

Your Personal Readiness Playbook

Harnessing Technology, Protecting Your Well-being

First Steps: Take Command of Your Digital Life

- ✓ Be the "Human-in-the-Loop": Critically evaluate any app or technology you use. Ask: "Does this tool truly serve me, and is it secure?" You are the ultimate decision-maker.
- ✓ Normalize the Conversation: Start a conversation about mental, financial, or career health with a peer, a family member, or a mentor. Breaking the silence builds a stronger community for everyone.

Mental Well-being Checklist

- ✓ Schedule Time For Mental Wellness: Block 15 minutes in your calendar this week for proactive mental maintenance using a trusted resource (meditation app, journal, walk without a phone).
- ✓ Identify Your "Warm Handoff": Know who to call when a digital tool isn't enough. Save the number for the Veterans Crisis Line, your MFLC, or a trusted local resource in your phone right now.

Financial Health Checklist

- ✓ Set One Thing on Autopilot: Automate one positive financial action today: increase your TSP contribution by 1%, set up a recurring transfer to savings, or automate a bill payment.
- ✓ Conduct a Financial Security Check: Use a free, secure service to check your credit report. Review your bank statements for unfamiliar charges and update your passwords.

Career & Personal Growth Checklist

- ✓ Translate One Recent Accomplishment: Write down one thing you're proud of (a military task, a volunteer project, managing a family move) and rephrase it as a skill for a resume.
- ✓ Make One Human Connection: Use technology (like LinkedIn) not just to post, but to find and reach out to one person for an informational chat (a fellow veteran, a potential mentor, or someone in a field that interests you).

YOUR PERSONAL MISSION

Your readiness is your responsibility.

Your well-being is your strength.



Personal Readiness Support Services Implementation

Delivering integrated, tech-enabled services that strengthen the financial, behavioral, and career readiness without losing the human connection that builds trust and resilience.

Strategic Alignment

- ✓ Define the purpose of technology adoption
- ✓ Establish guiding principles
- ✓ Create cross-domain alignment

Human-Centered Design

- ✓ Involve users early
- ✓ Test empathy in the experience
- ✓ Build for flexibility

Empathy-Driven Integration

- ✓ Automate logistics, not relationships
- ✓ Designate "human" points of contact
- ✓ Train for virtual empathy

Data Privacy and Trust

- ✓ Verify secure platforms
- ✓ Build ethical safeguards
- ✓ Measure trust, not just efficiency

Staff Support and Training

- ✓ Provide hands-on tech training with context
- ✓ Offer reflective supervision
- ✓ Support the well-being of providers

Integrated Readiness Approach

- ✓ Connect financial, mental health, and career services
- ✓ Identify cross-domain triggers
- ✓ Track outcomes across domains

Hybrid Care Model Implementation

- ✓ Offer both digital and in-person options
- ✓ Integrate assistive technologies
- ✓ Evaluate accessibility

Ethical Innovation and Continuous Improvement

- ✓ Audit new technologies before implementation
- ✓ Establish "tech empathy checkpoints"
- ✓ Foster open dialogue with teams