



16 Wing and CFB Borden Present: CHIEFS' READINESS CHALLENGE

a MIND•BODY **BATTLE READY** initiative



Inspired by James Clear's Atomic Habits, an identity statement is a purposeful description of the person you want to be. This statement can include all facets of your personal and professional life and should provide a clear vision from which you will design your daily, weekly, and monthly habits. This statement can evolve over time as the vision you have for yourself grows.

Identity Statement

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Challenges/Goals	Reinforcing Systems	Supporting Habits