

SHORT-TERM (SMART) GOALS
(Specific, Measurable, Attainable,
Relevant, and Time Based)

1.	
2.	
3.	
4.	
5.	
6.	
7.	

CLOSE THE MEANING GAP

**THE C-10 PROTOCOL
MEANING-CENTERED
SUICIDE PREVENTION**

PHASE 4 - RETURN TO MEANING

C-10 CULMINATION - LONGTERM SUPPORT &
IDENTITY RESTORATION (PURPOSE
BELONGING | ROUTINES | SPIRITUAL
INTELLIGENCE)

PHASE 3 - SAFETY & PROTECTION

C-9 WARM HANDOFF
C-8 COLLABORATIVE - TAKE NEXT STEPS
TOGETHER
C-7 CONDITIONS - (PLANS | MEANS |
SUPPORTS)

PHASE 2 - INTERVENTION BRIDGE

C-6 COMMUNICATION - REFLECT &
VALIDATE
C-5 COURAGE AND VULNERABILITY - CREATE
ATTACHMENT SAFETY
C-4 CARE - MEANING RECONNECTION +
EMPATHY

PHASE 1 - CRISIS ASCENT

C-3 COMMITMENT - SAFETY SCALES (1-10)
C-2 CORE BELIEFS - LISTEN TO IDENTITY
COLLAPSE
C-1 CONCERN - INQUIRE ABOUT THE
MEANING BREAKDOWN

Pathfinder Resiliency Tool

**How to Always Find
Your Best Path**



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PURPOSE		HORIZON OF HOPE <i>DAILY AZIMUTH CHECK</i>				BELONGING	
<i>PERSONALITY RANGE</i>		◆ PHYSICAL, SPIRITUAL, EMOTIONAL OBSTACLES?				Tribe	EBF
CORE VALUES		◆ WHAT IS THE DISTANCE TO MY PSI?					1.
CORE FEARS		◆ WHAT P/S/E RESOURCES DO I NEED?					2.
CORE PURPOSE		Values-Driven Routines	D	W	M	S	3.
		1.					4.
		2.					5.
		3.					6.
PURPOSE-IN-LIFE STATEMENT		4.					7.
To		5.					8.
(Action Toward Vision)		6.					9.
So that		7.					10.
(Intending Result)							11.
							12.
SPIRITUAL INTELLIGENCE							
1.		2.		3.		4.	
5.		6.		7.			
Date:		Positive Self-Identity				Copyright © Paul Lynn 2026	
Ideal Future-Self (1-5)							
Spiritual Compass ▲ Warrior Code ▼							
Worst Future-Self							
Best Path on Worst Day							