



My Journey

|


W O M E N
V E T E R A N S
W O R K S H O P

**WOMEN VETERANS:
DRIVING INTO THE FUTURE**

A woman in a U.S. Army uniform is saluting. She is wearing a digital camouflage uniform with a "U.S. ARMY" patch on her right chest. Her right hand is raised in a salute. The background is a light, neutral color.

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A photograph of two women in a warm, indoor setting. The woman on the left is smiling broadly, showing her teeth. The woman on the right is seen from the back, looking towards the first woman. The background is softly blurred, suggesting a bright, open space. The overall mood is positive and engaged.

Rules of Engagement

MAKE TIME FOR YOURSELF

GIVE HONEST FEEDBACK

BE RESPECTFUL

**BE IN THE MOMENT
(NO PHONES)**

HAVE FUN!

A woman with blonde hair, wearing a patterned short-sleeved shirt and blue jeans, stands in a grassy field. She is holding a flagpole with the American flag. The background shows rolling hills and mountains under a clear blue sky. The text 'Part 1: ME' is overlaid in a large, black, brush-stroke font.

Part 1: ME



Activity #1

**TAKE A MOMENT TO INTRODUCE
YOURSELF**

Discovering Me

This worksheet is a supplement to The VA Goal Getters Workshop and is designed to help you envision your next phase of life as you transition from the military.

This is your canvas. Fill in the boxes as you wish to think about who you are and who you'd like to be.



Take a moment to reflect and fill in the squares below

I hope...

A large, empty, light gray square box for writing.

I fear...

A large, empty, light gray square box for writing.

Take a moment to reflect and fill in the squares below

What matters to me...

A large, empty, light gray square box for writing.

I am feeling...

A large, empty, light gray square box for writing.

I am grateful for...

A large, empty, light gray square box for writing.

Currently, in life I am here...

A large, empty, light gray rectangular box for writing.



Words that fit me...

What makes me laugh...

People who love me...

Take a moment to reflect and fill in the squares below

In my life, I want more...

In my life, I want less...



Share Outs

TELL US YOUR STORY!

**WHAT DID YOU LEARN ABOUT
YOURSELF?**

WHAT DO YOU WANT MORE OF?

Setting My Goals

| | |
|----|----------------------|
| 11 | CAREER & EDUCATION |
| 12 | FAMILY & CHILDCARE |
| 13 | FINANCES |
| 14 | HEALTH CARE |
| 15 | HOUSING & LIVING |
| 16 | SOCIAL/PERSONAL LIFE |
| 17 | WELLNESS |
| 18 | SPIRITUALITY |

INSTRUCTIONS:

The next section of this workbook provides a space for you to translate what you want in your life to actionable goals.

Scan below
for access to
the VA
Welcome Kit



Scan below for
Center for
Women Veterans
Resources



Goals



Career & Education

Use these inspirational prompts to build out the details of your goal:



Values

What is important to me?
What is going well in this part of my life?
What would I like to improve?



Goal(s)

How do I want/need to achieve this goal?
How does this align to my values?



Milestone(s)

Specific milestones I want to achieve.
How will I define success for this goal?



Barrier(s)

Are there any barriers I need to overcome to achieve this?



Time I Need

How soon do I want/need to achieve this goal?



People & Resources I Need

Who (in the community) can help me?
What resources can help me achieve these goals?

Family & Childcare

Use these inspirational prompts to build out the details of your goal:



Values

What is important to me?
What is going well in this part of my life?
What would I like to improve?



Goal(s)

How do I want/need to achieve this goal?
How does this align to my values?



Milestone(s)

Specific milestones I want to achieve.
How will I define success for this goal?



Barrier(s)

Are there any barriers I need to overcome to achieve this?



Time I Need

How soon do I want/need to achieve this goal?



People & Resources I Need

Who (in the community) can help me?
What resources can help me achieve these goals?

Finances

Use these inspirational prompts to build out the details of your goal:



Values

What is important to me?
What is going well in this part of my life?
What would I like to improve?



Goal(s)

How do I want/need to achieve this goal?
How does this align to my values?



Milestone(s)

Specific milestones I want to achieve.
How will I define success for this goal?



Barrier(s)

Are there any barriers I need to overcome to achieve this?



Time I Need

How soon do I want/need to achieve this goal?



People & Resources I Need

Who (in the community) can help me?
What resources can help me achieve these goals?

