



5 QUICK TIPS

Personal Readiness Dimension *Social*

- 1 Engage with others.**
Building connections with those around you can positively influence personal and unit readiness.
- 2 Show kindness.**
A simple hello or compliment can make a difference in someone's day. Make them feel special and say it with a smile.
- 3 Invite a friend to lunch or to your next workout.**
Reach out to your network. Spending time with others can help foster relationships and enhance performance.
- 4 Listen actively and effectively.**
When communicating with others, focus on understanding and respond with interest and enthusiasm.
- 5 Make time for family and friends.**
Cultivate healthy relationships by communicating frequently with them. Call, text, email, or send a personalized e-card.

The five dimensions of Personal Readiness are Physical, Psychological, Social, Spiritual, and Family Preparedness.

