

SPIRITUAL PERFORMANCE GUIDE



What matters most?

"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..."

Gen George Marshall

Nobel Peace Prize Award speech 1953



MIND



SPIRIT



BODY

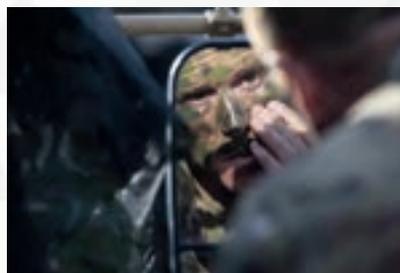


FAMILY



MISSION

USASOC HPW staff collaborates, integrates, and resources the Physical, Cognitive, Psychological, Spiritual Performance and Social & Family domains, leveraging data, technology, and information, to improve performance, readiness, and resilience of our Soldiers, their Families, DA Civilians and Veterans.



VISION

Soldiers, Families, DA Civilians, and Veterans are informed and empowered. They are prepared and available for the ARSOF Mission and remain resilient and overcome adversity and win. USASOC fosters a growth mindset to gain and maintain a competitive advantage now and into the future.

We accomplish this by:

Optimizing human performance through integrated evaluation, coaching, education, training, and services for our USASOC personnel.

Sustaining holistic wellness of our current and veteran USASOC personnel and their families with appropriate resources and integrated approaches to mitigate the effects of acute and chronic stress during and after a career in Army Special Operations.



Spiritual Pillar

SPIRITUAL PERFORMANCE MISSION

The Spiritual Domain is designed to provide, connect, strengthen, and assess the spiritual fitness of the individual and collective SOF units across USASOC.

Spirituality supports human performance by fostering spiritual practices, spiritual resilience, character ethics, values and beliefs, meaning and purpose, and belonging. Spirituality is incredibly individualized and the Spiritual Domain provides support to all, regardless of belief. This domain focuses on both beliefs (core beliefs, values, and sense of meaning and purpose between an individual and a higher power) and behaviors (healthy relationships, ethical decision-making, connection, and positive living between an individual and world around them).

SPIRITUAL PERFORMANCE VISION:

USASOC Soldiers and Civilians perform spiritually at optimal levels and peak performance in diverse, unique environments; Families and individuals are nurtured and thriving amidst challenging demands and separations in order to effectively, efficiently, and safely accomplish unparalleled SOF missions.

SPIRITUAL PERFORMANCE LINES OF EFFORT:

1. Deepen the Spiritual Core of SOF Warriors and Families
2. Develop Trained, Equipped and Ready UMTs
3. Design Religious Support Capabilities for Emerging Requirements



SPIRITUAL HEALTH

Spirituality is a sense of connection that gives meaning and purpose to our lives and develops within us the qualities we need to persevere through times of adversity, hardship, and stress in ways that help us grow from our experiences. As we think about spiritual wellness, we want to think about life purpose and the path, practices, and people that will help us live in ways that will enable us to live that purpose.

SELF-ASSESSMENT

ANSWER YES (Y) OR NO (N)

I believe that my life has a purpose and meaning.

I regularly engage in practices that connect me to something bigger than myself.

I have a set of core values that guide the choices and decisions I make.

I want to discover ways to connect deeper with God, higher power, and/or life purpose.

I know the steps to take that will lead me to fulfill my purpose in life.

I am connected to a community of people in which I feel valued, heard, and understood.

There is at least one thing in my life that I am passionate about and driven to do.

I am connected to a group of people that share my life purpose, that help me become more connected to it, and grow in my progress of living it.

I am Religious/Spiritual.

I am aware of resources and services available to me to strengthen, sustain, and grow in my spiritual wellness.

