

MCTF SPIRITUAL FITNESS



WHAT IS SPIRITUAL FITNESS?

Spiritual fitness is inner strength from higher purpose. While grit and determination are crucial, Marines find greater strength from looking beyond themselves to higher, more enduring sources of meaning and purpose. Marines follow a personal code of integrity and foundational values that helps them live out the core values of honor, courage, and commitment, embrace the warrior ethos, and exemplify the character expected of a United States Marine.

WHY IS SPIRITUAL FITNESS ESSENTIAL?

The values and ethics of spiritually fit Marines help them make the right decisions at the right time—in combat, in garrison, and in their personal lives. The Marine Corps’ core values of honor, courage, and commitment define how all Marines are to think, act, and fight. Humor and laughter are central to a meaningful life and help Marines endure the inevitable tough times and build connectedness. Spiritual fitness contributes to mental, emotional, and even physical well-being by providing a sense of inner strength, resilience, and perspective.

ACHIEVING SPIRITUAL FITNESS

Achieving spiritual fitness is a personal journey. It’s about finding practices and beliefs that resonate and contribute positively to one’s inner well-being and sense of connectedness. Integrating these practices into daily life can lead to a stronger sense of spiritual fitness and fulfillment.

- **Self-reflection:** Regularly taking time to reflect, contemplate personal values, beliefs, and experiences.
- **Mindfulness Practices:** Engaging in meditation, breathing exercises, or mindfulness to stay present and aware.
- **Connecting with Nature:** Finding comfort or spiritual connection in natural surroundings, such as through walks, hikes, or eco-spiritual practices.
- **Cultivating Gratitude:** Focusing on appreciation and acknowledgment of the positive aspects in life.
- **Service and Compassion:** Helping others, volunteering, or acts of kindness that align with one’s values and beliefs.
- **Forgiveness and Acceptance:** Embracing forgiveness, letting go of resentment, and accepting oneself and others.

FITNESS FACTS

1. MARINES SHOULD LOOK—WITHIN AND BEYOND THEMSELVES—AT THE INFLUENCES OF THEIR VALUES AND IDEALS:

Organizations, leaders, and for some, the Divine. Participating in an organized religion can be a part of someone’s spiritual identity, but it is not a requirement.

2. SPIRITUALLY RESILIENT MARINES EMBRACE DOING WHAT’S RIGHT, NOT WHAT’S EASY:

Doing what’s right increases strength of character and spirit. Embracing what is right starts with embracing both personal values and the Marine Corps’ core values.

3. EXPRESSING GRATITUDE:

For opportunities, experiences, relationships, and achievements can strengthen spiritual fitness.

3. ENGAGING IN REGULAR SELF-REFLECTION:

Opportunities, experiences, relationships, and achievements can strengthen spiritual fitness.

SPIRITUALLY FIT MARINES

- Draw on resources of resilience from outside oneself.
- Make decisions guided by core values and beliefs.
- Respect self and others.
- Believe in the rightness of mission and actions.