



# Lightning Strong





# Lightning Strong Task and Purpose

**Task: Provide the division personnel the tools for self assessment and personal development to strengthen individuals, Family, and units.**

**Purpose: To enhance the readiness of the division by strengthening the individuals, Families, and units through financial, physical, emotional, social, spiritual, and Family strength programs.**



# What is Lightning Strong?

Lightning Strong defines who we are and what we do daily. It is a Warrior mindset and physical state that encourages units, Soldiers, DA Civilians and their Families to embrace the challenges and rewards of Army life. Lightning Strong incorporates principles and programs that help individuals build inner discipline and enduring success.

## Lightning Strong is built around:

- Principals of CSF2: Financial, Physical, Social, Emotional, Spiritual, and Family
- Programs to help build strength in the Tropic Lightning Community
- Personalizing the concepts and programs for individual development



# Lightning Strong Evolution

- **7 AUG – Initial Lightning Strong OPT**
- **4 SEP – Suicide Prevention**
- **2 OCT – Master Resiliency Training**
- **6 NOV – Financial Management**



# Lightning Strong Programs and Initiatives

**Financial**  
(ACS/G8)

- Personal Financial Counselor MFLCs
- Financial counseling
- Financial Peace University (w/CH)

**Emotional**  
(DIVSURG/EO/Chaplain/G1/Safety/SHARP)

- Tropic Lightning Time
- Professional/Self Development
- ASIST/ACE-SI
- Lightning Warrior of the Day
- Embedded Behavioral Health Teams
- Warrior Behavioral Health
- MFLCs
- Unit Victim Advocates / SARCs
- ASAP/CATEP
- AA/Celebrate Recovery
- School Behavioral Health Team
- Traumatic Event Management/Suicide Response Team
- PTSD Recovery Program

**Physical**  
(G3/DIVSURG/CoC)

- Warrior Athlete
- Division PRT Policy
- Organized Races/Unit Runs
- Nutrition Counseling
- Weight Control Programs
- Pregnancy & Post Partum Physical Training

**Spiritual**  
(Chaplain)

- Weekly Bible Studies
- Memorial Services/Ceremonies
- Strong Bonds
- Weekly Religious Services



**Assessment and Development Tools**

- Command Climate Surveys
- URI / R-URI
- GAT
- Counseling/JODSF/SPT Form
- Individual Assessment (READI-V3 Warrior)
- Mentorship
- Soldier Education (communication and available resources)
- ACAP/Transition Counseling
- WTU/Soldier Family Assistance Center
- CG's Quarterly Sensing Session

**Social**  
(G1/EO/CoC/PAO)

- Web Page, Facebook, Shout-outs
- MWR Events
- Section Organized events
- Town Halls
- Interaction with key military leaders
- Weekly Newcomer's Orientation
- Quarterly Out-processing Brief
- Quarterly Volunteer Awards Ceremony
- WITA
- BOSS

**Family**  
(PAO/CoC/G1)

- Tropic Leader's Meeting (Senior Spouses)
- FRG Support to family / FRSA
- Reintegration Education
- SIMS
- United Through Reading Program
- Blue Star
- Fisher House
- Child and Adult Family Assistance Center
- ACS Counseling



# Lightning Strong Goals



## Financial

- Financial Awareness
- Financial Stability
- Budgeting
- Investing

## Emotional

- Mental Discipline
- Maturity
- Self Confidence
- Self Reflection
- Building "Warrior" Character
- Decision Making
- Feeling part of a greater purpose
- Intellectual Progression**

## Social

- Connection with community and colleagues
- Communication
- Unit Morale
- Teamwork
- Support Network

## Spiritual

- Appreciating your surroundings
- Finding your place in the world
- Identification with a higher power
- Remembering lost Soldiers/Family
- Hope and Peace
- Moral Compass

## Family

- Lifelong bonds and support
- Connection with loved ones and friends
- Trust in others

## Physical

- Physical Training
  - Endurance
  - Strength
  - Mobility
- Rest and Recovery
- Rehabilitation
- Nutrition/Body Composition

**Individual, Family, Community, Unit, Army**