TOTAL ANSWERS OF "YES"

8-10 High Awareness | 5-7 Moderate Awareness | 0-4 Low Awareness



Develop the Spiritual Core

A SPIRITUAL CORE SHAPES DEVELOPMENT

MEANING, PURPOSE, CALLING AND CONNECTION

DEVELOPMENTAL TASK	WITH SPIRITUAL CORE	WITHOUT SPIRITUAL CORE
Self	Inherent Worth	Abilities Based
Identity	Meaning & Purpose	Aquiring Success
Work	Calling & Contribution	Talents & Gains
Relationships	Sacred, Share Love & Grow	Pleasing, Meet Needs
Path	Always Connected	Ultimately Alone
Place in the World	Purposeful World	Random World
Existential Reality	Love, Life-giving	Unknown
Good Events	Blessings	Deserved, Luck
Bad Events	Opportunities, Learning	Random, Failure

Dr. Lisa Miller discusses the importance of the Spiritual Core.

<https://vimeo.com/567031417>

Password: SpiritualReadiness

Dr. Lisa Miller

Spirituality Mind Body Institute | Teachers College, Columbia University



THE WAY TO SPIRITUAL WELLNESS



Spiritual wellness is essential to our overall health and fitness because, from our spiritual core, we gain a sense of purpose and meaning in our lives...Finally, spiritual wellness reduces anxiety, depression, and other emotional struggles we may face by allowing us to see how our struggles mold and shape us to become who we need to be to live with and fulfill our purpose.

Spiritual wellness is not necessarily connected to religion. However, for many, their spiritual core is directly tied to their religious beliefs and values. The guidelines of their religion drive the direction and purpose of this person's life. For others, spiritually is tied to those things that connect them to something bigger than themselves. No matter how we define spirituality, our spiritual wellness matters because it is the foundation upon which the rest of our lives are built.

THE 4 SPIRITUAL STEPS



SPIRITUAL REFLECTION



PURPOSE

What gives my life meaning and purpose?

- Do I believe that my life has purpose?
- If no, why not? If yes, what is the purpose?
- What is my vision of the future?
- What is my hope for the future?
- What perceptions do I have about myself that give me inherent value?
- How do I answer the question, "Who am I?"

PATH

What is my spiritual path (faith-belief-worldview)?

- What does my worldview and associated beliefs say about who I am in relation to others?
- What mindset do I use to progress through life?
- What is this mindset based?
- What do I engage in that shapes this mindset?
- What am I reading to reinforce this mindset?

PRACTICES

What are my most effective spiritual practices?

- What, if anything, has worked well? What has not worked?
- How do I typically respond when experiencing adversity?
- How can I improve my ability to cope with adversity?
- Over what do I have ability to exercise control?
- What can I do about adverse situations in my life I cannot control?
- How do I handle guilt and shame?

PEOPLE

To Whom do I feel most spiritually connected?

- How am I reinforcing those connections?
- What connections cause significant distress?
- What are healthy ways I can disconnect from connections that cause significant stress?
- How can I mend damaged connections?
- Who, if anyone, do I need to forgive (to include myself)?
- What do I consider my spiritual community?

SPIRITUAL REFLECTION

SPIRITUAL FACTORS	REFLECTIVE QUESTIONS
PERSONHOOD	<p>What perceptions do I have about myself that give me inherent value?</p> <p>What, if anything, gives my life meaning?</p> <p>Do I believe my life has purpose? If no, why not? If yes, what is the purpose?</p>
IDENTITY	<p>What do my worldviews and associated beliefs say about who I am in relation to others?</p> <p>How would I answer the question "Who am I?"</p>
GROWTH ORIENTATION	<p>What mindset do I use to progress through life?</p> <p>On what do I base this mindset?</p> <p>In what do I engage that shapes this mindset?</p> <p>What am I reading to reinforce this mindset?</p>
PERSONAL AGENCY	<p>Over what do I have the ability to exercise control?</p> <p>What aspects of my life are completely out of my control?</p> <p>What can I do about adverse situations in my life over which I have no control?</p> <p>How do I handle guilt and shame?</p>
COPING STRATEGIES	<p>How do I typically respond when experiencing adversity?</p> <p>What, if anything, has worked well?</p> <p>What has not worked?</p> <p>How can I improve my ability to cope with adversity?</p>
CONNECTION	<p>To what or whom do I feel most connected?</p> <p>How am I reinforcing those connections?</p> <p>What are healthy ways I can disconnect from connections that cause significant stress?</p> <p>What connections cause significant distress?</p> <p>If disconnecting is impossible, how can I manage the connection to minimize the distress?</p> <p>How can I re-establish damaged connections?</p> <p>Who, if anyone, do I need to Forgive, to include myself?</p>



