

WHY THIS MATTERS

"He who has a why to live for can bear almost any how." — Viktor Frankl

Purpose is a personal vision that moves tasks and responsibilities toward a projected end-state. It requires sacrifice, produces satisfaction, aligns with the good of the world, and builds resistance to anxiety and depression. In the Hanoi Hilton, the Big 5 + 1 held a purpose bigger than survival — identity and faith.

PRE-WORK (Optional but Powerful)

1. Take the free Resilience Unlimited Assessment at missionresilientmedia.com/resources
2. Take the free 9-Type Personality Indicator (Enneagram). Record: Type ____ Core Desire: _____ Core Fear: _____
3. Bring results to the session. Knowing your profile accelerates Identity Capital (Meg Jay).

15–20 MIN CHAPLAIN-LED SESSION FLOW

1. OPEN (2 min)

Chaplain: "Today we train Purpose — the target that keeps us from drifting. You already are a pathfinder. Your brain is a prediction machine."

2. PAIR SHARE (5 min)

In pairs: What do you love? What are you great at? (Enneagram insight welcome). Listen for energy and identity.

3. CORE PURPOSE TARGET (5–6 min) — Ikigai-style

Individually complete the four quadrants on a notecard or notebook, then circle the strongest answer in each:

- What do I love? • What does the Army / my world need?
- What am I great at? • What can I get paid / rewarded for?

Combine into one sentence: "My core purpose is to _____."

4. PURPOSE-IN-LIFE STATEMENT (3 min)

Write: "To _____ so that _____."

Example: "To train people to be more resilient, adventure in life, and care for my family."

5. CLOSE & COMMIT (2 min)

Share one phrase with a battle buddy. Transfer the final statement onto your Pathfinder Resilience Tool – Meaning Map.

DISCUSSION PROMPTS | ACTION

- How might a clear purpose change how you approach a hard mission, a bad day, or daily PT?
- What lesser goal is currently stealing energy from your true target? (Hardy: "We are kept from our goals by a clear path to a lesser goal.")

ACTION THIS WEEK: Place your Purpose Statement where you see it every morning. Revisit in 30 days with the full Meaning Map.

CHAPLAIN TIP: Keep it aspirational and pluralistic. Purpose can grow and move — "Your purpose is always a target."

Resource: Full exercises + blank Meaning Map PDF at missionresilientmedia.com

WHY THIS MATTERS

Belonging starts with a longing to be with others — and occurs when that longing is returned.

From cradle to grave we need attachment. Today young adults report record loneliness (Gallup / Surgeon General). Isolation is a health risk. In Cell 7 the POWs' shared belonging and faith turned a chapel service into the Chapel Riot — identity restored under pressure. Dunbar's Number: we can truly know ~150 people.

YOUR CIRCLES OF TRUST (Dunbar-inspired)

- Intimate Partner / Spouse + Mentor(s) — deepest vulnerability & guidance
- 3–5 Best Friends — vulnerability, accountability, "I have your back"
- 12–15 Extended Best Friends — regular life-sharing, mutual support
- ~150 Tribe / Affinity Group — shared values, greater protective factor than even an intimate partner

Healthy relationships are semi-permeable cells: good flows in, harm stays out. Impermeable cells die. Isolation kills resilience.

Quick write: Name 1 Mentor _____ 3 Best Friends _____ Tribe affinity: _____

15–20 MIN CHAPLAIN-LED SESSION FLOW

1. OPEN (2 min)

Chaplain: "Who has your back on your worst day? Belonging is a condition of unlimited resilience."

2. MAP YOUR CIRCLES (6 min)

On a notecard draw four concentric circles or just list names under the four levels above. Be honest about gaps.

Identify: Where is the biggest gap right now? (Many Soldiers struggle most at the 3–5 Best Friend level.)

3. BEST FRIEND PLEDGE (optional 3 min)

Review sample pledge: Invite one person to be in your Top 5. Talk regularly. Be vulnerable. Have each other's back.

If ready, text or speak the invitation after the session.

4. ONE CONNECTION ACTION (3 min)

Commit to one concrete action this week: call a mentor, invite a battle buddy to coffee, join a small group, or repair a strained tie.

