



THE USAFE-AFAFRICA (U-A)

# OPTIMAL WARRIOR



## GOAL

U-A Airmen and teams strive for and achieve optimal performance.

## FACILITATOR'S NOTES

### HOW TO PREPARE

1. Watch this video to open discussion about how we all contribute to positive work environments: "Supporting a Positive Environment at Work" <https://www.youtube.com/watch?v=jHBawTPwqK4>
2. Additional videos to consider for generating discussions focused on building an optimal work environment: "How Google Builds the Perfect Team" <https://www.youtube.com/watch?v=v2PaZ8NI2T4> "How to Start Changing an Unhealthy Work Environment" <https://www.youtube.com/watch?v=eYlb7WUtYt8>
3. As you consider how to guide your discussion, write down a few examples of the actions you take towards achieving a balanced lifestyle that complements your goals and desires and inspiring an optimum work environment. We know that openness and sharing how the topics apply to your life lends to genuine discussion that is more likely to result in positive change.

## THE EXTRA MILE

### ADDITIONAL RESOURCES

1. Optimal living requires intentional effort. Here's a video you may want to share that illustrates how Learned Optimism takes effort and the benefits that come from it: <https://www.youtube.com/watch?v=2hHNq45rEnU&spfreload=10>

## MISSION PLAN

### HOW TO EXECUTE

#### FRAMING THE CONVERSATION

It is impossible to be perfect. Each person is guided by the expectations and perceptions they have for themselves and what they observe from those around them. We continually internalize those influences and beliefs. Who should we be? How do others see us? How do we want to be seen? Our behaviors are heavily influenced by the answers to these questions.

Just as we observe others, they are also observing our habits, behaviors, and attitudes also. You can influence change and create a more optimum workplace just by being deliberate in your own positivity. As we strive toward optimal performance ourselves, we will inspire others to follow us on the journey.

Consider what action you can take to move yourself toward ideal performance and help others do the same.

#### SUGGESTED DISCUSSION POINTS:

1. Discuss what currently makes your workplace ideal:
  - What qualities do you value most in coworkers?
  - What do you like most about your work center?
2. Discuss what changes could be made to create a more optimal workplace for everyone:
  - If you had a magic wand, what would you improve?
  - What habits or behaviors would you change personally that would improve your workplace?
3. Considering your personal optimal performance - What changes do you need to make in your life personally or professionally to be a better you?

## MISSION CHALLENGE

### HOW TO APPLY THE LESSON

How well do members of your workplace respond when things don't go as planned? Ask each member to take the "How Resilient Are You?" Self-Quiz, to assess their workplace resilience skills, and get guidance on becoming the Optimal Warrior they want to be.

Link to the Quiz: <https://www.mindtools.com/pages/article/resilience-quiz.htm>

**\*Please select and copy hyperlinks to access material.**

USAFE-AFAFRICA

**GRIT**

CORE VALUES ● PROFESSIONALISM ● WARRIOR ETHOS

This Check 6 is a guide to allow you to have a discussion with your employees on the values and culture that represent the Air Force. This 15-30 minute discussion replaces traditional formalized training and CBTs to allow you to frame the concepts in the way that best meets the needs of your Airmen.



# YOU HELP SHAPE OUR FUTURE.

Take the leap, Take a stand, Take a friend  
~The U-A Optimal Warrior



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