IDENTIFY YOUR PURPOSE

STEP - 01

ESTABLISH A LIFE WORTH LIVING

The following exercise will help you to identify purpose and meaning in your life. It is meant to provide a way to define the overarching purpose of your life, or what you are living for. This overarching purpose provides the means to develop a path, practice specific disciplines, and connect with specific communities to help you successfully live with purpose.

5 DEEP QUESTIONS

Take time to reflect on these questions and write your answers in the spaces below.

1. At the end of your life, what do you want people to say about you (who you were, what you did, and the impact you made on others and the world)?
2. What makes these things important to you?
3. If you could do one thing with your life that would change the world, what would it be and why?
4. What does it mean to you for life to feel right?
5. What/Who is the most important thing/person in your life? Why?

As you worked through these questions , are you beginning to get an idea of what the overarching purpose may be for your life? If so, write it down here...

My Purpose in Life is...

PLOT YOUR PATH



STEP - 02

It has been said that the journey of a thousand miles begins with a single step. The first step of committing to live life with purpose may be the most difficult, but when we do take that first step, we find that our lives mean more than just getting up and going to work or school. When we commit to living with purpose, we realize we are living for something bigger than ourselves. We will begin to add and remove things in our lives so that we can live more intentionally to achieve our overarching purpose in life.

Sometimes we fail to live our lives with purpose because we simply don't know how. The exercise below will help you design your path to living with purpose by assisting you in setting the core values, beliefs, guiding principles, commandments, etc., that provide direction to your destination. It will also enable you to identify obstacles blocking your path toward your destination so you can work to remove them.

POINTS TOWARD PURPOSE

POINT 1

Determine the destination

(What is your overarching purpose for your life?)

POINT 2

Set the course

(What core values, beliefs, principles and/or commandments lead you to live for your purpose?)

POINT 3

Identify the obstacles blocking your path

(What is currently keeping you from fully living for your purpose?)

POINT 4

Identify what you currently have for the journey, what you need to complete the journey, and who is with you on the journey

(What are you currently doing to live for your purpose? What else do you need to fully live your purpose? Who can best help you live your purpose?)

My Destination (Purpose I'm Living for) _____

My Core Values, Beliefs, Principles, and/or Commandments that will keep me on track:

My Obstacles that keep me from living my purpose:

My Starting Point

What am I already doing to live my purpose?

What do I need to better live my purpose?





SPIRITUAL PERFORMANCE FOCUS AREAS:

Not sure where to begin increasing your spiritual performance?
These focus areas may guide your journey!

BELIEF:

This section's emphasis is on resources to increase the fundamental knowledge related to your core beliefs, values, self-awareness, and experiences that inform your behaviors and actions. The focus is inward, with the intent of developing your spiritual core. This will provide stability and resilience in times of difficulty.

- **Core Values/Beliefs (Spiritual and Religious):** This area includes resources on deepening one's individual spiritual/core beliefs through general and faith specific resources (i.e. Bible Studies, devotionals, sacred text readings/commentaries, basic "doctrine cheat sheets", etc.)
- **Moral Leadership:** This identifies resources critical to the foundation of moral leadership and development from a spiritual perspective as well as AR 165-1, ADRP 6-22, and DA PAM 165-18.
- **Character Building/Army Values:** This focuses on our common values as an Army and how to incorporate these values in our daily lives IAW ADP 6-22 and their intersect with a spiritual/faith perspective.
- **Mindfulness/self-awareness:** This highlights resources related to being present in the moment, to being mindful of yourself and others, and the ability to slow down and reflect.
- **Meaning and Purpose:** This centers on helping individuals answer the question of "why" from various perspectives (i.e. existential meaning, professional meaning, purpose of the individual within a family or community, etc.).