Health Care

Use these inspirational prompts to build out the details of your goal:



Values

What is important to me?
What is going well in this part of my life?
What would I like to improve?



Goal(s)

How do I want/need to achieve this goal?
How does this align to my values?



Milestone(s)

Specific milestones I want to achieve.
How will I define success for this goal?



Barrier(s)

Are there any barriers I need to overcome to achieve this?



Time I Need

How soon do I want/need to achieve this goal?



People & Resources I Need

Who (in the community) can help me?
What resources can help me achieve these goals?

Housing & Living

Use these inspirational prompts to build out the details of your goal:



Values

What is important to me?
What is going well in this part of my life?
What would I like to improve?



Goal(s)

How do I want/need to achieve this goal?
How does this align to my values?



Milestone(s)

Specific milestones I want to achieve.
How will I define success for this goal?



Barrier(s)

Are there any barriers I need to overcome to achieve this?



Time I Need

How soon do I want/need to achieve this goal?



People & Resources I Need

Who (in the community) can help me?
What resources can help me achieve these goals?

Social/Personal Life

Use these inspirational prompts to build out the details of your goal:



Values

What is important to me?
What is going well in this part of my life?
What would I like to improve?



Goal(s)

How do I want/need to achieve this goal?
How does this align to my values?



Milestone(s)

Specific milestones I want to achieve.
How will I define success for this goal?



Barrier(s)

Are there any barriers I need to overcome to achieve this?



Time I Need

How soon do I want/need to achieve this goal?



People & Resources I Need

Who (in the community) can help me?
What resources can help me achieve these goals?

Wellness

Use these inspirational prompts to build out the details of your goal:



Values

What is important to me?
What is going well in this part of my life?
What would I like to improve?



Goal(s)

How do I want/need to achieve this goal?
How does this align to my values?



Milestone(s)

Specific milestones I want to achieve.
How will I define success for this goal?



Barrier(s)

Are there any barriers I need to overcome to achieve this?



Time I Need

How soon do I want/need to achieve this goal?



People & Resources I Need

Who (in the community) can help me?
What resources can help me achieve these goals?

Spirituality

Use these inspirational prompts to build out the details of your goal:



Values

What is important to me?
What is going well in this part of my life?
What would I like to improve?



Goal(s)

How do I want/need to achieve this goal?
How does this align to my values?



Milestone(s)

Specific milestones I want to achieve.
How will I define success for this goal?



Barrier(s)

Are there any barriers I need to overcome to achieve this?



Time I Need

How soon do I want/need to achieve this goal?



People & Resources I Need

Who (in the community) can help me?
What resources can help me achieve these goals?



Part 2: WE



Activity #2

LEVERAGE YOUR CONNECTIONS



BATTLE BUDDY RECON

LEGEND: Find 2-3 Battle Buddies that will help you achieve your goals!

Career & Education

Family & Childcare

Finances

Health Care

Housing & Living

Wellness

Spirituality

Social/Personal Life

Career & Education

Family & Childcare

Finances

Health Care

Housing & Living

Wellness

Spirituality

Social/Personal Life

Career & Education

Family & Childcare

Finances

Health Care

Housing & Living

Wellness

Spirituality

Social/Personal Life

Career & Education

Family & Childcare

Finances

Health Care

Housings & Living

Wellness

Spirituality

Social/Personal Life

Build It Together



INSTRUCTIONS:

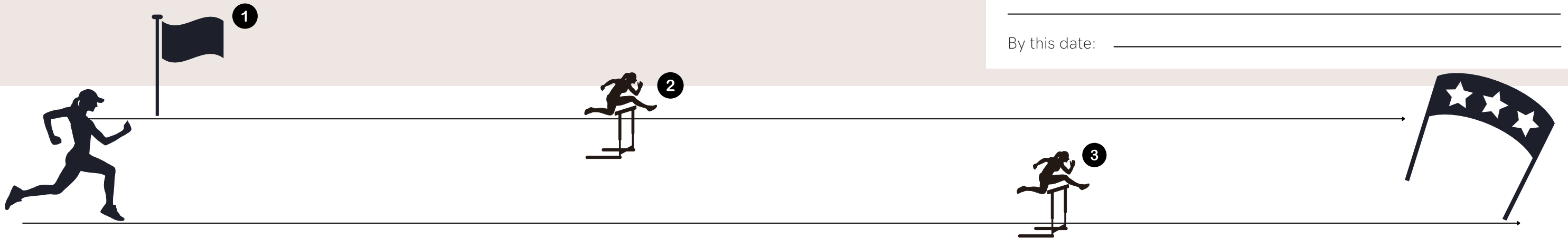
1. Build your action plan to achieve the goal(s) you set.
2. Once you have a rough outline, break into groups of 3-5 women with goals in similar life areas.
3. As you sketch out your action plan, bounce ideas off your groupmates to find new actions and resources to help you.



