

## SPIRITUAL FITNESS

*Spiritual Fitness* is the ability to strengthen a set of beliefs, principles, or values that sustain an individual's sense of well-being and purpose. Spirituality, a broad overarching construct, involves an active personal investment in transcendent beliefs and practices lived out in daily life and relationships.

### KEY TENENTS OF SPIRITUAL FITNESS:

<b>Core Values</b>	Principles that guide the internal conduct of an organization or person as well as its relationship with the external world.
<b>Perseverance</b>	Steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement.
<b>Perspective</b>	How one views situations, facts, etc. and judges their relative importance.
<b>Purpose</b>	The reason for which one exists.

### TIPS FOR RECHARGING SPIRITUAL FITNESS:

- **Engage in activities that build the human spirit.** An individual's spiritual health may, by personal choice, incorporate religious belief, just as it may be grounded in other concepts such as patriotism or the common good, experiencing nature, or through serving others.
- **Commit to your core beliefs or values for support in times of stress.** To be spiritual is to know and live according to a set of core beliefs and values and believe that there is more to life than what we can see, touch, or feel. It involves the most profound and genuine connection within the self, thought of as one's inner spirit, center of being, or soul.
- **Consciously seek to experience life and give it meaning and purpose.** It includes ethical values and a moral compass, expanding consciousness to responsibility for and beyond oneself. Thus, spirituality transcends the self, connecting individuals to the human community, nature and the universe.
- **Make practicing your spirituality a priority.** This can be found through reflection or some other means such as listening to music, looking at art, or taking a hike. Practicing spirituality can also be accomplished through meditation, study, prayer, faith, service, or worship to name a few. It also includes the experiential and emotional aspects and involves feelings of hope, love, connection, inner peace, comfort and support.

### RESOURCES & LINKS: FOR SPIRITUAL FITNESS:

- **AFPD 52-1** [http://static.e-publishing.af.mil/production/1/af\\_hc/publication/afpd52-1/afpd52-1.pdf](http://static.e-publishing.af.mil/production/1/af_hc/publication/afpd52-1/afpd52-1.pdf)
- **AFPD 52-2** [http://static.e-publishing.af.mil/production/1/af\\_hc/publication/afpd52-2/afpd52-2.pdf](http://static.e-publishing.af.mil/production/1/af_hc/publication/afpd52-2/afpd52-2.pdf)