5. CLOSE (2 min)

Pair-share the one action. Chaplain: "You cannot stay resilient alone. The POWs survived because they stayed connected."

DISCUSSION | ACTION | CHAPLAIN TIP

- Who in your formation needs a circle of trust right now? How can the unit reduce loneliness?

ACTION: Write the names of your current 3–5 Best Friends (or aspirational) onto your Pathfinder Resilience Tool – Meaning Map.

CHAPLAIN TIP: Model belonging. Offer yourself as a safe mentor figure. Encourage organic small groups after PT or during field time.

Resource: Full Belonging exercises + Best Friend Pledge template at missionresilientmedia.com

WHY THIS MATTERS

"It takes something more than intelligence to act intelligently." — Dostoyevsky

Spiritual Intelligence is an adaptive intelligence that develops values, vision, and capacity for meaning. It is the compass that guides Purpose, Belonging, and Values-Driven Routines. Values = what you believe. Virtues = the good attitudes and behaviors you practice. MRI research (Lisa Miller) shows a developed spiritual core reduces addiction, depression, and suicide risk dramatically. Your Spiritual Compass (Highest Good / Summum Bonum) + Warrior Code keeps identity solid under the 5 ENFs (Injustice, Death, Evil, Absurdity, Suffering) and moral injury.

VIRTUES TO PRACTICE | SPIRITUAL COMPASS

Sample virtues: Honesty, Integrity, Kindness, Courage, Resilience, Wisdom, Generosity, Patience, Gratitude, Humility, Empathy, Justice, Self-discipline, Forgiveness, Responsibility, Loyalty, Temperance... (Full list in Field Manual)

Pick 5–7 you need most right now: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____

Spiritual Compass (I WILL...): _____

Warrior Code (I WILL NOT...): _____

These declarative statements influence your best path to Ideal Future Self and mitigate the Worst Future Self.

15–20 MIN CHAPLAIN-LED SESSION FLOW

1. OPEN (2 min)

Chaplain: "Spiritual Intelligence is the one compass that rules Purpose, Belonging, and Routines. It is pluralistic — Higher Power, transcendental practices, or both. It is the values-driven identity that sets moral boundaries in every role."

2. VIRTUE SELECTION (5 min)

Individually choose 5–7 virtues you most need to practice this season. Write them. Pair-share one and why it matters now.

3. WRITE YOUR COMPASS & CODE (6–7 min)

Write 1–2 "I WILL ..." statements (highest good / Spiritual Compass) and 1–2 "I WILL NOT ..." statements (Warrior Code).

Example: "I WILL prioritize family over competitive ambition." "I WILL NOT let pride or isolation erode my belonging."

4. BEST PATH ON WORST DAY LINK (2 min)

Quickly name who you will reach out to on a worst day (ties to Belonging). Spiritual Intelligence includes knowing when to call for help.

5. CLOSE (2 min)

Chaplain: "Your compass is already inside you. Clarify it, practice the virtues, and you will find your best path — even on the worst day."

DISCUSSION | ACTION | CHAPLAIN TIP

- How does a clarified Spiritual Intelligence protect against moral injury or catastrophic meaning loss?

ACTION: Transfer virtues + I WILL / I WILL NOT statements onto the Spiritual Intelligence and Positive Self-Identity sections of the Meaning Map.

CHAPLAIN TIP: Remain fully pluralistic. Invite Soldiers of all faiths/none. Offer follow-up for those processing moral injury (use Rearview Mirror exercise).

Resource: Full Spiritual Intelligence + Moral Injury process + blank Map at missionresilientmedia.com

WHY THIS MATTERS

"What you deeply care about shapes your future." — James K.A. Smith

Values-driven routines (habits, disciplines, rituals, traditions) reinforce the identity you desire. ~40% of daily activities are performed in nearly the same situations — so design them on purpose. John Gottman: create shared meaning through rituals. In the Korean War the Turk Brigade's strict military discipline + religious practice produced near-perfect survival rates. Routines set boundaries for spiritual and role identity, giving confidence and hope.