My Action Plan

I want to accomplish my goal of: _____

By this date: _____



1

What is the 1st major milestone you will need to achieve to get closer to your goal?

Milestone

What action will you need to achieve in order to get closer to your goal?

Action

What resource could help you accomplish this milestone?

Resource

I can accomplish by:

Date

2

What is the 2nd major milestone you will need to achieve to get closer to your goal?

Milestone

What action will you need to achieve in order to get closer to your goal?

Action

What resource could help you accomplish this milestone?

Resource

I can accomplish by:

Date

3

What is the 3rd major milestone you will need to achieve to get closer to your goal?

Milestone

What action will you need to achieve in order to get closer to your goal?

Action

What resource could help you accomplish this milestone?

Resource

I can accomplish by:

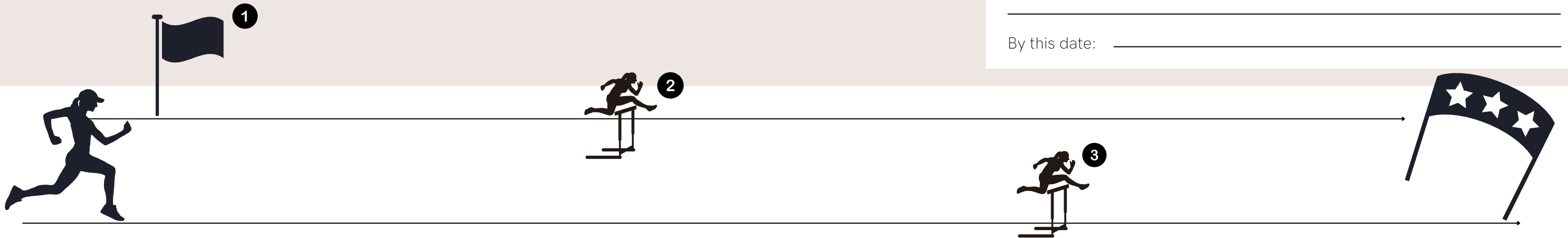
Date



My Action Plan

I want to accomplish my goal of: _____

By this date: _____



1

What is the 1st major milestone you will need to achieve to get closer to your goal?

Milestone

What action will you need to achieve in order to get closer to your goal?

Action

What resource could help you accomplish this milestone?

Resource

I can accomplish by:

Date

2

What is the 2nd major milestone you will need to achieve to get closer to your goal?

Milestone

What action will you need to achieve in order to get closer to your goal?

Action

What resource could help you accomplish this milestone?

Resource

I can accomplish by:

Date

3

What is the 3rd major milestone you will need to achieve to get closer to your goal?

Milestone

What action will you need to achieve in order to get closer to your goal?

Action

What resource could help you accomplish this milestone?

Resource

I can accomplish by:

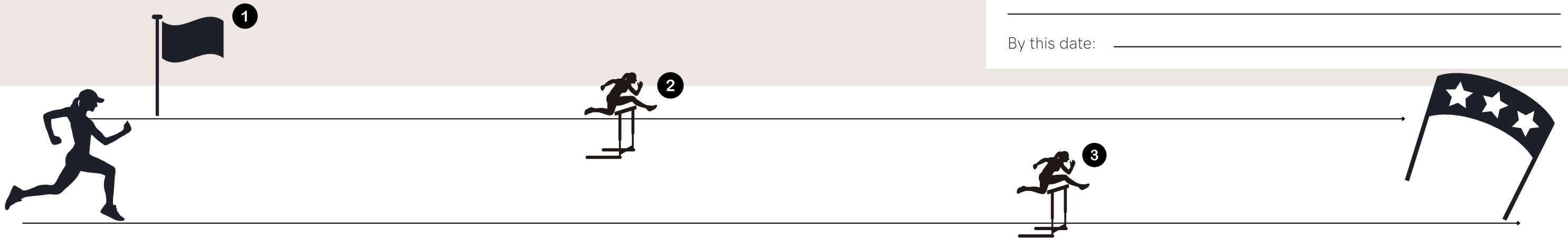
Date



My Action Plan

I want to accomplish my goal of: _____

By this date: _____



1

What is the 1st major milestone you will need to achieve to get closer to your goal?

