

Unlock Your Edge: From Service Strengths to Civilian Contribution A Valor Summit Tool for Aligned Leadership

High-achievers often overlook how their core strengths—forged in ops—translate beyond uniform. This worksheet guides you to map them to high-impact opportunities, ensuring your next chapter amplifies what you're best at, not just what pays well.

Step 1: Inventory Your Strengths List 5-10 strengths from your service (e.g., crisis management, team motivation). Categorize:

- Innate Talents: What comes effortlessly?
- Pressure-Tested Skills: What shines under stress?
- Deferred Gifts: What was sidelined but energizes you?

Checklist:

- Review past performance reviews or feedback.
- Ask trusted peers: "What do I do uniquely well?"
- Rate each strength's energy boost (1-10).

Step 2: Identify Impact Zones Brainstorm problems or arenas where these strengths create value (e.g., corporate turnaround, community building).

Mapping Exercise: Draw a simple table (or use this template):

Strength	Current Example	Potential Impact Area	Aligned Opportunity
Strategic foresight	Mission planning	Business strategy	Consulting firm role
[Your Entry]			

Step 3: Prioritize and Test

- Select top 3 strengths for focus.
- Explore 2-3 pathways per strength (e.g., via networking).
- Prototype: Test in low-stakes ways (e.g., volunteer gig).

Closing Insight: Alignment breeds sustainability. Use this map to avoid "impressive but draining" paths.

About the Author

Dr. Chris Phillips is a clinical and performance psychologist with more than twenty years of experience optimizing human potential in the highest-stakes environments. After serving as the Clinical Psychologist for Special Operations Command Europe Headquarters (SOCEUR), he founded Valor Institute to guide Special Operations Forces, senior military leaders, intelligence operators, and their families into post-uniform lives of clarity, renewed purpose, and unbreakable alignment.

Founder & Life Fulfillment Architect, Valor Institute.

Build with strength. Lead with clarity. Advance with purpose.

 <https://leadwithvalor.com>

 chris@leadwithvalor.com