TOP 7 VALUES-DRIVEN ROUTINES (D / W / M / S)

List routines that fuel Purpose, Belonging, and Spiritual Intelligence. Mark frequency: Daily / Weekly / Monthly / Seasonally.

Examples: Morning PT + reflection, weekly battle-buddy check-in, family dinner ritual, Sabbath/worship, financial review, gratitude journal, mentor call, Scripture/meditation, physical recovery protocols, unit after-action spiritual debrief.

#	ROUTINE (write)	D	W	M	S
1.					
2.					
3.					
4.					

15–20 MIN CHAPLAIN-LED SESSION FLOW

1. OPEN (2 min)

Chaplain: "PT itself is a values-driven routine. What other routines keep your identity solid under pressure?"

2. AUDIT CURRENT ROUTINES (5 min)

List 5–7 things you already do regularly that either strengthen or drain your resilience. Be honest.

3. ALIGN & PRIORITIZE (6 min)

Ask: Which of these fuel my Purpose and Belonging? Which need to be added or cut? Prioritize the top 3–5 that move you toward your Ideal Future Self. Assign D/W/M/S. (Ideal: complete after you have written Ideal Future Self on the full Map.)

4. ONE NEW OR STRENGTHENED ROUTINE (3 min)

Choose one routine to start or harden this week. Pair with a battle buddy for accountability if possible.

5. CLOSE (2 min)

Share the one routine. Chaplain: "Routines turn values into identity. They are the fuel for unlimited resilience."

DISCUSSION | ACTION | CHAPLAIN TIP

• What unit or personal ritual could become a shared meaning-maker (Gottman) for your formation?

ACTION: Transfer prioritized routines onto the center of your Pathfinder Resilience Tool – Meaning Map. Revisit monthly.

CHAPLAIN TIP: Model a short post-PT spiritual or gratitude routine. Encourage "atomic habits" that reinforce warrior identity.

Resource: Full Values-Driven Routines section + blank Map at missionresilientmedia.com

WHY THIS MATTERS

Your life is always in draft. Resilience is finding your best path — not bouncing back to the same place.

Positive Self-Identity (PSI) is the Unified-Focused output of robust Purpose, Belonging, Values-Driven Routines, and Spiritual Intelligence. It answers the golden question “Who am I?” with clarity instead of liquid, shifting identity. When meaning markers are weak, a Negative Self-Identity (NSI) forms — scripts of defeat, bitterness (Naomi → Mara), or existential angst. The American POWs in Cell 7 refused to let their captors redefine them. Faith-anchored identity produced the courage to sing the National Anthem under bayonets.

THE FOUR ELEMENTS OF POSITIVE SELF-IDENTITY

1. Ideal Future-Self (1–5 years + end of life): Who do you want to become? Summarize from Purpose + Belonging + Virtues.
2. Spiritual Compass / Warrior Code: Declarative “I WILL ...” (Highest Good) and “I WILL NOT ...” statements that protect the Ideal Self.
3. Worst Future-Self: Name the threats honestly (isolation, addiction, moral injury, mission drift, nihilism...). Know the enemy.
4. Best Path on Your Worst Day: Who will you reach out to? What will you do? Pre-decide before entropy hits.

POW example: When John McCain was broken, Bob Craner tapped through the wall: “You fought as hard as you could... get back up and fight again.” Identity was restored through belonging + purpose + faith. That is Positive Self-Identity under catastrophic conditions.

Write now: Ideal Future-Self (1 sentence) _____

15–20 MIN CHAPLAIN-LED SESSION FLOW

1. OPEN (2 min)

Chaplain: “You already are a pathfinder. Today we solidify who you are becoming — Positive Self-Identity.”

2. IDEAL FUTURE-SELF (5 min)

From everything so far (Purpose, Belonging, Virtues), write one clear sentence: “In 1–5 years I will be a person who _____.”

3. WARRIOR CODE / SPIRITUAL COMPASS (5 min)

Write 1–2 “I WILL ...” and 1–2 “I WILL NOT ...” statements that protect that Ideal Self and reject the Worst Self.

