



US ARMY



III Armored Corps

Spiritual Fitness Battlebook

When Identity, Purpose, and Meaning Lead,

STRENGTH FOLLOWS

Phantom Warriors,

Our Army's strength begins with its people, and at the heart of each Soldier is a spirit that drives winning, resilience, and Army transformation. As we continue to train and lead the most capable force in the world, we must care for Soldiers holistically.

This battlebook is a practical resource to help leaders and Soldiers understand, assess, and strengthen spiritual fitness. Whether in garrison, combat, or in personal affairs—a strong spirit anchors us through adversity and connects us to something greater than ourselves.

I encourage every leader to engage with these pages actively, reflect personally, and lead with authenticity. Spiritual fitness is not a separate task, it's foundational to who we are, how we lead, and why we serve.



Ready For War & Ready For Life!

Phantom Warriors!

COL Kevin E. Wainwright

Command Chaplain

III Armored Corps





“The soldier’s heart, the soldier’s spirit,
the soldier’s soul, are everything.
Unless the soldier’s soul sustains him
he cannot be relied on and will fail
himself and his commander and his
country in the end.”

—General George C. Marshall

Purpose

This battlebook is designed to assist Soldiers and leaders in developing effective spiritual fitness plans by offering proven techniques and practical procedures that strengthen the Soldier's spirit. It encourages leader engagement by drawing from the III Armored Corps (IIIAC) Spiritual Fitness Guide, Chaplain Corps training and resources, and the Army's Holistic Health and Fitness (H2F) program.

End State: Soldiers who are spiritually...

Ready for war
&
Ready for Life!





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Key Definitions for this Battlebook

Soldier's Spirit: The non-physical essence of a Soldier comprised of the elements and attributes that make up the person who exists in concert with, but beneath the surface of the physical domain.

Spiritual Fitness: The condition in which a Soldier's spirit is ready for war and ready for life. War and life bring many challenges to bear for Soldiers; a Soldier with a fortified spirit is ready to respond productively to each challenge.

Source of Strength: The internal, guiding anchor that empowers Soldiers and sustains them through adversity. A source of strength functions like the needle of a compass, guiding life's direction by shaping identity, purpose, and meaning. A Soldier can have multiple sources of strength.

- Examples:
- God or a deity
 - Warrior Code or Ethos
 - Patriotism
 - Community Values
 - Promises or a Commitment



Section 1: Spiritual Fitness Basics

Spiritual Fitness vs Spiritual Readiness

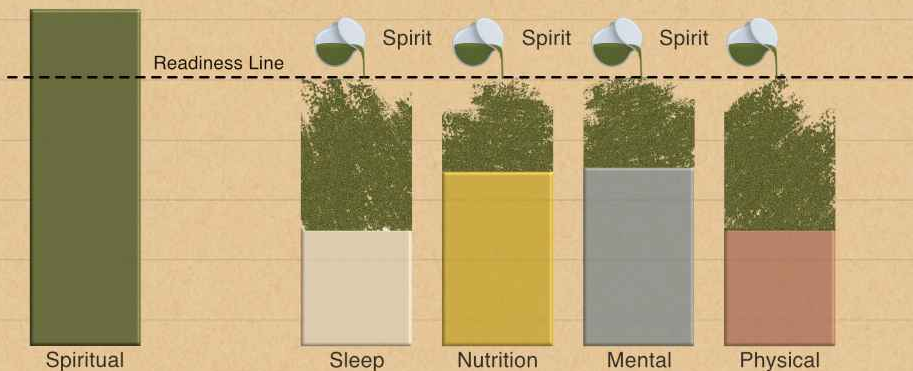
Spiritual Fitness is the ongoing process of strengthening the Soldier's spirit through reflection, discipline, and spiritual exercise toward growth. It involves building identity, purpose, and meaning anchored by a source of strength (explained on the next page).

Spiritual Readiness is the outcome of spiritual fitness and what it seeks to achieve. According to FM 7-22, spiritual readiness is the development of the personal qualities needed to endure stress, hardship, and tragedy. It equips Soldiers to maintain their will to win and thrive under pressure, regardless of religious beliefs.

Fitness is how we train the spirit. Readiness is the state of being prepared to respond when it matters most

Why Develop the Spiritual Domain?

A fortified spirit can sustain other depleted H2F domains during life's crucibles.



