



**GRIT**  
STRENGTH THROUGH  
RESILIENCE

2024

DRAGON GRIT CHECK

# WHY?



## ABOUT GRIT

It is the 1st TRW's way to connect our Airmen to each other, to our heritage, and to the broader Air Force mission.

We are investing in our collective success by providing the time, tools, and resources to enhance personal and professional performance and promote a shared responsibility of Airmen taking care of Airmen.

## DELIBERATE FOCUS

DRAGON GRIT has a deliberate focus on two significant protective factors for interpersonal and self-directed violence.

### **CONNECTEDNESS and SHARED SENSE OF PURPOSE**

- CONNECTION - to the unit, our mission, and heritage
- PERSONAL PERFORMANCE - recognize and strengthen positive personal and professional behaviors
- SHARED SENSE OF PURPOSE - building on our shared identity as warrior Airmen and finding common purpose in our mission and values

## RESPECT



# GRIT

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## WHY IS DRAGON GRIT IMPORTANT?

Personal development is about investing in yourself to achieve maximum efficiency and effectiveness. This is our vision for every Airman. Installation influencers are charged with serving as the delivery vehicle for these messages and inspiring Airmen to strive for personal and professional improvement. Making a commitment to personal development is the critical step on the path to personal fulfillment.

### Personal development is beneficial in many ways:

- Promotes Self-Awareness to Recognize Strengths and Areas for Improvement
- Encourages Shared Goals and a Sense of Belonging
- Improves Focus and Effectiveness
- Strengthens Personal Motivation to Achieve
- Enhances Resilience to Overcome Hurdles
- Deepens Relationships with fellow Airmen

As an installation influencer, when you encourage and assist your team in rigorous personal development discussions like Check 6, the rewards are amazing for them and for you!



# SIMPLE ROLES OF A CONVERSATIONALIST



Make your  
discussion  
a priority



## 1 Partner

- Create an effective relationship with your team members
- Customize the Check 6 materials as needed to meet your team's needs



## 2 Planner

- Select the method and process in which you will initiate the Check 6 discussion
- Prepare time and space to ensure it will encourage dialogue and interaction with the group.



## 3 Enabler

- Create and sustain an interactive and participatory environment
- Honor and recognize diversity ensuring inclusiveness



## 4 Motivator

- Trust in your group's potential
- Model neutrality
- Acknowledge input, thoughts and ideas



## 5 Director

- Manage the time
- Keep the group focused
- Manage group conflict



## 6 Guide

- Guide the group with clear models and examples
- Facilitate group awareness of the topic
- Guide the group to consensus and desired goal

STRENGTH THROUGH  
RESILIENCE

1

## BE GENUINE

What does the Check 6 topic mean to you and your team?  
Where do you find your motivation/inspiration?  
Be true to yourself.

2

## CONVERSE, NOT DEBATE

Adopt a forward thinking mentality.  
No need to have a conclusion or agreement point in every discussion.  
Allow things to be left open if a common point can't be achieved.

3

## EMBRACE DIFFERENCES

Don't impose, criticize, or judge.  
Respect each other's choices/inputs.  
Seek commonalities.  
Build on the common links.

4

## BE AUTHENTIC

Share real thoughts and opinions.  
Be proud of what you stand for.  
Act on your personal beliefs and values.  
Be present in the moment.

5

## OPEN-ENDED QUESTIONS

Ask questions that cause reflection.  
What was it like to...?  
How did you know...?  
In what way is that similar/different from...?  
What was the best part of...?

6

## GIVE AND TAKE

As people reveal more about themselves, they give you information about which to pose more questions.  
Balance the talking vs listening.

# С Н Е Б С К





# GOAL

- Leadership and Airmen will develop awareness of supplement safety and the resources available. By spreading supplement safety awareness, Airmen will have the tools and resources needed to make safe, informed decisions about supplements.

## FACILITATOR'S NOTES: How to Prepare

- Go to the webpage Operation Supplement Safety at [www.OPSS.org](http://www.OPSS.org) and click on the icon "DoDI 6130.06" (Use of Dietary Supplements in the DoD). Review Section 1.2
- Review [opss.org](http://opss.org) including the following sections: 'Check Your Supplement: Supplement Scorecard to Check Your Supplement' and 'Exploring Supplements'
- Dietary supplements, including those sold on military installations, are not always safe, effective, affordable, or legal. Manufacturers of dietary supplements are responsible for ensuring products are properly labeled and safe. The Food and Drug Administration (FDA) must be able to prove a dietary supplement is unsafe before it can be taken off the market.
- Before taking a dietary supplement to meet nutritional needs, weight management, or performance goals, Airmen are encouraged to reach out to a HealthCare Provider including a Registered Dietitian to discuss their current diet and possible medication interactions.
- Supplements are not a substitute for a balanced diet and healthy lifestyle. Whole foods are superior to supplements and should be the first choice no matter what the goal is. Whole foods taste better, are safer, and generally cost less!

## THE EXTRA MILE ADDITIONAL RESOURCES

- Take a Nutrition Class – Call the Keesler MDG Nutritional Medicine Clinic at (228) 376-5065 to sign up for our next 'Nutrition Fundamentals' Class. This class will dive into healthy eating behaviors based on the latest in nutrition science. Questions welcomed!
- Resources are available to Airmen. Base resources include Keesler MDG Nutritional Medicine Clinic. Virtual resources include [opss.org](http://opss.org) and [hprc-online.org](http://hprc-online.org).

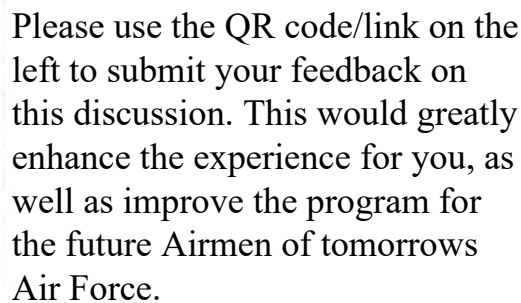
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## MISSION PLAN HOW TO EXECUTE

### FRAMING THE CONVERSATION

- If Airmen are directed by their HealthCare Provider to purchase a dietary supplement over the counter, they should use the Operation Supplement Safety (OPSS) scorecard at [opss.org](http://opss.org) to help them choose high quality and third-party certified products. The scorecard directs Airmen to read the entire supplement label carefully to make an informed decision.
- Activity: Have Airmen use their cell phones during your discussion to review [opss.org](http://opss.org) including the following sections: Check Your Supplement: Supplement Scorecard to Check Your Supplement' and 'Exploring Supplements'



- Why do we make the nutritional selectionss we do?
- Who meal prepares? Tips or Tricks to help?
- We have picky eaters. What can we do? What do you do?
- Eating healthy and clean can be expensive. What are some options to help alleviate costs?

## HOW TO APPLY THE LESSON

*Challenge Your Team (contact the Prevention Workforce for fun, wholesome suggestions)!*