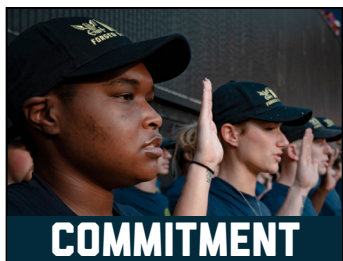




BRINGING WARRIOR TOUGHNESS TO LIFE

Elevating the Navy's Finest: It's How We Win



COMMITMENT



PREPARATION



EXECUTION



REFLECTION

BECOME THE BEST VERSION OF YOURSELF USING WARRIOR TOUGHNESS SKILLS

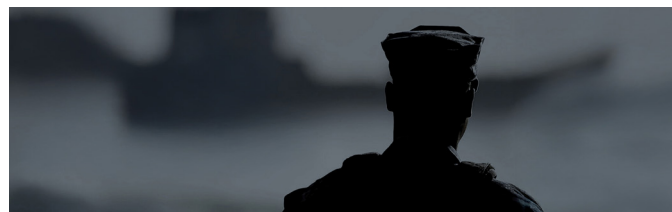
Warrior Toughness is a set of skills that helps every Sailor excel in combat and succeed in life. It is the mindset and training that builds strength through leadership, teamwork, and the drive to grow stronger through every challenge.

These skills give Sailors the ability to:

- ✓ Take a hit and keep on fighting.
- ✓ Optimize performance.
- ✓ Perform under pressure.
- ✓ Become the best versions of themselves.

WARRIOR TOUGHNESS SKILLS

- The Warrior Ethos: Know Your Why
- Understanding Stress
- Intentional Recovery
- Recalibration
- Performance Statements
- Energy Management
- Mental Rehearsal
- Goal Setting
- Healthy Behaviors
- Mindfulness
- Flexible Thinking
- Emotional Intelligence (EQ)
- Core Leader Functions
- Combat and Operational Stress First Aid (COSFA)
- Peer-to-Peer Support



Warrior Toughness trains Sailors to approach evolutions and challenges using the Warrior Mindset, a continuous cycle of commitment, preparation, execution, and reflection. Use the Warrior Mindset to train your Mind, Body, and Spirit to enhance your toughness and resilience that leads to optimal performance by incorporating Warrior Toughness skills.

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