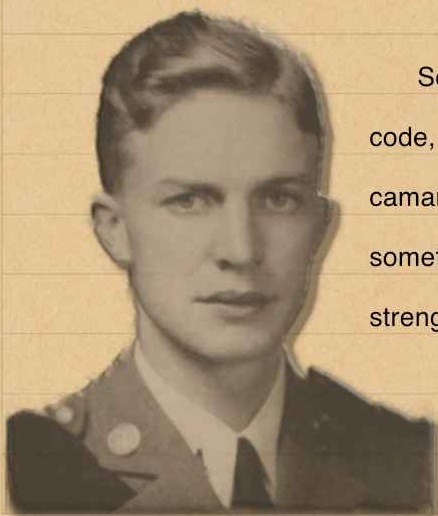
Source of Strength: Bataan Death March

The Bataan Death March was a brutal 65-mile forced march during WWII, where Japanese captors led exhausted American and Filipino Soldiers to a relocation camp. In *Some Survived*, Bataan survivor Manny Lawton recounts how prisoners were mentally, physically, nutritionally, and sleep depleted. Yet, with every Holistic Health and Fitness (H2F) domain exhausted, some still survived.

They drew strength from something deeper, a personal Source of Strength. It gave purpose to go further when quitting seemed an easier motivation.

"Is this the end, sir? What do we do next?"
"Just wait and pray."
Those solemn words ended my last official conversation with my commanding officer.

-Manny Lawton (while awaiting capture)
From "*Some Survived*"



Some found strength in faith, a warrior code, or national identity. Others found it in camaraderie or the mission. But all relied on something greater than themselves for the strength to take one more step...

On the next page, you'll identify your Source of Strength.



My Source of Strength

When all other H2F domains are depleted, what strength can you rely upon to continue on with the mission and life?

Three principles to consider:

Proven. Have you gone to the source before? Is it tested? A source of strength that is needed when other domains are depleted should not be mystery - it must be able to provide you with strength when needed most.

Reliable. If it can be lost, taken away, or decide to leave then it is not guaranteed to be a dependable source of strength.

Responsive. Is the source readily available on a moment's notice, in any situation? A source of strength must be there for you when war and life throw unexpected events and circumstances at you.

My Primary Source of Strength is:

Source of Strength:

Identity, Purpose, and Meaning

A Source of Strength is more than an aide in life's hard times. It shapes and develops a Soldier by guiding the formation and understanding of their Identity, Purpose, and Meaning.

Identity is a person's understanding of who they are at their core and how they wish to be perceived by others. A source of strength shapes identity through values, morals, and affirmation of who an individual is.

Purpose is a fundamental element of consciousness that gives Soldiers direction and motivation in both personal and professional life. A source of strength informs purpose by helping Soldiers see the bigger picture in war and life.

Meaning is the sense made of, and the significance felt toward, one's being and existence. While identity answers "who" and purpose answers "why," meaning addresses the question "is it worth it?" A source of strength is essential in helping Soldiers value their sacrifices—large or small—and find confidence that the cause is, or is not, worth the price.

Who

Why

Worth



Evaluating My Source of Strength (SOS)

Designed to be answered during counseling, or in small group activities for accountability...

Identity.

How does my SOS shape my identity?

How does my SOS help to battle destructive thoughts or ideas?

Purpose.

How does my SOS provide the 'why' to honorable Army service?

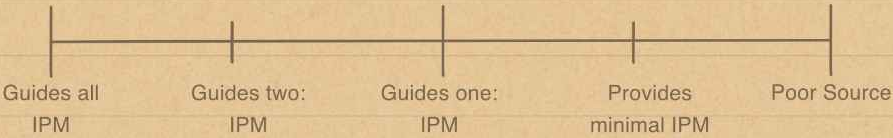
How does my SOS provide the 'why' to living a healthy life?

Meaning.

How does my SOS add worth to my sacrifices, small or large?

How does my SOS help me to keep going when others have quit?

Based on your responses to the above questions, how do you feel about your source of strength's ability to provide Identity, Purpose, and Meaning (IPM) to you in war and life?



Stages of Spiritual Development

Soldiers with healthy development in Identity, Purpose, and Meaning see spiritual progression through the Four Stages of Spiritual Development:

Stages and Indicators:

External Stage: Life is seen as happening to the Soldier. Identity is shaped by outside forces, and spiritual growth is limited by passivity, frustration, or disconnection. This stage sees harmful behaviors peak.