BEHAVIOR:

This area provides resources that promotes positive behavior which impact decision-making, healthy relationships, and living with purpose and meaning. The focus of this category is outward, providing “muscle-memory” in times of difficulty, increasing personal gratitude, and cultivating a sense of connectedness with others.

- **Service to others:** This identifies way to serve others, the positive impacts of service, and links/resources to various service opportunities.
- **Forgiveness:** This provides resources on the “what” and “how” of forgiveness, in order to forgive others as well as yourself.
- **Spiritual Disciplines:** This will provide tangible “how to” on various spiritual disciplines both generally (i.e. meditation or journaling) as well as faith specific (i.e. Prayer from a Christian, Jewish, Muslim, etc. perspective).
- **Healthy Relationships:** This provides helpful relationship techniques (communication, conflict management, active listening, team building, etc.) in order to improve your personal and professional relationships.
- **Ethical Decision-Making:** This provides material to assist in developing ethical decision-making from a variety of methods, including vignettes decision-making models, articles, and training plans.
- **Faith Community Engagement:** This assists in connection to faith communities and demonstrates the value of being connected to a like-minded group in order to promote healthy accountability, spiritual growth, and development. It utilizes various resources (links to online religious services, groups, communities, articles on the benefits, etc.)



MORAL INJURY:

The spirit or moral self can be injured just as much as the body or mind. This focus area examines the impact of warfare and life on the soul and provides resources to heal when injury occurs.

- **Understanding Moral Injury:** This area provides scholarly resources on what Moral Injury is, its impact, and its correlation with PTSD and other issues.
- **Dealing with Moral Injury:** This provides tangible helps to confront and overcome moral injury, links to resources, and practical exercises.
- **Post traumatic Growth after Moral Injury:** TThis is designed to provide resources and connections to individuals on how to thrive after healing from moral injury or other traumatic experiences.



PRACTICES FOR PROGRESS

STEP - 03

Practices I already have in place (established?):

Practices that will help me to better live with purpose...

Practices that I would like to learn more about to help me live my purpose...

MY COMMITMENT TO DAILY PRACTICES OF PURPOSE

I am making the commitment to daily practice the following...

PRACTICE	WHEN I WILL DO IT EACH DAY
.....
.....
.....
.....
.....
.....
.....

*You can also create a personalized "Spiritual Performance Plan" see your Chaplain for more details.

PRACTICES FOR PROGRESS

As we walk the path of purpose in our lives, it is vital that we always keep our purpose in view so that we stay on track and live for that purpose. This means that our purpose must always be in the forefront of our minds. The more we think about our purpose, the more we align our lives to live for it. The best way to focus our minds on our purpose is to discipline ourselves to perform specific practices each day that will renew our sense of our purpose, align our lives to that purpose, and grow stronger in our ability to live that purpose.

PRACTICES FOR PROGRESS ON THE PATH TO PURPOSE

Reading: The practice of reading focuses our minds on our purpose. Reading fills our minds with information about our purpose, teaches skills to better live our purpose, and shows examples through the stories of others that have shared and lived our purpose.

Journaling: The practice of journaling allows us to keep track of our progress along the path of our purpose. As we journal we are able to write freely about our successes, struggles, and questions about living our purpose.

Meditation: The practice of meditation allows us to focus on specific aspects of living with purpose on a deeper level. As we meditate, we dedicate mental energy to cultivate a specific state of quality. We may focus on a principle, teaching, core value, or belief that is vital to our purpose and how that can bring peace and calm to our life situations.

Mindfulness: The practice of mindfulness enables us to focus our current position on the path to living our purpose. Mindfulness is the practice of being fully mentally and emotionally present in the moment and it helps us to training our mind to focus on what is happening now without being distracted by the past or the future.

Prayer: The practice of prayer keeps us in communication with our God. Prayer is a religious discipline in which we communicate with our God seeking guidance, provision, and favor in our lives so that we can better live out our purpose. Prayer brings peace to our lives.

Confession: The practice of confession frees us from the guilt that keeps us from living with purpose. Confession is the practice of admitting our faults and wrongs to others. This may be to our God, a close and trusted friend, or someone we have wronged. When we practice confession, we are able to throw off the emotional weight of guilt that slows us down on the path of purpose.

