

# Purpose (P)



*“Find your “Y”...”*

**Warning:**

For maximum effect, these strategies are best used in combination with Controlled Response, Performance-Based Nutrition, Mind Tactics, Recharge, Primal Fitness, and the Code Modules.





## Purpose (P) Module

### Introduction:

The Purpose Module reminds you, the warrior, of the external factors that you can draw strength from in difficult times (e.g., core values, spirituality, country, fellow warriors, family relationships, etc.). Encouraging a commitment to something greater than one’s self in the face of adversity, the Purpose Module is envisioned as a primer of courage to enable you to perform heroic feats in the face of overwhelming odds—both on and off the battlefield.

### Description:

Having a sense of purpose is the precursor to motivation and courage. It enables you to be courageous in battle and endure the rigors of the combat environment. A sense of purpose helps you clarify life goals and enables you to reach the end result you are working towards more easily.

*“What it comes down to is that success demands a singleness of purpose. Some call it mental toughness; I think it is singleness of purpose and, once you have agreed upon the price that you and your family must pay for success, it enables you to forget that price. It enables you to ignore the minor hurts, the opponent’s pressure and the temporary failures.”*

*- Vince Lombardi*

Warriors who have learned to develop a sense of purpose and to become engrossed in the achievement of purposes are most likely to be happy and healthy and perform optimally.

### *Having a Sense of Purpose Will Help You:*

Maintain your EDGE and AVOID COMPLACENCY

ENDURE PAIN

Boost your MOTIVATION

To be COURAGEOUS

Make every TASK MEANINGFUL

ENHANCE your PERFORMANCE

OVERCOME “Ground Hog Day” (days repeating)

RECOVER from tragedy and loss

ACHIEVE personal and professional GOALS

SURVIVE



## Stories of Courage:



### Navy Lt Michael Murphy “*purpose...for his men*”

Lt Murphy kept himself positioned between the enemy and his men and continued to fire on the oncoming enemy. Knowing the risk, understanding the danger, in the full knowledge the call could cost him his life, he walked out into the firestorm.



### Army MSG Gary Gordon and SFC Randall Shughart “*purpose...for a fallen comrade*”

After Gordon and Shughart pulled the wounded from the wreckage, they established a perimeter, put themselves in the most dangerous position, and fought off a series of attacks. The two warriors continued to protect their comrades until they had depleted their ammunition.



### Air Force Col Edward Hubbard “*purpose...for his fellow POW, Service, and Country*”

As a POW in Vietnam, Col Hubbard reported being mentally and physically tortured, isolated without any human contact for years at a time, and starved. Over the course of the 6.5 years, Col Hubbard was able to find the courage and strength to survive.



### Viktor Frankl “*purpose...for those around him and his beliefs*”

During his time in a German concentration camp, Viktor Frankl found *purpose* was a major contributor to surviving. He recalls collapsing one day—exhausted, weak, and mal-nourished. A guard quickly responded by beating him, and he feared for his life. At that moment, he recalled a vision of himself standing—years after the war—a free man, lecturing to his colleagues about his experiences and what he had learned about the human spirit and resilience. The power and realism of his vision, and the hope that emerged, gave him the strength to rise to his feet and continue on and survive.

## Examples of Purpose:

Although each story is different, the common element is that each person found a sense of *PURPOSE* in what they were doing—a commitment to something greater than themselves. Here are some other examples characteristic of the military:

### ⇒ For the Mission or A Cause “to fight terrorism”

Following the attack on 9-11, the number of Americans volunteering to serve their country increased. The reason many gave was to fight and protect our country from terrorism and “not let this happen again.”



### ⇒ For Those Who Can't Fight for Themselves

A two-year old girl survived a terrorist attack in Iraq that killed the rest of her family. She underwent extensive surgery to a gunshot wound to the back of her head, and although her physical wounds were healing, the emotional trauma she suffered was not. Unable to close her eyes, she screamed all through the night, except when she was being held by an Air Force medic, Chief Master Sgt John Gebhardt. As a result, Sgt Gebhardt held her all night, every night while she remained at the hospital.



⇒ **For the Person Next to You: “Brother/Sister”**

To describe the bond that connects warriors to each other is often difficult. It is a commitment that allows one warrior to give his/her life—without thought or hesitation—for a fellow comrade-in-arms. It is a concept foreign to those who have not served.



⇒ **For Our Freedom**

The freedom we experience as Americans is kept in place by our military and our Warfighters. We are the guardians of this freedom and our way of life. We fight to protect it and so that others can have it.



⇒ **For Our Families “So they don’t have to fight”**

Marine SSgt Christian Golczynski was two weeks away from surviving his second combat tour in Iraq when he was killed. In his last letter home he wrote that he had volunteered to return for a second full tour “to finish the job we started...we fight, and sometimes die, so that our families don’t have to.”



## Strategies for Finding Your PURPOSE:

### *Strategy #1: Revisit Your Past*

Revisit some of your beliefs, values, and goals in life. It’s common to lose sight of your goals and get caught up in the tasks associated with them. Re-grounding yourself in WHY you are serving will help get you back on track.

### *Strategy #2: Set New Goals*

Setting goals and finding your PURPOSE:

- ⇒ Stop procrastinating: “The road to someday leads to nowhere.” In short, there are those who “talk” and those who “walk.” Which one are you?
- ⇒ Realistic/Achievable: Make sure your goals are realistic and achievable. Setting goals too high can lead to failure.
- ⇒ Maintain Daily Momentum: Ensure you are doing something every day to reach your goals, even if it is small.
- ⇒ Don’t Get Distracted: Life can throw curve balls and get you off track. Avoid temptations that may derail you.
- ⇒ Set Weekly Targets: Set short-term goals that can give you immediate results. Goals set too far away can be forgotten.
- ⇒ Get a Support System: Develop a supportive network of friends and fellow Warfighters to help you maintain momentum towards your goal.
- ⇒ Find a Mentor: Find a role model that inspires you and can provide the guidance to reach your goal. Don’t re-create the wheel.
- ⇒ Stay Motivated: The journey to reach your goals will not always be easy, but staying motivated and remembering your PURPOSE will help.



*Additional Strategies:*

⇒ **Mind Tactics:** As you go through life, you may find the goals you are working towards need to be revised or replaced. Using CR and MT strategies can assist you to remove internal distracters that could steer you off course (see Mind Tactics Module).



⇒ **Controlled Response:** When developing a sense of purpose, be sure you are in the White or Green Zone. Attempting to revise or set new goals or engage in any form of problem solving may be difficult when operating in the Yellow or Red Zones (see Controlled Response Module).



⇒ **Recharge:** Although sleep issues may not affect having a sense of purpose directly, a lack of sleep may make it difficult to efficiently modulate in and out of the Zones (see Mind Tactics Module), which can affect thought processes. Loss of sleep can also alter appetite and food intake (see Performance-Based Nutrition Module) to result in low blood-sugar levels; low blood sugar will affect mental state, energy, and emotions and can impact goal setting and motivation (see Recharge Module).



⇒ **The Code:** Our core values set the warrior population apart from the general population. More than mere words or instructions, they lay the foundation for our existence and bind us to one other. Revisiting your Warrior Code can revitalize a sense of PURPOSE in your life (see The Code Module).



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