Agency Stage: The Soldier begins to take ownership of beliefs and choices. This stage marks growing self-awareness, initiative, and personal responsibility. Positive growth but limited team-focus.

Purposed Stage: Spiritual clarity guides the Soldier's actions. Life is seen as happening through them, with values driving service to others, leadership, and mentorship. Soldiers here see the bigger picture/meaning in life.

Empowered Stage: The Soldier lives and leads from a deep well of spiritual strength. Their identity, purpose, and meaning empower others and leave a lasting impact and positive legacy.

Reflect/Discuss: What spiritual development stage are you in now?



Leaders Encourage Spiritual Progression

External Stage Progression = Encourage Positive Identity

Who

Leaders should work with Soldiers to educate them on the importance of a healthy source of strength. They must encourage a positive self-perception that helps a Soldier see their full potential.

Agency Stage Progression = Coach Greater Purpose

Why

Leaders can help these Soldiers to progress by helping them to see the bigger picture, that life is about something greater than themselves. After all, we fight as a team in both war and life.

Purposed Stage Progression = Communicate Meaning

Worth

Leaders can help Soldiers in this stage by ensuring that the Soldier's values and actions align with integrity. This increases the value or worth a Soldier places on all aspects of life.

Empowered Stage Sustainment = Provide Accountability

Leaders advise Soldiers to maintain healthy practices and multiply their success by fostering communities of accountability..





Section 2: Identity & Consciousness

Identity & Consciousness

A Soldier's identity is more than a uniform, rank, or title at home. It is the core understanding of who they are and who they are becoming. It includes beliefs, experiences, values, and how one sees themselves in relation to others. Consciousness is an awareness of identity in action. Consciousness is the ability to reflect, adapt, and align life with convictions and accountability grounded in sources of strength.

While physical fitness may train the body, and mental readiness prepares the mind, spiritual identity anchors the self. When identity is clear, the Soldier operates with confidence and integrity, even under pressure. But when identity is fractured by moral injury, isolation, failure, or false perceptions then resilience suffers.

A strong source of strength gives Soldiers affirmation needed to answer, "Who am I?" in moments of stress and decision. By understanding their identity, Soldiers can achieve dignity: their personal value found in belonging to something greater. Dignity helps a Soldier ensure alignment between beliefs and actions.

This section helps Soldiers deep-dive into who they are, informed by their source(s) of strength.



Where is the Spirit?

Identity in the spiritual domain begins with understanding where a spirit exists, across different dimensions: metaphysical, spiritual, moral, mental, and physical. Each of these planes present opportunities for a Soldier to shape their Identity through conscious decisions:

Dimension		Professional	vs	Unprofessional
Metaphysical	=	Good	vs	Evil
Spiritual	=	Love	vs	Hate
Moral	=	Moral	vs	Immoral
Mental	=	Ethical	vs	Unethical
Physical	=	Principles	vs	Moral Relativism

**Conceptual framework for reflection—not prescriptive, religious, or final.*

For brevity, this battlebook refrains from great detail on these dimensions, but suffice it to say that they are interconnected. Every Soldier exists across the spectrum and each “versus” (vs) in the chart above could be seen as an opportunity for a Soldier to practice consciousness to make choices that shape and display their identity.

Reflection, Counseling, or Small Team discussion:

Where does something terrible like sexual assault exist above?

What about a Soldier laying down his life for his unit to survive?

How does your source of strength guide decisions in each dimension?



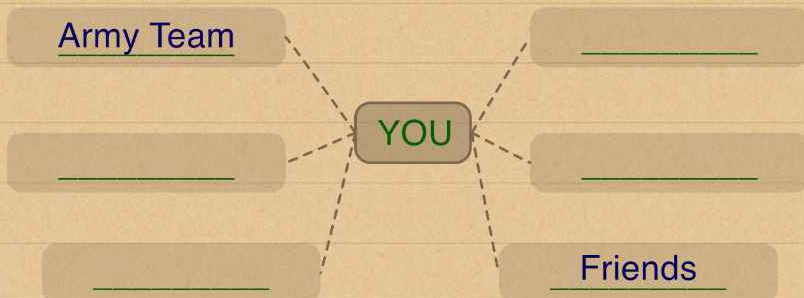
Belonging and Dignity

Across dimensions, Soldiers exist in teams, squads, units, and larger formations. At the same time, they belong to families, cultures, faith groups, communities, philosophical societies, and countless other circles. Across all of these, two deep spiritual needs emerge: the desire to belong and the desire to be treated with dignity.

A strong source of strength confirms both. It guides Soldiers in identity formation by affirming that they are not alone, and that their presence matters. These groups, organizations, and people collectively form a Soldier's Community of Accountability.

Communities of accountability serve as mirrors. They reflect who the Soldier is becoming through encouragement, correction, and shared experience. They also challenge Soldiers to grow through honest engagement, constructive feedback, and mutual respect.

Reflect/Discuss: Who is in Your Community of Accountability?



Self-Perception vs External-Perception

Every Soldier carries an internal sense of who they are, this is self-perception. But that view is often shaped, sharpened, or challenged by how others see them: external perception. While emotions may influence both, accurate identity is not based solely on feelings. It is confirmed by consistent actions over time, through conscious decisions.

Communities of accountability and strong sources of strength help Soldiers see themselves clearly, not just as they hope to be, but as they are. These relationships reflect back a truth shaped by behavior, integrity, and follow-through. When self-perception and external perception align, the Soldier operates with integrity. When they differ, feedback from trusted sources becomes essential to personal growth.

Reflect/Discuss with people in your Community of Accountability:

How aligned are my actions vs beliefs?

In a movie, would I play a hero or villain, why?

Am I trustworthy to do what I say I'll do?



What are my best identity attributes?

What are bad influences in my life?

Where can my actions better represent me?

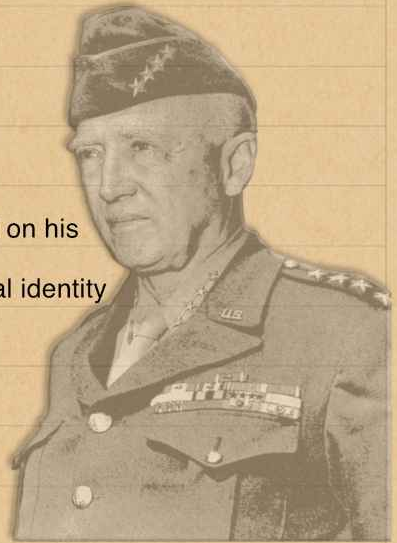


When Identity Matters Most

General George Patton recognized the importance of spiritual identity. The General believed in a 'Warrior Code' and shaped his actions and character on the battlefield based on his convictions. He drew strength from his spiritual identity when it mattered most:

When Soldiers were watching.

General Patton knew that the integrity of his warrior character was paramount to effective leadership and team engagement on the battlefield. His words, beliefs, and actions aligned to produce a consistent thread for his Soldiers to follow—all based on his warrior code and ethos.



Based on this section, answer the following questions with your leadership or team:

1. Who are you and how do you want to be perceived by others?
2. How does your source of strength guide your identity?
3. How will you continue to develop identity in your community?
4. How do your identity, beliefs, words, and actions align?

Once a Soldier knows who they are, the next question becomes: why do I endure? What drives me forward? That's where purpose begins...



Section 3: Purpose & Connection

Purpose & Connection

Purpose answers the question, “Why do I endure?” It is the internal driver that gives direction and energy to the Soldier’s mission and life. More than ambition, purpose is the essence of who you are or are meant to be. It’s heavily informed by a connection to a Source of Strength. Purpose is grounded in something greater than self, be it a faith, cause, people group, or deeply held values.

In early career stages, purpose may derive from external validation or imitation. Over time, as Soldiers mature spiritually and psychologically, they begin to define purpose from internalized values and lived experience; integrating personal convictions into service and leadership.

As explained in this section, purpose and connection are addressed primarily through two questions:

Reflect/Discuss:

1. Why do I endure through hardships or difficult circumstances?
2. Who or what keeps me going when I’m at the end of myself?

Guiding Motivation

Guiding Motivation lies at the heart of spiritual fitness. It is the force that fuels a Soldier's endurance when external rewards fade and the mission becomes difficult. This motivation is not random or superficial; it is shaped by a clear sense of purpose and sustained through meaningful connections to a Source of Strength and/or to people and communities that matter.

Whether that source is faith, family, a warrior ethos, or a commitment to those who serve beside us, motivation grows when anchored in things larger than self. Without guiding motivation, even the strongest individuals can drift, falter, or lose heart. But with it, Soldiers can persevere through hardship with clarity, conviction, and resilience.

Imagine • Reflect • Discuss

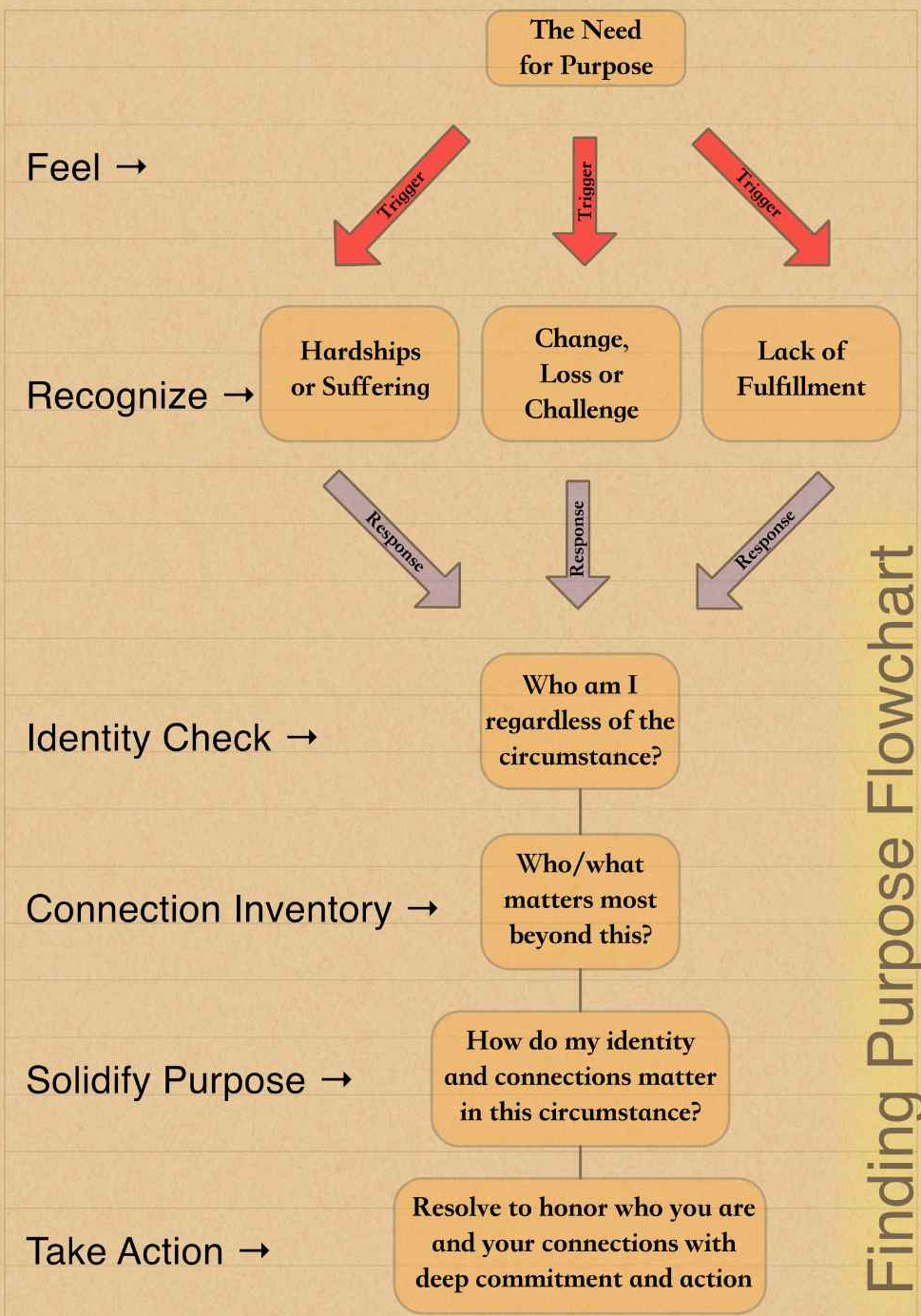
Your commander just called you in for an unexpected ruck march. He tells you to go off on your own toward the North and to just continue going, minimal instruction. At first, you'd likely comply. But over time and distance, you'd begin to wonder "why?" Then, after miles, you may begin to question the actions more and more, especially as you feel more alone. Then after more miles, you'd slow down.

Eventually, the strongest would quit. Why?

How does this scenario highlight the importance of purpose?

How Does connection to Others influence purpose?





**Based on work developed at the Army War College by LTC (Ret.) Dr. Maurice Sipos and LTC Laura Weimer*

Spiritual Endurance

Spiritual endurance is the capacity to persevere through hardship with conviction and resilience, because your life and actions are anchored to something greater than yourself.

It's more than willpower. It's the strength to keep going when external rewards fade, when the mission is unclear, or when pain or loss challenge identity. Spiritual endurance flows from purpose, is sustained by sources of strength and connection, and is continually reaffirmed through self-awareness and reflection.

Like every other H2F domain, spiritual endurance is trained with time, reps, reflection, and the daily reinforcement of a purposed life—connected to people or things greater than oneself.



“Together, purpose and connection foster a fire inside Soldiers that the storms of war and life will not overcome.”



When Purpose Matters Most

While deployed to Iraq in 2006, First Sergeant Charles Monroe King knew the risks. But 1SG King saw that purpose extended beyond the war, it was a much bigger picture than his present circumstance. He began writing a journal to his unborn son, later captured in the Denzel Washington movie “Journal for Jordan.”



In quiet moments after missions, 1SG King poured his heart into pages that spoke of manhood, faith, and doing what's right.

For King, the journal became more than a keepsake, it was a critical part of his mission. He understood that while he was fighting one war overseas, his greater calling was to prepare his son for life. Tragically, 1SG King was killed in a roadside bomb during the deployment. However, he left a legacy for us all about when purpose matters most:

When Army service or life are uncertain and threats abound.

When things feels uncertain or at risk, what part of your purpose remains unshakable, and how do you live in that purpose?



Section 4: Meaning & Creativity

Meaning & Creativity

A Soldier's sense of meaning is what determines whether something is worth the cost. Meaning assesses value to experiences. It interprets sacrifice, evaluates struggle, and answers the question, "Was it worth it?" In both war and life, meaning is what allows Soldiers to frame experience, good or bad, as something that holds significance.

Creativity is an active arm of meaning. It's the ability to apply imagination, innovation, and insight to reframe hardship, extract value from chaos, and shape circumstances with intentionality. Creativity isn't just about art, it is a core component of resilience. It helps Soldiers find hope, purpose, and growth, even in pain. Traits like appreciation, flexibility, innovation, reflection, and reframing are essential tools in this process—and each requires a creative evaluation of an experience.

Meaning determines whether something is worth enduring. And it is creativity that helps interpret life's facts, experiences, and hardships in a way that reveals the value. Creativity doesn't ignore reality, it reframes it. It allows Soldiers to see possibility in pain, purpose in struggle, and worth in what others might discard.

This section helps Soldiers assess what matters most, and how to live in a way that appreciates it.

Assessing Experiences - Five 'Whys'

When a Soldier has a unique or new experience in life or war, it is important that they assess the experience to find the value or worth. One method to assess an experience is called the "Five Whys," where the experience is explored deeply to better understand the meaning.

Work with a team, leader, or reflect through the following five questions regarding something you've experienced, write down responses.

1. Why did this moment feel heavy, or meaningful, to me?

(Invites reflection on inner gravity, significance, or emotional weight.)

2. Why did I respond the way I did?

(Explores instinct, conviction, or influence—can uncover identity or formation.)

3. Why does this still come to mind?

(Touches on lasting impact—what lingered and why.)

4. Why might this experience shape how I move forward?

(Opens the door to purpose, direction, and transformation.)

5. Why might this matter beyond just me?

(Allows discovery of connection, legacy, or deeper worth.)

Continued →



Finding Meaning in Values

With questions from the previous page recorded, use that experience to determine and complete the following steps:

Name the relevant or recurring values from previous answers....

I.e. Loyalty, Love...

How do you or your source of strength align with the values?

I.e. My source of strength also inspires with Loyalty

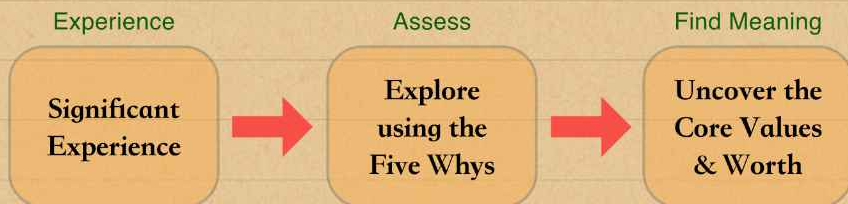
Choose one way to honor the experience through future action.

I.e. Prepare unit training on Loyalty using this experience.

Capture the meaning from the experience in one sentence.

I.e. "Because of this experience, I know/value/understand _____..

Summary - Finding Meaning



Growth: Value to Virtues

Uncovering the values and worth in your experiences from the previous pages is not the finish line. The goal should be to progress in life by allowing experience to help us grow. Growth happens when values move from awareness to action. That action is called virtue.

To grow, you must allow values to actively shape your decisions, influence your relationships, and deepen your connection to your Source of Strength. Growth also depends on your Community of Accountability—people who reflect your values back to you, challenge your blind spots, and walk with you as you apply what you've learned.

Work with a team or leader to turn the Army Values into virtues:

Value (Belief):	to	Virtue (Action):
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Loyalty	to	I'll be there for my squad, even if it's hard, because I'm loyal.
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Duty	to	_____
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Respect	to	_____
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Selfless-Service	to	_____
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Honor	to	I'll remember fallen comrades by living to bring them credit.
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Integrity	to	_____
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Personal Courage	to	_____
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When Meaning Matters Most

In 2005, during a convoy escort mission outside Salman Pak, Iraq, Staff Sergeant Leigh Ann Hester's squad was ambushed in a brutal, close-quarters attack. Amid the chaos, she didn't freeze. She flanked, fought, and led. When the dust settled, her actions had saved lives and dismantled an enemy ambush.



But for Hester, the firefight wasn't just a moment of valor. It was a spiritual search for meaning after the experience—meaning she found...

After returning home, the headlines faded, but the weight of that day remained. In interviews and mentoring sessions, Hester has shared that what gave the battle meaning wasn't just the medal, it was the realization that leadership, courage, and presence in the moment mattered more than fear. SSG Hester learned when meaning matters most:

When who you choose to be is the only thing you can control.



Section 5: Spiritual Fitness Plan

Spiritual Fitness Plan

A spiritual fitness plan is simply the way you will “exercise” spiritually. The plan should be shaped by your Source of Strength, Identity, Purpose, and Meaning. With those elements in focus, the following principles offer a practical way to guide your plan and measure progress.

Eight Spiritual Fitness Principles for planning

Simplicity. Keep your plan clear, direct, and easy to follow.

Consistency. Engage in regular practices that strengthen your spirit.

Integration. Blend spiritual fitness into all other H2F domains..

Unity of Effort. Grow within a community of accountability.

Sustainability. Build habits that you can maintain in longevity.

Economy. Use your time, energy, and resources to grow spiritually.

Flexibility. Adapt your spiritual fitness to the rigors of Army service.

Responsiveness. Ensure your Source of Strength is available to support.

Spiritual Fitness Plan Example

Here is a simple template for a spiritual fitness plan based on the Eight Spiritual Fitness Principles. It's recommended to make this plan a point of Soldier regular counseling (download using QR code).

Spiritual Practices List the spiritual practices that you commit to doing.	Briefly describe the plan: How, When, Where, with Who, etc.	For each Spiritual Fitness Principle, score your plan from 1 to 3. 1: Not aligned with the principle. 2: Somewhat aligned with the principle. 3: Fully aligned with the principle.							
		Simplicity	Consistency	Integration	Flexibility	Unity of Effort	Sustainability	Economy	Responsiveness
Connect with Source of Strength	Climb a mountain solo each morning to reach the peak and pray.	1	1	3	2	1	1	1	2
									

By using the eight principles in connection with their spiritual practices, Soldiers can develop a robust plan that will sustain and fortify their spirit.

This plan should be revisited regularly to determine if modification is needed in order to ensure a good incorporation of the source of strength, identity, purpose, and meaning.

Assessing the Spiritual Fitness Plan

Principles provide not only a good way to create a spiritual fitness plan, they also can indicate how well the plan is working or progressing. While it's not an official assessment, the image below represents a good way to measure your plan's effectiveness.

Download this survey at the QR code link. It also includes other helpful recourses for your development and understanding.

