningful cues to help refocus my priorities and maintain a strong sense of self
- I reach out to my social support daily
- “My goals & cues make me more resilient everyday”
- “I am calm and able to tackle any challenge”
- “I am a strong support to my family & community”

MY HEART IS DEVOTED

- I create a gratitude board for my family to share 3 things to be grateful for each day
- I give support and compassion to my spouse I provide strength and comfort to my kids
- “A strong family is a strong future”
- “My pride and devotion carries me through all challenges... I am proud to be an Army Spouse.”
- “I am grateful for...”
- “I am a role model within my family, my community, and the Army.”

MY SPIRIT IS UNBREAKABLE

- I work everyday to build a powerful self image
- I remain patient with myself knowing that I cannot control everything
- I focus on being more aware of the needs of others and am available to help
- “I am grateful for the positive aspects of my life, and reflect on these things each day.”
- “I appreciate my strengths today”
- “Let go... Let God”
- “3 Strikes and I am NOT out”

List of Helpful Web Pages

MCoE Homepage:

<https://www.benning.army.mil>

CSF (Comprehensive Soldier Fitness):

<http://www.army.mil/csf/>

ERMC: Army Center for Enhanced Performance:

<http://www.acep.army.mil/index.php/Home>

GAT (Global Assessment Tool):

<https://www.sft.army.mil>