RESILIENCE UNLIMITED

Chaplain Directions — Complete Set

Six Meaning Marker PT / Hip-Pocket Training Sessions

These six 15–20 minute sessions equip Chaplains to train Soldiers during/after PT or as hip-pocket training. They move Soldiers toward a completed Pathfinder Resilience Tool – Meaning Map while remaining practical for unit time.

THE SIX 1-PAGERS

1. PURPOSE – Developing Your Target
Core Purpose Target → one-sentence Core Purpose → Purpose-in-Life Statement. Pre-work: Enneagram + RU Assessment. Key: Pair share + individual target.

2. BELONGING – Setting Your Circles of Trust
Dunbar circles (Intimate/Mentor → 3–5 Best Friends → 12–15 Extended → ~150 Tribe). Loneliness risk + Cell 7 belonging. Key: Map circles, name gap, one connection action.

3. VALUES-DRIVEN ROUTINES – Fueling the Machine
Habits/disciplines/rituals that reinforce identity (Gottman + Turk Brigade). Key: Audit → prioritize 3–7 aligned routines → mark D/W/M/S → lock in one this week.

4. SPIRITUAL INTELLIGENCE – One Compass to Rule Them All
Values + Virtues as the adaptive compass. Key: Select 5–7 virtues → "I WILL…" (Compass) + "I WILL NOT…" (Warrior Code). Links to moral injury awareness.

5. POSITIVE SELF-IDENTITY – From Liquid to Solid
Ideal Future-Self + Spiritual Compass/Warrior Code + Worst Future-Self + Best Path on Worst Day. Key: Solidify identity narrative; pre-decide worst-day response.

6. HORIZON OF HOPE – Conditions-Based & Theological
Final output of the other markers. Conditions-based (Purpose/Belonging/Routines + SI) + Theological (faith as unstealable anchor). POW examples: Chapel Riot, Rowe, Versace. Key: Conditions audit + theological anchor sentence + Daily Azimuth habit.

RECOMMENDED DELIVERY SEQUENCE

1. Purpose → 2. Belonging → 3. Spiritual Intelligence → 4. Values-Driven Routines → 5. Positive Self-Identity → 6. Horizon of Hope

Any order or stand-alone works. The sequence above builds conditions first, then identity, then hope.

KEY FACILITATION NOTES

- Pre-session: Strongly encourage the free Resilience Unlimited Assessment + 9-Type/Enneagram (missionresilientmedia.com/resources).
- After the set: Point Soldiers to the full Meaning Map PDF and C-10 / suicide awareness material in the Field Manual.
- Group reinforcement: Pathfinder Resilience Group Pledge (FM p. 73) for ongoing small groups.
- Horizon of Hope emphasis: Explicitly teach both sides — conditions you can strengthen + the theological anchor (faith/identity in the transcendent) that cannot be taken. Use the POW stories.
- Stay pluralistic. Model the practices. Offer private follow-up for moral injury (Rearview Mirror exercise available in FM).

END STATE

Soldiers leave with clarified Purpose, mapped Belonging, practiced Spiritual Intelligence, prioritized Routines, a solid Positive Self-Identity, and a Horizon of Hope that is both conditions-based and theologically anchored — ready to live their Pathfinder Resilience Tool. True resilience is returning to meaning with spirituality at its core.