



5 QUICK TIPS

Personal Readiness Dimension *Spiritual*

- 1 Volunteer your time and talents.**
It can enhance your self-esteem and your sense of connection with others.
- 2 Know your personal values.**
They play an important role in your life as they guide your behaviors and influence your decisions.
- 3 Increase your sense of purpose and identity.**
Take actions that renew energy and reinforce a commitment to yourself and others.
- 4 Be responsible.**
Asking and accepting help when needed makes you stronger and enhances resilience.
- 5 Have integrity - Do what's right.**
Live by the Army Values. This act builds strong character, fosters a culture of trust and supports unit cohesion.

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

