



BRINGING WARRIOR TOUGHNESS TO LIFE

Know Your Why: Unlocking Purpose

A Warrior Ethos is a written statement of a Sailor's commitment and sense of purpose. It is important to understand your personal purpose, level of commitment, and to be disciplined in preparing for the challenges of your profession.

KNOW YOUR REASON, OWN YOUR MISSION

PREPARE STATEMENT

WARRIOR ETHOS:

KNOW YOUR "WHY"



Write a letter from you to your future self reminding you of the fundamental beliefs and values you hold, and what you fight for on a personal and organizational level.

REVIEW AND REFOCUS

MAJOR MILESTONES



Revisit at major milestones, such as when you earn a promotion or report to a new command. Discuss with your supervisor as part of your onboarding or during mid-term counseling.

ASSESS AND UPDATE

ALIGN ACTIONS



Assess how your actions align with your purpose. Your actions should be driven by clear goals and self-awareness, guided by the Navy's core values of Honor, Courage, and Commitment.

Visit [MyNavy HR](#) for more information about Warrior Toughness.