Gratitude: The practice of gratitude creates within us a mindset of thankfulness for what we have in our lives and trains our minds to focus on the positive in every situation. Gratitude also allows us to appreciate the impact other people have in our personal growth and progress to living out our purpose.

Generosity: The practice of generosity reminds us that living our purpose is not about us. Generosity is the practice of giving our time, talents, possessions, words, and lives to people to help them progress in life and living out their purpose.

Forgiveness: The practice of forgiveness frees us from the anger, bitterness, hurt, and guilt that takes our focus off living our purpose or causes us to go against the core values, beliefs, and teachings that are the foundation of our purpose.

Self-Denial: The practice of self-denial teaches us that, at times, we must put aside our wants and desires for the reward of achieving our purpose. Self-denial teaches us to put our purpose above ourselves and that our purpose is bigger and more important than our momentary desires.

Engage With People Who Support Your Purpose

STEP - 04

No one can live successfully for their purpose on their own. We all need other people in our lives to walk the path of purpose with us. There is power in community connection that motivates, educates, strengthens, sustains, and empowers us to increased effectiveness and success in living out our purpose. As we walk our journey of life to live with purpose we will grow tired, we will struggle, we will want to give up, and we will wander off course. When we have other trusted people in our lives that share our purpose or that can support us on our path to live our purpose, we will find that the journey, though challenging, can be completed successfully. Living with purpose is empowered by community. In it we find that we have value, we are heard, we are understood, we are trusted, and we are family. Below is an exercise that will assist you in making connection that can help you live your purpose.

Who do I have in my life that I know will support me to live with purpose?

TRUSTED PEOPLE

GROUPS, AGENCIES, etc THAT SUPPORT YOU IN LIVING YOUR PURPOSE

What agencies help me become better at living my purpose?

LIVING YOUR PURPOSE

PEOPLE THAT SHARE YOUR PURPOSE

Who do I know that shares my purpose?

ESTABLISHED GROUPS THAT SHARE YOUR PURPOSE

(Clubs, Religious Institutions, etc)

What groups can I connect with that share my purpose and will help me live it?



WHEN TIMES GET TOUGH

"Regard both suffering and joy as facts of life" -Buddha (Lotus Sutra)

"In this world you will face trouble..." – Jesus (John 16:33)

"Certainly We created man in travail." -Muhammad (Quran, 90:4)

The fact is, the world is imperfect and we are going to experience times of suffering, trials, and difficulties. Each world religion acknowledges the reality that living is not always easy. Whether disappointments, unmet expectations, frustration, betrayal, or the loss of a loved one, we are going to have trials to overcome. Our Spiritual Core is what keeps us strong and stable through the storms of life, but sometimes it feels like it isn't enough. Below are some practical ways to deal with difficulties when they arise.

MINDFULNESS & GRIEF SYSTEM



PUTTING IT ALL TOGETHER

MY PURPOSE IN LIFE IS

MY GUIDING CORE VALUES, BELIEFS, AND PRINCIPLES	THE OBSTACLES IN MY WAY OF LIVING MY PURPOSE
PRACTICES I WILL DO TO HELP ME LIVE MY PURPOSE	WHAT I WILL DO TO REMOVE THOSE OBSTACLES
PEOPLE I WILL CONNECT WITH TO HELP ME LIVE WITH PURPOSE	

MY COMMITMENT TO BE A TORCH BEARER

As one who has defined and established a path to purpose and meaning in your life, what it takes to be spiritually fit, ready, and strong. Now that you know what it takes, we want to offer three guiding principles that will help you become a source of hope, help, and strength for others seeking to discover how to become spiritually strong.

- 1. Be Vigilant.** People will not always tell you that they feel that their life has no meaning or purpose or that they are struggling. You must be alert.
- 2. Be Engaged:** The best way to become aware of what is really going on in the hearts and minds of those around you is to engage with others in conversations that move below the surface and show that you really care about them and their life.
- 3. Be Invested.** Be willing to invest your life to help others live out their purpose. Actions really do speak louder than words. As you help others discover their path to purpose in life, be willing to walk it with them and support them along the way.



