



Strategies To Build Your Spiritual Readiness

At the start of each day, reflect on these questions to help enhance your performance and well-being. At the end of each day, use them as a personal AAR to grow your spiritual readiness.

Be grateful

What are you thankful for and how will you show it?
What do you want to make sure you do NOT take for granted?

Serve others

What personal strengths and gifts can you share?
What's one thing you can do today to make the world a little bit better?

Overcome challenges

What do you need to accept? Where can you take action?
Who or what helps give you the strength to persevere and grow?

Forgive yourself and others

What anger, pain, guilt, or hatred do you want to release?
What can you learn? What do you hope for in the future?

Live your values

What values do you want to live out? What drives you to be your best?
What are your temptations? How can you avoid them?

Connect with something greater

How will you take time to deeply engage with something larger than yourself?
How can you meaningfully connect with others, nature, or a higher power?