



WARRIOR MIND TRAINING

Mental Focus and Mind Training
for US Armed Forces and Veterans

December 2008

Warrior Mind Training Newsletter, Volume 3

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“SOMEHOW, NOT ONLY FOR CHRISTMAS BUT ALL THE LONG YEAR THROUGH, THE JOY THAT YOU GIVE TO OTHERS IS THE JOY THAT COMES BACK TO YOU. AND THE MORE YOU SPEND IN BLESSING THE POOR AND LONELY AND SAD, THE MORE OF YOUR HEART’S POSSESSING RETURNS TO YOU GLAD.”

- JOHN GREENLEAF WHITTIER



THE GREATEST GIFT

Many of us hear the call to serve our country and protect our freedom and way of life. This time of year can be stressful – with all the focus on the holiday season of traveling, shopping, socializing, and gift giving. With the state of current affairs and with deployments to multiple overseas operations - this year may even be exceptionally challenging.

It is important to step back from things just for a few minutes and reflect on what this time of year really means to you.

Those of you in the service, spouses, family members and those who support them, have already given one of the greatest gifts you can give your fellow human beings: it is the gift of your service. Through your dedication, you protect our freedom and our way of life.

This holiday season, we would like you wish you and your families and safe and peaceful holiday. And we thank you all for the jobs you do and the sacrifices you make.

YOU HONOR AND PROTECT A WAY OF LIFE – OUR OWN.



THANK YOU FOR YOUR SERVICE
& HAPPY HOLIDAYS!

Recommended Movie

"It's a Wonderful Life"
Starring James Stewart
(1964)

Recommended Books

"Oh the Places You'll Go"
By Dr. Seuss



DOING YOUR YEAR-END AFTER ACTION REVIEW

Beginnings and endings are very important. At the end of any operation, we do an After Action Review (AAR) to determine what we can learn from it and what we can do better next time. All good warriors take the time to do these AARs, and they apply as readily to our own lives as to any military operation.

As the year comes to a close we often find ourselves reflecting on the year that has past – maybe it has been difficult, maybe it has been great – but just as with an AAR, when you look back and review the events of the past year, try to take a step back and assess the following with objectivity.

- ♦ What are your successes?
- ♦ Where in your life are you doing well and making advances?
- ♦ How can you leverage these things in the New Year?
- ♦ What are the challenges in your life?
- ♦ What were mistakes that can be improved upon?
- ♦ How can you learn from your experiences and grow?

Remember, there has never been a warrior or leader, no matter how great or famous, who has not lost a battle. As warriors, we do not allow ourselves to dwell too much over our successes or our defeats.

A warrior learns that there truly is no such thing as success or failure, there are only learning experiences. By doing this AAR, you can leverage your experiences to learn and grow as we start a new year with great power and potential.

A VERY HAPPY
NEW YEAR
TO ALL OF YOU!



In the News

December:

"Mental Health Warriors - The Military Uses Mindful Efforts to Heal Deep Wounds"

November:

"In Treating Trauma, Military Branches Out"

"Learning to Calm the Inner Turmoil"

October:

"Mind Training Helps Troops with Combat, then PTSD"

September:

"Mind-Body Training for U.S. Combat Soldiers"

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Contact Us

www.warriortraining.us

Questions:

info@warriortraining.us

Press:

press@warriortraining.us



WARRIOR MIND TRAINING CLASSES ARE OFFERED AT THE FOLLOWING LOCATIONS

We look forward to increasing class availability as we continue to expand our training programs to more and more military installations across the country.

All introductory classes are available to military personnel: Active Duty, Reserve or Retired. Although the program is uniquely designed for Service Members and Veterans, adult-aged military family and friends are also welcome. The course is restricted to adults aged 18 years or older.

We are currently providing training at eight military installations and Veterans centers. For class times and specifics, visit our website at <http://www.warriortraining.us>.

US Army

Fort Bragg, NC

Warrior Transition Unit, NMC - San Diego, CA

US Marine Corps

MCB Camp Lejeune - Jacksonville, NC

MCB Camp Pendleton - San Diego, CA

MCAS Miramar - San Diego, CA

US Navy

New! Naval Station San Diego - San Diego, CA

NSB New London / Groton - Groton, CT

NAB Coronado / North Island - San Diego, CA

US Air Force

To be announced

Veterans

New! San Diego VA - San Diego, CA

Veterans Village of San Diego - San Diego, CA