Spiritual Performance Resources

Suggested resources and sites are given as potential help to aide your spiritual growth. They are not endorsed by USASOC, the US Army, or the Chaplain Corps.

SPIRITUALITY

SOCOM Spiritual Domain



www.usasoc.hpw.agilesof.com



<https://usasoc.sof.socom.mil/sites/usasoc-hq-hp-wellness/default.aspx>

1st SFC Family Programs Site



<https://1sfcfamilyprogramscom.wordpress.com>

US Army Chaplain Corps Resources



<https://www.army.mil/chaplaincorps>



<https://usachctraining.army.mil/>

Institute of Religious Leadership (IRL) Training

FM 7-22 Holistic Health and Fitness



https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN30714-FM_7-22-000-WEB-1.pdf



PROTESTANT

Right Now Media



www.rightnowmediaatwork.org/Account/Invite/USARMYChaplainCorps

From Author John Eldredge "The One Minute Pause App"



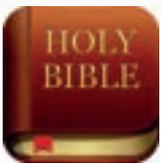
www.pauseapp.com

Zume.Training



<https://zume.training/>

The Bible App



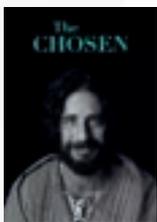
www.bible.com/app

The Bible App for Kids



www.bible.com/kids

The Chosen (Jesus Film series)



www.watch.angelstudios.com/thechosen/watch

Officer Christian Fellowship



<https://www.ocfusa.org/studymaterials/>

American Bible Society: Armed Services Ministry

Resources from Armed Services Ministry



www.armedservicesministry.org

- *Military Bible Challenge
- *God Understands
- *Hero Squad
- *Journey of a Military Wife
- *Never Alone
- *Operation Recon



Our Daily Bread



www.odb.org

The Navigators



<https://www.navigators.org/resources>

Cadence



MINISTRY TO THE MILITARY

<https://cadence.org/resources>

CRU Military



<https://crumilitary.org/>

Spiritually Fit Ready to Serve Soldier (CruMilitary)



<https://www.militarysfrs.org/>

Child Evangelism Fellowship



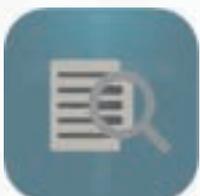
<https://www.cefonline.com/kids/>

Club Beyond



<https://clubbeyond.org>

Christian Creeds & Reformed Confessions



www.apps.apple.com/us/app/christian-creeds-confessions/id359513722



CATHOLIC

FORMED



<https://formed.org/signup>

Pray as You Go



<https://pray-as-you-go.org>

The Catholic Novena



<https://catholicnovenaapp.com>

Ave Maria Radio



<https://avemariaradio.net/app/>

Laudate



<https://apps.apple.com/us/app/laudate-1-catholic-app/id499428207>

<https://play.google.com/store/apps/details?id=com.aycka.apps.MassReadings&gl=US>

Catholic News Agency



<https://catholicapps.com/cna-catholic-news-agency-app/>

Knights of Columbus



Knights of
Columbus®

<https://www.kofc.org/en/what-we-do/faith-in-action-programs/resources/>

Catholic Bible



<https://apps.apple.com/us/app/catholic-bible/id1516991789>

https://play.google.com/store/apps/details?id=free.catholic.bible&hl=en_US&gl=US



Catholic Prayers: The Daily Prayer Book



<https://apps.apple.com/us/app/catholic-prayers-official/id1131116859>
https://play.google.com/store/apps/details?id=com.catholicprayerbook&hl=en_US&gl=US

JEWISH

The Jewish Chaplain Counsel Association



developed by Jewish Chaplains
<https://jcca.org/what-we-do/jwb/jrep/>
Jewish resources selected and

Torah TV



https://play.google.com/store/apps/details?id=io.appery.project172074&hl=en_US&gl=US
<https://apps.apple.com/us/app/torah-tv/id875944072>

