

VET LIFE STEP BY STEP FOR MEN

**Operation Not Forgotten
Vet Life Community**

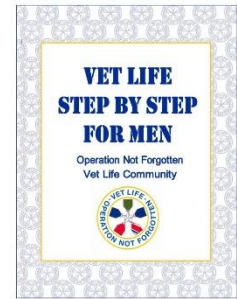


SAMPLE

WHAT IS OPERATION NOT FORGOTTEN VET LIFE COMMUNITY?

Operation Not Forgotten is a mission of Life Renewed International, a non-profit, 501(c) (3) organization, and was created to help veterans and their families achieve a better quality of life.

Operation Not Forgotten works through Vet Life Community, a network of regular local peer-based support meetings - the buddy system, veterans helping veterans, families helping families face to face - offering the tools necessary to assess needs and determine what, if any, help veterans and their families may require as they transition back into civilian life.



Our Quality of Life Assessment instrument provides an accurate, graphic picture of the veteran's readjustment back into his family and offers our trained Life Coaches a blueprint to guide veterans' success. Veterans also work in our Step By Step Twelve Step Journal and apply new insights to the challenges they face as they rejoin society.

OUR PROCESS HAS THREE COMPONENTS:

- **Regular group meetings and Step by Step Journals** – Veteran meet once a week in a group to have open, honest discussions about issues that only other veterans can understand.
- **Life Renewed™ Quality of Life Assessment™ (QOLA)** software and personal profile – taken every 6-8 weeks, the profile provides an easy to understand, visual blueprint to help plan goals.

How Do the ONF Components Work Together?



- **M.A.P.S. (Measure, Analyze, Plan, Succeed)** Life Coaching during meetings veterans meet trained Life Coaches who are available to meet with them personally for more in-depth goal planning. Our Life Coach Training, provided by Operation Not Forgotten, is free.

STEP BY STEP FOR MEN VETERAN TABLE OF CONTENTS.

Each step includes an introduction, and a series of deep, thoughtful questions that initiate self-examination and true inner healing. Along with the introductions and the questions are a series of inspirational quotes. Samples of those quotes are provided below.

Sample Quotes:

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within." ~ Elisabeth Kübler-Ross

"When you forgive, you in no way change the past – but you sure do change the future." ~Bernard Meltzer

When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure.
~ Peter Marshall

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The steps are sequenced to lead a male veteran through the healing process, and also give direction for future success. They build personal strength and put him on a path to wholeness.

Each step has approximately 6-10 questions. There is no time table for the completion of each step. Each individual works at his own pace. Some questions may take only a few hours to reflect upon and answer ... other questions may take several weeks to resolve.

Each man has a choice to work through the questions alone while attending group meetings, or to work with a trained life coach who will help him think through issues and determine solutions.

THIS IS A SAMPLE OF THE STEP ONE INTRODUCTION, FIRST QUESTION, AND QUOTE FROM STEP ONE – THE CALL TO WHOLENESS.

Step 1 - The Call to Wholeness

We first must admit that some of our military experiences are troubling and unmanageable to us. These experiences are over, yet we continue to struggle mentally, emotionally, and spiritually. In fact, some of us share a common thread of experiences, having the same bad memories over and over: Not wanting to get close to anyone; numbing out, wanting to be alone, becoming angry and full of rage easily; and having trouble sleeping. Many of us experience muscles being tight and tense and having a sense of panic shoot through our very being. We have difficulty concentrating and often feel confused, sad, frightened, limp, and depressed. Most of the time, as veteran warriors, we mistrust others and frequently look over our shoulders – nobody there to have our six – we feel alone now. And finally, we hold on to the massive feelings of guilt about surviving the war when so many of our buddies were lost. Let us take a closer look.

Now, take this important opportunity to answer some very significant, up close and personal questions. These questions and your answers are for your eyes only, unless you choose to share them with others. Let's get started.

- Have you affected your relationships with other people because of negative attitudes and destructive behaviors? If so, list the relationships and how you affected them.

“When one door closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.”– Helen Keller

At the conclusion of each step the veteran is asked to set a goal, and think through steps he will have to take in order to achieve that goal

Goals are personal, and are guided by each man's individualized Quality of Life Assessment Profile. He will continue to work on each goal, with the help of his Life Coach, until the goal has been completed to his satisfaction. His Life Coach will help him re-define and adapt goals and steps as necessary.

SETTING GOALS

Begin identifying needs and setting goals while working on Step One. Set one goal at a time in the beginning. Determine the steps that must be taken to achieve your goal.

Not all the measurable steps need to be written, or decided upon, at the beginning of the goal. Measurable steps are the pathways that will take you to your ultimate goal/success. You have a place to record measurable steps for each goal.

Set Measureable Steps That Are Attainable

Measurable steps are activities that you can do by yourself in order to achieve your goal. Setting steps that are unrealistic, and that you will not be able to achieve will not be helpful. Since goals and steps are personal, you will have to decide what you need and what you can/will do. Your life coach can advise you.

EXAMPLE: SET ONE GOAL PER AREA OF NEED. THEN SET ONE MEASURABLE AT A TIME - ADD A NEW MEASURABLE STEP WHEN YOU FEEL COMFORTABLE ABOUT ADDING IT.

Goal # 1 <i>Get a job.</i>	Type of Goal (circle one)	
	Social Emotional Physical Mental	Career Financial Job Search
Measurable Step 1 <i>Get up every day by 7:00 A.M.</i>		
(Other steps for this goal might include: Check job websites daily, re-write your resume, send out three resumes each week, post job wanted ads, etc.)		

Forming a new habit or getting rid of an old habit takes about 30 days. At the bottom of each measurable step is a row of 30 boxes. Use these boxes to mark off how many consecutive days you have maintained your step.

DIMENSIONS OF MEASUREMENT

- Physical Health
- Physical Limitations
- Bodily Pain
- General Health Perceptions
- Energy Level
- Social Functioning
- Emotional Limitations
- Emotional/Mental Health
- Life Experiences
 - Positive
 - Negative
- Stress Index
- Spiritual Belief
- Life Purpose Index
- Support System
- Health Behaviors
- Zung Depression Index

The assessment measures five domains of overall health: mental/emotional, physical, social, spiritual, and stress.

In addition, there are items related to life experiences and health behaviors. Health Behavior items include questions concerning smoking, exercise, diet, safety, drug use, adequacy of sleep, and intimacy.

The QOLA takes only 20- 25 minutes to complete. Specific answers to questions are completely confidential.