Milestone

What action will you need to achieve in order to get closer to your goal?

Action

What resource could help you accomplish this milestone?

Resource

I can accomplish by:

Date

2

What is the 2nd major milestone you will need to achieve to get closer to your goal?

Milestone

What action will you need to achieve in order to get closer to your goal?

Action

What resource could help you accomplish this milestone?

Resource

I can accomplish by:

Date

3

What is the 3rd major milestone you will need to achieve to get closer to your goal?

Milestone

What action will you need to achieve in order to get closer to your goal?

Action

What resource could help you accomplish this milestone?

Resource

I can accomplish by:

Date



Share Outs

OUR SHARED PURPOSE

TO BUILD TRUST, LIFELONG
RELATIONSHIPS WITH VETERANS,
THEIR FAMILIES, CAREGIVERS AND
SUPPORTERS.

"I TRUST VA TO FULFILL OUR
COUNTRY'S COMMITMENT TO
VETERANS."

What is a Female Veteran?

A "female Veteran" - Whether active duty, discharged, retired, or reserve - is someone who, at one point in her life, wrote a blank check made payable to "The United States of America," for an amount of "up to and including her life."

That is Honor

And there are way too many people in this country today who no longer understand that fact.



Scan below for access to the VA Podcast: She Wears The Boots



A photograph of a woman in a military uniform smiling and holding a young child who is also wearing a military uniform. The word "Resources" is written in a large, black, cursive font across the center of the image.

Resources

VA Resources

- NATIONAL DIRECTORY**
<https://www.nrd.gov/>

- DOWNLOADABLE WOMEN VETERANS RESOURCES**
<https://www.va.gov/womenvet/resources/materials.asp>

- WOMEN VETERANS BENEFITS WEBSITE**
<https://www.benefits.va.gov/persona/veteran-women.asp>

- VA SERVICES FOR MILITARY SEXUAL TRAUMA (MST)**
<https://www.mentalhealth.va.gov/msthome.asp>

- VA WOMENS HEALTH TRANSITION TRAINING**
<https://www.va.gov/womenvet/whtt/index.asp>

- HOUSING STABILITY RESOURCES FOR WOMEN VETERANS**
https://www.va.gov/homeless/for_women_veterans.asp

- NATIONAL ASSOCIATION OF STATE WOMEN VETERAN COORDINATORS**
<http://www.naswvc.org/>

- ONLINE LIST OF VETERAN SERVICE ORGANIZATIONS (VSO)**
<https://www.va.gov/vso/>

Tips for Engaging with VA

When you interact with VA, always have The Envelope and The Notebook.

The Envelope

- Prep all your paperwork and have it on hand: have the originals stored at home, paper copies in the envelope, and have it scanned as a pdf on your computer and in a secure cloud space
- Paperwork to always have on hand: DD214 member 4, military personnel records, orders (if activated from the Guard or Reserves), military and private medical records, your most recent tax return, military pay stubs, health insurance cards, disability rating letter
- You will not normally need copies of your Social Security card but it is useful to have your and your dependent's Social Security numbers readily available
- If filing for benefits for another service member, get copies of all those things above for THEM and anything that proves your relationship to them, like a birth certificate or a marriage license

The Notebook

1. Write down when you applied/submitted things so you can keep track of dates and how long it's been since you applied,
2. Write down calls/interactions you've had about your benefits. Log what was discussed, date and time of call/interaction, name of person you spoke to, and what VA office they work for.
3. Write down the next steps for pursuing this benefit and who is responsible for which piece.

BASIC PREP FOR ANY BENEFIT YOU PURSUE WITH VA

Eligibility

- Each benefit will evaluate if you are eligible for it. But! You should definitely know your disability rating. If you have a rating of more than 0%, you have attained automatic eligibility for at least some benefits. You need to apply for disability compensation to get a rating. Apply, even if you're not interested in getting disability compensation.

Application Methods

- When it comes to actually applying for the benefit, there are always multiple options: calling, doing it online, doing it in person at a VA medical center, or getting a paper application and mailing it. You'll need to see which options are available for which benefit.

Getting Application Assistance

- Find a VSO that's accredited to help navigate VA services. VA knows that it can be hard to navigate their systems so they train members of VSOs as experts to help guide you. Take advantage of this! You don't have to do it alone



Connections / Notes

Notes



