



86th Airlift Wing

INTEGRATED RESILIENCE OFFICE

GRIT 365

SELF-CONNECTION

June 2020

GOAL

A community full of people who are aware of and behaving in line with their goals and values.

THINK ABOUT IT

Individuals who are self-connected are aware of who they are, accept who they are, and perceive a match between their values and behavior (Klussman et al., 2020). Importantly, research suggests that feeling self-connected is associated with well-being.

You can get an idea of whether you are self-connected by asking yourself the following questions:

1. Do I have a deep understanding of myself?
2. Do I forgive myself easily?
3. Do I try to make sure that my actions are consistent with my values?

If you answered “yes” to all of these questions, you are likely self-connected. If you answered “no” to any of them, you may not feel self-connected at present.



PRACTICE IT

The great news is, no matter how self-connected you are at present, it is always possible to become more self-connected! If you want to work on becoming more self-connected, try one of the following:

- Meditate or Practice Yoga
- Start a list of your important values
- Make an effort to spend time with people and activities that are consistent with your deeply held values.
- Talk about your goals and values with others (hint, use the discussion points below to guide your conversation)



DISCUSSION POINTS

1. What goals and values are important to you?
2. What are ways in which you behave in accordance with those values?
3. Do you feel self-connected?
4. What are some ideas for becoming more self-connected?

CHALLENGE YOURSELF

One barrier to becoming self-connected is spending time and effort on goals that are not actually consistent with one’s values. Challenge yourself to log how you spend your time for one entire week. Afterwards, look back on your time log and calculate how much time you spent on activities that are not serving your values. Then, brainstorm ways that you can shift those resources into actions that are consistent with your values and put them into action!



This guide is designed to expand the scope of the GRIT Check 6 with lifestyle topics that generate discussion and increase warrior capacity across the community, family, and individual lifespan.