

THE FORMATION



Vol. 1 Issue 1

November, 2015



COMMANDER'S COLUMN

What are you most grateful for and why?

The opportunity to lead. This is my fifth time in command, and there is no better job in the Air Force. The opportunity to lead and work with the men and women of the Air Force District of Washington is humbling, yet a dream come true. The opportunity to take an organization and move it, shape it, and see the great results is very exciting. You get to watch the best in people; you get to witness change. For me there is nothing more exhilarating than at the end of the day being able to see the little things, the little steps that we all take to accomplish our goals.

Relationships. Moving every few years since I was a child has allowed me to meet new people and build lasting relationships. Caring for and fostering these relationships is something I don't take for granted. True friends are hard to find, but you'll know when you find them. I went through a life-changing experience a few years ago and really found out who I could lean on during the tough times.

—Maj. Gen. Darryl Burke
AFDW Commander

GRATITUDE

1: the quality of being thankful; readiness to show appreciation for and to return kindness

DISCUSS

- ⇒ *What do you think blocks gratitude?*
- ⇒ *What habits do you think we could cultivate to develop gratitude in ourselves and others?*
- ⇒ *How might you show your gratitude to others?*

UPCOMING OPPORTUNITIES

15-21 Nov: Warrior CARE event (various locations, JBA)

16-20 Nov: "Education is Key" (1A934, Pentagon) POC: Sharon.D.Murphy2.civ@mail.mil

19 Nov: DOD Voluntary Education Virtual Education Fair More Info: <http://www.dodeducationfair.com>

23 Nov, 0800-1600: Everyone Communicates, Few Connect (Smart Building, JBA)

Sign up: <https://einvitations.afit.edu/inv/anim.cfm?i=267880&k=006745017357>

23 Nov, 1300: The RISING 6: JBAB Enlisted Council (Stewart Theatre, JBAB) POC: TSgt Rosengaft - 202-404-8363

For more info on these and other opportunities, please contact CMSgt Pineiro: manuel.pineiro3.mil@mail.mil

AFDW FIRST SHIRT COLUMN

How often do we take for granted all the good things we already have? I used to be one of those people who would read about the powers of being grateful and took it to mean that I should be grateful for what little I do have and learn to love it. It wasn't until I found out the true reason why being grateful changes your life for the better (much, much better) that I started taking it very seriously. Now I make sure to find things I'm grateful for every single day. I set aside time to be grateful; that's how important it is, because I know it will mean I'll have more to be grateful for tomorrow.

November is synonymous with Thanksgiving in America, and it's common during this month to hear talk of gratitude and why it's so important. Adopting a gratitude practice isn't just something that sounds nice at Thanksgiving -- it's a lifestyle and mindset choice that will drastically change your perspective, both personally and professionally.

In May of 2015, the USAF released the Human Capital Annex to the Strategic Master Plan. Secretary of the Air Force Deborah Lee James stated, "It captures our efforts to think strategically about our Airmen and posture them for success in a dynamic, uncertain future." One aspect of the Human Capital Annex was to measure progress against objectives. As Airmen, we are fortunate that the scope of the Human Capital revolves around the concern for people and the organization.

The People - The Airmen.

The Organization - The Air Force.

These are two things that we should be grateful for, as these are the mainstay for our service. Have you ever asked someone why they stay in the USAF? 9 times out of 10, you'll hear that it's about the institution and the people they're serving with or those that they have served with in the past. You see, it's usually never about themselves, unless there's an established agenda.

As a culture, we have lost a deep sense of gratefulness about the freedoms we enjoy, a lack of gratitude towards those who lost their lives in the fight for freedom, and a lack of gratitude for all the material advantages we have. As we focus on Thanksgiving, take some time to reflect on how our lives have been made so much more comfortable by the sacrifices of those who came before us.

When all else fails, you woke up this morning - ask yourself, what are you grateful for?

— CMSgt Manny Pineiro
AFDW First Sergeant

In YOUR opinion, how does gratitude relate to leadership and/or high performance?

"I always believe that taking care of people in our organization is a great way to get the mission done. If you take care of people, they take care of the mission. If people feel like they are valued, they are part of the organization and they are contributing, then they tend to meet the goals. By respecting our Airmen and valuing their inputs, we can show them our appreciation. I've learned that most people who serve do it because they want to make a difference and have an impact on others." — Maj. Gen. Burke

CHECK OUT THIS ARTICLE: *"About Thanksgiving: Gratitude, Leadership & Performance"*
by Ana Dutra

"Imagine a culture where people feel comfortable and compelled to express gratitude not only for all the good things employees, colleagues, peers, and bosses do but also for who they are....The role of leaders in creating such a culture is fundamental."

<http://www.forbes.com/sites/anadutra/2011/11/21/about-thanksgiving-gratitude-leadership-and-performance/>