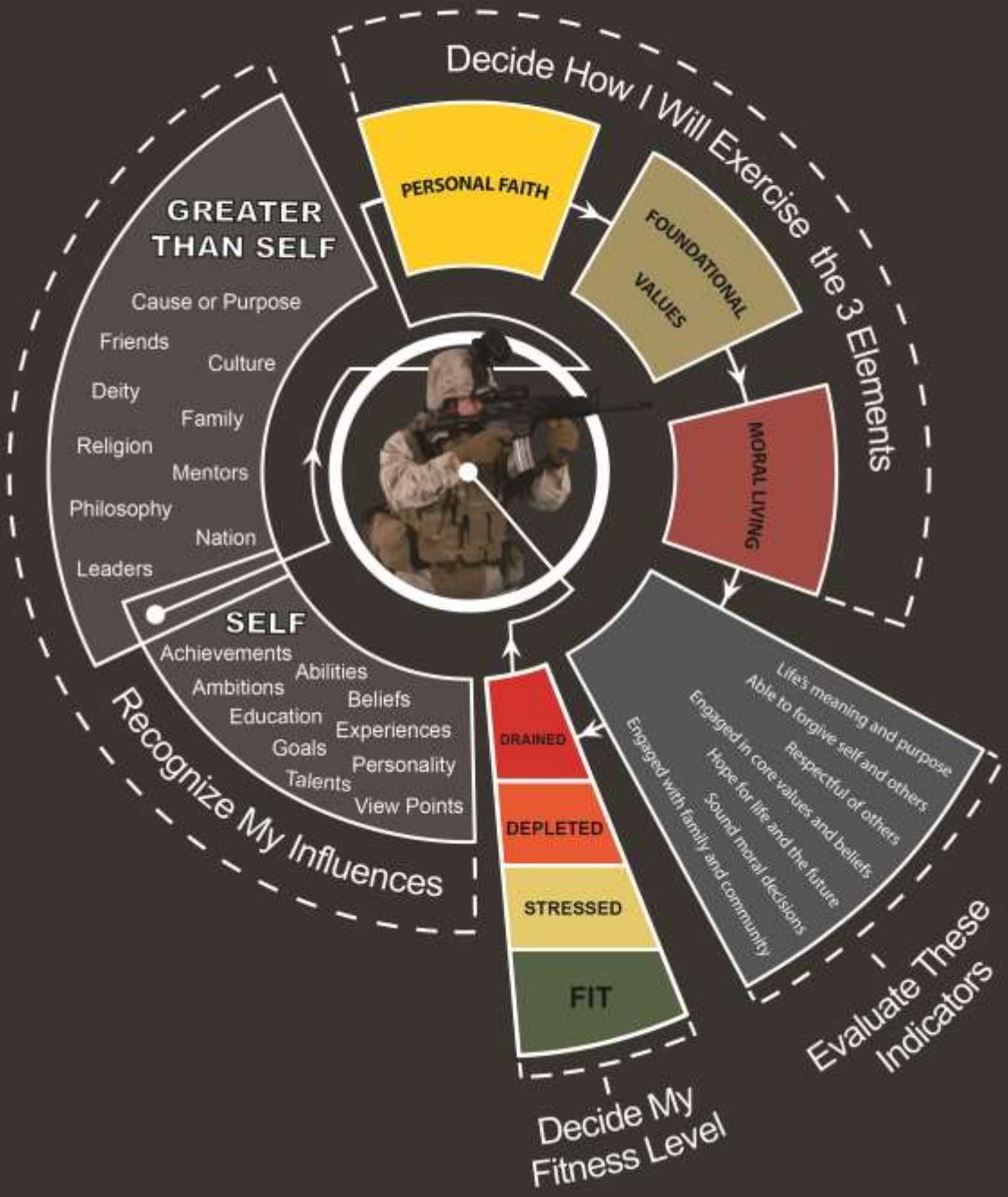
SPIRITUAL FITNESS

The ability to adhere to beliefs, principles, and values needed to persevere and prevail.