

SPIRITUAL FITNESS GUIDE



***"Steel your
spirit."***

“So that you can better deal with adversity. Prepare yourself so that you will be ready for the decisive moment in combat.”

- General Neller

Command Guidance: How to use the Spiritual Fitness Guide

The U. S. Navy Chaplain Corps developed the Spiritual Fitness Guide (SFG) to help Marines/Sailors maintain a healthy spiritual life. The use of the SFG is voluntary and can serve as a referral tool to know when to seek out help and advice from a chaplain.

1. Make the SFG available to the Marines. The SFG is available in a full size .pdf document on the MLD website under Fitness.
2. The SFG is a private self-assessment tool. It can help a Marine know when it is time to get help. It is not designed for use by the chain of command to evaluate a Marine's spiritual fitness or readiness.
3. Commands should not mandate the use of the SFG or require a Marine to disclose self-assessment results.
4. Training by leaders on the use of this tool is encouraged. Utilize your unit chaplain as a subject matter expert as often as possible.
5. For concerns about a Marine's spiritual fitness or for further information about spiritual fitness, please contact a chaplain.

Spiritual Fitness Guide: This is a self-assessment tool to help service members determine their spiritual condition.

FIT	STRESSED	DEPLETED	DRAINED
<p>Potential Indicators</p> <ul style="list-style-type: none"> ➢ Engaged in life's meaning/purpose ➢ Hopeful about life/future ➢ Makes sound moral decisions ➢ Fully engaged with family, friends, and community ➢ Able to forgive self and others ➢ Respectful of others ➢ Engaged in core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➢ Neglecting life's meaning/purpose ➢ Less hopeful about life/future ➢ Makes some poor moral decisions ➢ Somewhat engaged with family, friends, and community ➢ Difficulty forgiving self or others ➢ Less respectful of others ➢ Straying from core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➢ Losing a sense of life's meaning/purpose ➢ Holds very little hope about life/future ➢ Makes poor moral decisions routinely ➢ Weakly engaged with family, friends, and community ➢ Not likely to forgive self or others ➢ Strong disrespect for others ➢ Disregards core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➢ Feels like life has no meaning/purpose ➢ Holds no hope about life/future ➢ Engaged in extreme immoral behavior ➢ Not engaged with family, friends or community ➢ Forgiveness is not an option ➢ Complete disrespect for others ➢ Abandoned core values/beliefs

If you find yourself in need of support, do not suffer in silence. Seek immediately from any avenue of support.

Resources for Support

- Chaplain – Military and Family Life Counselors – Community Counseling Program – Family Readiness Officers – Leaders – Family or Friend – MCCS One Source – DISTRESS 1-877-476-7734

Your Chaplain cares about you and is committed to helping with your spiritual fitness. Absolute 100% confidentiality is guaranteed.

CHAPLAIN POC: