



SPIRITUAL FITNESS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

1. What is Spiritual Fitness?

- Spirituality can help you feel connected to something bigger than yourself and build resilience at the same time. Your spirituality can involve whatever beliefs and values give you a sense of purpose. For many, it may be a relationship with God and certain religious practices. For others, spirituality plays out in non-religious ways, such as through a focus on family or nature. However you express it, spirituality can promote healthy connections with others, healthy lifestyle choices and the strength to endure hard times. Whether expressed through prayer,

2. What are the benefits of being Spiritual Fit?

3. What are some Spiritual Fitness Tips?

4. What can Leaders do to assist with Soldiers and their Spiritual Fitness?