

# Healthy Life Starter Kit

for military spouses + first responder spouses

inside: grit, resilience, boundary setting, and gratitude



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# C O N T E N T S

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WITH DR. ANGELA DUCKWORTH  
**GRIT + RESILIENCE**

Journey through the meaning of grit, the role resilience plays, and how to practically apply this knowledge to your life.

WITH ANDI ADAMS  
**TIPS FOR SETTING HEALTHY  
BOUNDARIES**

Boundaries tell others how you want to be treated. Use these tips to practice healthy boundary setting in your life.

WITH THE INDEPENDENT TEAM  
**GRATITUDE**

Utilize our gratitude bulletin board to practice gratitude this year.

# GRIT + RESILIENCE

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Dr. Angela Duckworth defines grit as, "the combination of passion and perseverance for long term goals."

It's not correlated with talent or innate intelligence.

In her research, Dr. Duckworth has discovered that folks who are really good at what they do all share the common denominator of grit.

They've discovered how to align their passions with the perseverance needed to reach their highest potential in that area of their life.

Grit is part of perseverance and is distinct from resilience.

**Resilience:** The capacity to recover quickly from difficulties; toughness. (ie perseverance)

**Grit:** The combination of passion and perseverance for long-term goals.

Resilience is the type of perseverance we need when we face major challenges (moving, prolonged stress, car accident, etc.)

Grit, in contrast, is the daily perseverance we need in order to continue pursuing our goals with joy.

**As a military or first responder spouse, perseverance is not the missing piece.**

With so much uncertainty, military and first responder spouses are really practiced at persevering for the sake of others (a spouse's career or kids needs to name a few). But passion isn't defined by others needs, it has to be enjoyable and interesting to you.

The additional piece: *intrinsic enjoyment.*

**Ask yourself,** "How can I make my life something which is both aligned with my values and is enjoyable and interesting to me?"

Not sure what your passion or calling is? Experiment and just get after it!

As you do, start using the language and mindset that you are "developing" as opposed to "discovering" your passion or calling.





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**“GRIT IS THE  
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# SETTING HEALTHY BOUNDARIES

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WITH ANDI ADAMS

As services spouses, we have a lot that demands our time, focus, and energy. Everything from community involvement on base to volunteering with the spouses group, we know what it's like to need more hours in the day. With cell phones and handheld devices, access to us has never been easier. This is why it's our responsibility to set firm boundaries.

## **1. Start by naming your limits -**

It's hard to set and keep boundaries if we do not know what our needs are. Some limits may be easier to identify than others, but it might help to write them down for yourself in clear and specific terms.

## **2. Name your values -**

Language can be so empowering, especially when identifying personal values. Identify your top 3-5 values and what might cause you to step outside those.

## **3. Listen to your gut -**

It takes time, patience, and some training to really be in tune with your gut. The more you listen to the big things, the more we can be in tune to with the small things too.

## **4. Get curious -**

When you notice you might be stepping outside your values or boundaries, get curious. Ask yourself, "What am I feeling and doing (or the other person doing) right now?"

## **5. Create a support system -**

Don't be afraid to ask your spouse or a friend to support you.

## **6. Practice communicating your boundaries -**

Sometimes it can be hard to find your voice if you haven't done this before. Practice in the mirror or with your support partner.

## **7. Give yourself permission -**

Sometimes we hold ourselves back due of fear or guilt, but give yourself permission to step into healthy boundaries.

## **8. Give yourself grace -**

As you become more practiced at setting boundaries, give yourself grace when you make mistakes. You are on a health journey.



**IT'S HARD TO  
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*WORDS BY ANDI ADAMS*



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# GRATITUDE



Thanksgiving. Images of holiday gatherings around tables full of food and laughter might come to mind. But there is so much more to the word than just a holiday.

*Thanksgiving means the expression of gratitude or the act of giving thanks.*

How often do you practice gratitude? How do you practice it? How do you feel when you look for things to be grateful for?

Research shows that there is a direct correlation between happiness and gratitude.

David Steindl-Rast says that gratefulness is something we experience, something that is given to us that is valuable.

You can't earn it, buy it, or trade it in. You haven't worked for it, it's been given to you.

We cannot experience this once in a while. We must become aware that every moment is a gift.

Within each moment is an opportunity - one we can accept or miss.

Now, this is not to say that we must be grateful for everything, but we can seek to learn from each experience and look for the opportunity for gratitude.

What David Steindl-Rast encourages us to do is stop and get quiet.

**"We have to build stop signs into our lives."**

Then as you've built stop signs and slowed down, you look. Use all of your senses to look for richness that is given to us.

Use our Gratitude Bulletin Board of questions (on the next page) to help spur on your gratitude today. Spend some time journaling your answers and let us know if you did!

# GRATITUDE PROMPTS

WHAT DOES THE WORD GRATEFUL  
MEAN TO YOU?

WHO IS SOMEONE IN YOUR LIFE  
THAT YOU DON'T THANK  
ENOUGH?

HOW CAN YOU SHOW PEOPLE  
YOU ARE GRATEFUL?

HOW MANY TIMES DO YOU  
THINK YOU SAID, "THANK YOU"  
TODAY?

WHAT WOULD BE A FUN WAY TO  
SHOW HOW THANKFUL WE ARE?

TODAY, I'M MOST THANKFUL  
FOR...

WHY IS IT IMPORTANT TO BE  
GRATEFUL FOR THINGS IN YOUR  
LIFE?

CLOSE YOUR EYES & THINK OF A  
GREAT MEMORY. WHY ARE YOU  
GRATEFUL FOR THAT MEMORY?

WHAT WONDERFUL THING  
HAPPENED IN YOUR LIFE TODAY?

WHICH ITEM ARE YOU MOST  
THANKFUL FOR OWNING?

WHICH BOOK ARE YOU MOST  
THANKFUL FOR READING?

I WOULD LIKE TO THANK  
\_\_\_\_\_ FOR  
\_\_\_\_\_.

WHAT DOES THE WORD GRATEFUL  
MEAN TO YOU?

TELL ONE PERSON  
ONE THING YOU ARE GRATEFUL FOR  
ABOUT THEM







# INDEPENDENT WELLNESS SUMMIT

2020 might not have been the year we all planned  
it to be, but 2021 is a new year!

2021 can be your year! Your time to tend to your  
personal wellness. Join us for the sixth annual  
InDependent Wellness Summit in March 2021. For  
one week, we will come together for conversations  
and connections - no travel, no childcare,  
no missed work.

Be well.



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