4. BEST PATH ON WORST DAY (4 min)

Name 2–3 people you will contact on a worst day. Commit to telling them. Pre-decide the first action you will take.

5. CLOSE (2–3 min)

Pair-share one “I WILL” statement. Chaplain: “Identity is not given by circumstances or captors. It is claimed and lived.”

Optional: Mention the Rearview Mirror exercise (FM) for anyone carrying past moral injury or NSI scripts.

DISCUSSION | ACTION | CHAPLAIN TIP

- How did the POWs’ refusal to let the enemy redefine them produce courage and hope?

ACTION: Transfer Ideal Future-Self, Compass, Code, and Best Path names onto your Pathfinder Resilience Tool – Meaning Map.

CHAPLAIN TIP: Watch for NSI language (“I’m not good enough,” “I’m a failure”). Gently invite the Rearview Mirror or private follow-up.

Resource: Full PSI section + Rearview Mirror worksheet at missionresilientmedia.com

WHY THIS MATTERS

"Hope is the only thing stronger than fear. A little hope is effective. A lot of hope is dangerous."

Horizon of Hope is the seventh Meaning Making Marker — the final output when the other six are in harmony. It is both conditions-based and theological. Conditions-based: deepened, developed, diversified Purpose + Belonging + Values-Driven Routines, guided by Spiritual Intelligence, produce Meaning and Positive Self-Identity. Theological: when that identity is anchored in the transcendent (faith, Higher Power, ultimate belonging to God), hope becomes unstoppable even in a concrete cell in Hanoi.

POW EXAMPLES: HOPE UNDER THE WORST CONDITIONS

- Chapel Riot of Cell 7 (7 Feb 1971): After the Vietnamese banned their service, the Americans held church anyway. Bud Day began the Star-Spangled Banner. One voice → the entire cell. For two hours they sang hymns and patriotic songs. Risner: "I felt nine feet tall."
- Nick Rowe: "I depended on identification... The one thing that was essential was my faith. That gave me an alternative."
- Rocky Versace (before he was killed): "As long as I'm true to my God and myself, whatever is waiting for me is better than anything you could offer me." Rowe later: Faith became a simple, personal communication — "Dear God, show me what You want me to do."
- Stockdale, Denton, Risner, McCain: They chose to go to the wall for the one strong thing that could not be taken — identity anchored in faith. That produced a Horizon of Hope that outlasted torture, isolation, and years of captivity.

The nature of resilience does not change from a POW camp to the home front. The same conditions + the same theological anchor produce hope.

15–20 MIN CHAPLAIN-LED SESSION FLOW

1. OPEN (2 min)

Chaplain: "Horizon of Hope is not optimism. It is the view from a life whose conditions and faith are aligned."

2. CONDITIONS CHECK (5 min)

Quick self-audit: Rate 1–5 the current strength of your Purpose, Belonging, Routines, and Spiritual Intelligence. Where is the biggest gap that is currently shrinking your horizon?

3. THEOLOGICAL ANCHOR (5 min)

Reflect (pluralistically): What ultimate reality / Higher Power / faith commitment gives you an alternative when conditions fail? Write one sentence: "Even if _____ is taken, I still belong to / am held by _____."

4. DAILY AZIMUTH CHECK (3 min)

Introduce the Daily Azimuth: Physical / Spiritual / Emotional obstacles? Distance to my PSI? Resources needed? Commit to a 60-second check each morning this week while looking at your Meaning Map.

5. CLOSE (2 min)

Chaplain: "A lot of hope is dangerous — to despair, to the enemy, and to mission drift. Build the conditions. Anchor in the transcendent."

DISCUSSION | ACTION | CHAPLAIN TIP

- How did the POWs' theological identity produce a Horizon of Hope that physical conditions alone could never create?

ACTION: Write your current Horizon statement and the Daily Azimuth habit onto the top of your Pathfinder Resilience Tool – Meaning Map.

CHAPLAIN TIP: Emphasize both sides — conditions you can strengthen and the theological anchor that cannot be taken. Stay pluralistic.

Resource: Full Horizon of Hope + Azimuth Check material at missionresilientmedia.com