

Domain Intent, Lines of Effort, and End State

Cognitive Domain

1. **Intent.** Optimize Cognitive performance contributions for Human Weapons System (HWS) Readiness and Lethality.
2. **Lines of Effort.**
 - a. **Optimize Lethality.** Assesses performance and provide feedback to SOF SMs. Adapts cognitive enhancement training to SOF environments, advances leadership/team functioning, and improves point of instruction, cadre, and instructor performance.
 - b. **Enhance Longevity.** Establishes longitudinal career monitoring by promoting healthy adaptive habits and behavior change. Develops mental recovery and fatigue management strategies and facilitates return-to-duty and post-deployment restoration.
 - c. **Integrate Embedded Teams.** Identifies industry advancement helpful to SOF by integrating support with brain and behavioral health providers to mitigate risk. Identifies strengths, limitations, and training needs, and collaborates across the POTFF domain for an integrated approach to SOF enhancement trainings.
3. **End State.** Optimize cognitive function of individual and collective SOF for successful operational performance in all environments.

Physical Domain

1. **Intent.** Optimize Readiness and Lethality by enhancing physical performance capabilities.
2. **Lines of Effort.**
 - a. **Optimize.** Optimize readiness and lethality through physical capability development impacting operational availability and SOF career lifecycles. Central to this LOE is establishment of baselines for SOF SMs through standardized readiness and lethality assessments.
 - b. **Mitigate.** Reduce operational risk to sustain SOF SM longevity by embedding specialists to deliver proactive services focused on effective physical preparation, restoration post-injury, and recovery strategies. This approach mitigates physical and physiological stress, injury risk, and time-loss after injury.
 - c. **Innovate.** Integrate emerging technologies and best practices across human performance programs in sport, academia, and industry to enhance capabilities of the Human Weapon System. Collaboration with POTFF Domains, DOW entities, SOF

AT&L-ST, SOCS-SG, and non-government organizations enables advancement of physical performance long-term for the HW.

3. End State. Ensure a physically lethal and ready HWS to excel in execution of operational requirements.

Psychological Domain

1. Intent. Provide full spectrum psychological support to USSOCOM personnel.

2. Lines of Effort.

a. Maximize Lethality. The primary effort of the psychological domain is to cultivate mental and emotional strength before adversity strikes, thereby driving operational resilience and lethality. Instead of merely treating deficits, this LOE focuses on equipping SOF personnel with advanced psychological and cognitive fitness training. By fostering emotional regulation, positive mindsets, optimism, and cognitive reappraisal, SMs are trained to reframe stressors and maintain clarity under duress. This proactive conditioning builds the mental toughness and psychological flexibility required to adapt rapidly to changing threats, sustain combat effectiveness in high-stakes, hostile environments, and prevent burnout.

b. Optimize Performance. Utilizing a rigorous assessment and selection process and ensuring rapid, targeted reinforcements, elevates SOF readiness and mitigates risk. Through continuous monitoring of access to care and utilization, the domain ensures that SOF personnel receive timely, tailored support across the SOF lifecycle. Furthermore, categorizing clinical concerns allows providers to deliver specific interventions, quickly returning SMs to the mission, thereby sustaining operational tempo.

c. Innovate Psychological Support. To maintain peak performance, the psychological domain relies on a rigorous, data-driven methodology to continuously monitor the force's psychological health. By conducting regular evaluations, the force captures actionable intelligence to mitigate risk by identifying trends early, informing comprehensive performance enhancement strategies, and ensuring leaders have a clear picture of unit readiness. Finally, this LOE ensures that psychological support is not episodic but integrated across the entire SOF lifecycle.

3. End State. The SOF enterprise achieves sustained psychological readiness and optimal performance ensuring mission success to win.

Social and Family Domain

1. Intent. Strengthen social connections surrounding SOF SMs by fostering trusted relationships, connected communities, and accessible support systems that sustain readiness, optimize performance, and promote longevity to support the SOF lifecycle. █

2. Lines of Effort.

a. Integrate. Integrate SMs and their Families into the SOF community to enhance performance, readiness, and longevity, and mitigates risk of isolation. The primary goal is to facilitate social cohesion among SMs, units, their families, and the wider community. By establishing early and continuous touchpoints, individuals are integrated into their units and have access to resources, which increases protective factors and decreases corrosive behaviors.

b. Strengthen. Build and maintain strong support networks and resilient relationships. The objectives include preparing SMs and Families for the challenges of SOF life. This strengthens communication, trust, and resilience within the unit, Families and their support systems. This domain provides promotive resources that improve the overall quality of life and increase protective factors allowing SMs and their Families to thrive in the demanding SOF environment.

c. Optimize. Create and adapt support systems that assist SMs and Families throughout their military lifecycle. It identifies and closes gaps in existing Service-provided social and family support programs. These efforts optimize support during critical military lifecycle transitions, including permanent change of station (PCS), separation, retirement, injury, illness, and moments of crisis.

3. End State. SOF SMs and their Families are fully integrated into their units and communities. They demonstrate strong social connectedness, maintain resilient relationships and remain prepared for the operational demands and military lifecycle transitions inherent to SOF services.

Spiritual Domain

1. Intent. Strengthen connections with God and one another that foster meaning, purpose, core values, and beliefs.

2. Lines of Effort.

a. Connection. Strengthen connection with God, a higher power, the transcendent, or a source of ultimate meaning that provides strength, hope, and perseverance. Traditional spiritual disciplines that support strengthening connection with the divine include but are not limited to prayer, meditation, reading sacred texts, worship, fasting, confession, solitude, service, and giving. Drafting and implementing proactive spiritual fitness plans focus on leveraging these spiritual

disciplines. Strengthening connection to the divine supports the development of spiritual and worldview formation including identity.

b. Community. Strengthen connections with spiritual communities who share foundational values, mutual accountability, and support. Spiritual communities support belonging and can include relationships within families, units, civic, or religious communities. RSTs promote spiritual communities within the military through chapel programming and unit-based ministry. They also serve as key conduits for integrating support across the other domains of human performance.

c. Character. Live a life consistent with core values and beliefs that inculcate a culture of honorable service and moral integrity. The Will-to-Win does not mean win at all costs but win within an ethical framework consistent with laws, regulations, and religious convictions. The ideals of our ethical framework are found in each Service branch's core values which emphasize unwavering principles such as honor, courage, and integrity, demanding a selfless commitment to service and duty. The spiritual domain helps reinforce the ethical values, morals, and beliefs that prevent violations which can lead to moral injury which is an invisible wound resulting from actions or inactions that violate deeply held moral beliefs, causing profound guilt, shame, and loss of trust.

d. Conviction. Find meaning and purpose in military service and in life through sacrificial service. Clarity of purpose guides decisions, fuels motivation, and sustains commitment through adversity. Conviction also influences retention by fostering a sense of being part of something greater than oneself thus reinforcing military service. Spirituality strengthens the Will-to-Win by aligning an individual's spiritually anchored meaning and purpose, with their organization's mission.

3. End State. The SOF enterprise embodies an unbreakable Will-to-Win on mission and in life with honor, moral integrity, and sacrificial service.