# Core Values

| Honor               | Be accountable  
|                    | Display uncompromising integrity  
|                    | Uphold the highest standards  
| Courage            | Do the right thing, always  
|                    | Act despite your fear  
|                    | Ask for help  
| Commitment         | Get Better, as a person and Team  
|                    | Know and do my job  
|                    | Be selfless and humble  

## Preparation
- Strengthen our Mind, Body, and Spirit
- Train with realism—leverage stress
- Be the example: what right looks like

## Execution
- Adjust to the demands of the mission
- Maintain situational awareness
- Respond mindfully, not emotionally

## Reflection
- Reflect as an individual
- Conduct after actions as a Team
- Commit to continuous improvement

## Mind
- Social: Develop healthy relationships
- Psychological: Build toughness & resiliency; recognize warning signs
- Financial: Manage money towards your goals

## Body
- Nutrition: Eat to better your health
- Physical: Get Sleep—Be fit
- Medical/Dental: Meet standards for duty

## Spirit
- Connect with something greater
- Sustain a sense of purpose
- Live your personal values

## Character
- Set the standard, be transparent
- Own your mission, empower your people
- Master self-awareness and emotional intelligence

## Competence
- Deliver outcomes, self-assess & self-correct
- Manage risk, act on what matters most
- Solve hard problems, fix or elevate barriers

## Culture
- Take care of your people
- Build winning teams (Connected & Inclusive)
- Ensure a safe & healthy environment

## Mission
- Value & Respect everyone
- Be brilliant on the basics
- Achieve excellence

## Learning
- Establish trust
- Discuss successes & failures
- Improve, continuously

## Community
- Include families
- End workplace hostility & toxicity
- Eliminate harassing behaviors

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**TOOLs & PROGRAMS**

<table>
<thead>
<tr>
<th>Sailor’s Creed</th>
<th>COE 2.0 Playbook (back cover)</th>
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<tr>
<td>Warrior Toughness Placemat</td>
<td>Mental Health Playbook</td>
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<tr>
<td>Programs at Fleet and Family</td>
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<tr>
<td>Response and Postvention Guide</td>
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<td>Full Speed Ahead videos</td>
<td>Navy Family Framework</td>
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# Forging Navy’s Culture: A Tool to Self-Assess Your Command’s Culture

## Onboarding
- Sponsorship & Indoc Programs
- Career Development Boards (CDB)
- Ombudsman

## Toughness & Prevention
- Warrior Toughness
- Human Factors Boards (HFB)/Councils (HFC)
- All Prevention Programs
- Response Plans

## Listening & Acting
- Command Climate Assessments (CCA)
- Command Resilience Teams (CRT)
- Listening to Understand

### Good
- PG Sailors contacted early by trusted sponsors
- Triad engaged with Indoc—every new Sailor attends (Officer and Enlisted)
- CDGs conducted for every Sailor (Officer and Enlisted) - Warrior Ethos is discussed/refined

### Better
- Inbound families connected early to OMBUDSMAN and FRG
- Influencers within your command (People bought-into your culture) identified and made part of your onboarding
- Sailors surveyed for feedback on CDGs

### Best
- Indoc is an “event” with team-building, families, and tours
- Sailor CDB goals are discussed with leadership during check-in
- Mentorship is tangible and effective

## IT All Starts At The Top

### How connected and cohesive is YOUR Triad?

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## Ask yourself

- How is the relationship between your Chief’s Mess and the Wardroom? Are they united?
- When people leave your command, do they want to stay or leave our Navy? WHY?