Jonah Run: An Infinite Runner Game Set in Temple Times



<https://apps.apple.com/us/app/jonah-the-runaway-prophet/id1160435371>
<https://apkpure.com/es/jonah-run/com.gdcast.jonahRun>

Chabad

AISH



www.Chabad.org



www.Aish.com



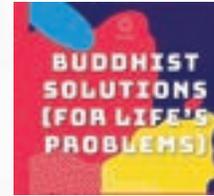
BUDDHIST

Dharma Meditation Trainer



<https://apps.apple.com/us/app/dharma-seed/id507779665>
<https://play.google.com/store/apps/details?id=org.dharmaseed.android&gl=US>

Buddhist Solutions



<https://buddhistsolutions.transistor.fm/>

Buddha Vacana: Readings in Theravada Buddhism:



<https://www.nku.edu/~kenneyr/Buddhism/index.html>

Soka Gakkai International - USA



<https://www.sgi-usa.org/>

Buddhability



<https://buddhability.org/>

HINDU

Hindu Calendar



<https://apps.apple.com/us/app/hindu-calendar-panchang/id1187338109>
<https://play.google.com/store/apps/details?id=com.alokmandavgane.hinducalendar&gl=US>

Aarti Collection



<https://apps.apple.com/us/app/aarti-collection/id514300871>
<https://play.google.com/store/apps/details?id=com.dzo.aarti&gl=US>

Vedanta eBooks



<https://vedantaebooks.org>



ISLAMIC

iQuran



<https://apps.apple.com/us/app/iquran/id285944183>

<https://play.google.com/store/apps/details?id=com.guidedways.iQuranPro&hl=en&gl=US>

iPray



<https://play.google.com/store/apps/details?id=com.guidedways.ipray&hl=en&gl=US>

<https://apps.apple.com/us/app/ipray/id288054534>

Qamar Deen



<https://productivemuslim.com/qamar-deen-app-your-spiritual-development-tracker/>

My Islam



<https://myislam.org/surah-ahzab/>

Corpus Quran



<https://corpus.quran.com/wordbyword.jsp>

Hadith Collection



**Hadith Collection
(All In One)**

<https://hadithcollection.com>

Haramain



<http://www.haramain.info>



WICCA

Circle Sanctuary



<https://www.circlesanctuary.org>

The Sacred Well



<https://www.sacredwell.org>

ASATRU/NORSE

The Asatru Community



<https://www.theasatrucommunity.org>

MISC RESOURCES

The Human Flourishing Program:



<https://hfh.fas.harvard.edu/>
<https://hfh.fas.harvard.edu/flourishing.app>

Spirituality Mind Body Institute



<https://spiritualitymindbody.tc.columbia.edu>

Yale Center for Faith & Culture



<https://yalewell.yale.edu/wellness-self-care/religious-spiritual-resources>
<https://faith.yale.edu/media>

Insight Timer

InsightTimer

<https://insighttimer.com>

The STANDOUT Assessment



<https://www.marcusbuckingham.com/gift-of-standout/>

Up Faith and Family



<https://apps.apple.com/us/app/up-faith-family/id859991237>

Financial Peace University



<https://military.help.ramseysolutions.com/hc/en-us>

RENOVARE (Spiritual Formation)



<https://Renovare.org>

RESOURCES

For help and a personalized plan reach out to your unit chaplain and your local Religious Support Office on you Installation to go deeper.

Counseling is also available from the following sources:

Installation Family Life Chaplains – Available on your post

Military One Source 24/7 Support – 800-342-9647

www.militaryonesource.mil/

Veterans Crisis Line

www.veteranscrisisline.net

Text 838255

United States: 800-273-8255, press 1

Europe: 00800-1273-8255 or DSN 118

Korea: 0800-555-118 or DSN 118

Army Suicide Prevention Program

www.armyresilience.army.mil/sucicide-prevention/index.html



For personal help or questions regarding spiritual coaching and counseling reach out to the USASOC Chaplain Directorate, your local Chaplain or Installation Religious Support Office.