Spiritual Fitness Survey

Spiritual Fitness is the condition of a Soldier's spirit towards fighting and winning in war and life.

This tool is for leaders and Soldiers to gain clarity on a Soldier's spiritual fitness condition and to provide resources for improvement

SF Principles:	Simplicity	Consistency	Integration	Flexibility	Unity of Effort	Sustainability	Economy	Responsiveness	Total Score Indicators:	
Excellent 5 points	I find it effortless to practice my spiritual fitness	I perform spiritual fitness practices many times each day	I incorporate spiritual fitness into every aspect of life	I can practice spiritual fitness in any situation or location	My community gives strong support to my spiritual fitness	I can continue my current spiritual fitness indefinitely	I invest resources regularly in my spiritual fitness	My source of strength is immediately available to me	Score: 36-40 (Excellent): Maintain your strong practices and discipline. Avoid becoming complacent. Score: 28-35 (Good): Maintain your strong practices but look for ways to improve to excellence.	Spiritually Ready for War and Life
Good 4 points	Practicing my spiritual fitness is straightforward	I engage in spiritual fitness practices daily	I blend spiritual fitness into many areas of my life	I can practice spiritual fitness in most places with ease	My community gives good support to my spiritual fitness	My spiritual fitness is sustainable for a long time	I occasionally invest resources in my spiritual fitness	My source of strength is quickly available	Score: 20-27 (Average): Some areas for improvement are evident, seek a coach or mentor to guide you through spiritual growth.	
Average 3 points	I find my spiritual fitness can be burdensome	I practice spiritual fitness weekly	I incorporate spiritual fitness into my routine but not fully	It is hard to adapt my spiritual fitness in challenges	My community gives average support to my spiritual fitness	My spiritual fitness is taxing, I sometimes ignore it	I rarely invest resources into my spiritual fitness	I have a source of strength, but access is irregular	Score: 12-19 (Caution): Reassess your priorities and take immediate steps to strengthen your spiritual fitness.	
Needs Improvement 2 points	I struggle with spiritual fitness as being achievable	I practice spiritual fitness occasionally, with no routine	I rarely blend spiritual fitness with any other areas of health	I need specific conditions to practice spiritual fitness	My community gives weak support to my spiritual fitness	I struggle with sustaining any level of spiritual fitness	I often forget or don't prioritize spiritual fitness with resources	There are barriers to seek my source of strength	Score: 5-11 (Poor): Engage in honest reflection and counseling or training to uncover the barriers to your spiritual fitness; actively seek support.	
Poor 1 points	Spiritual fitness is difficult to start or understand	I practice spiritual fitness on the rarest of occasions	I struggle to see how spiritual fitness connects to life	There are too many burdens in life to begin spiritual fitness	My community gives no support to my spiritual fitness	My spiritual fitness is rarely sustainable	There are rarely any resources used for my spiritual fitness	I struggle to identify a source of strength in life	Score: 0-4 (Critical): Take immediate action to address your spiritual fitness; reach out for help from support resources like a Unit Ministry Team, behavioral health services, or other community resources.	
Critical 0 points	I can't figure out spiritual fitness, it's too complex	I never practice spiritual fitness knowingly	I don't integrate spiritual fitness at all in life	I can't practice spiritual fitness no matter the circumstances	I have no community to support my spiritual fitness	I neglect spiritual fitness practices completely	My spiritual fitness is not worth my resources	I have no source of strength in life		
	Score: _____	Score: _____	Score: _____	Score: _____	Score: _____	Score: _____	Score: _____	Score: _____	Total Score: _____	Dedicated Ability to Fight and Win



Conclusion

Spiritual fitness is not a destination. It's a steady progression toward being spiritually ready for war and ready for life,

Through this Battlebook, you've reflected on your Source of Strength, explored who you are, and examined what gives your life direction and meaning. You've taken steps toward building a personal spiritual fitness plan, shaped by timeless principles and grounded in virtue.

These pages are not meant to be mastered in one sitting. They are tools to return to as life changes and challenges come. Whether in training, deployment, transition, or daily life, your spirit will face pressure, and what you build now will carry you through those moments.

Growth takes time. Meaning takes reflection. Strength takes practice.

But when the moment comes, and it will, you will be ready, not just to endure, but to lead with purpose, act with integrity, and stand for something that lasts.





Ready for War, Ready for Life!