

FRANK D. YOUNG PERSONAL MISSION STATEMENT: 2001-12-20

This is an example of an early version of my own mission statement.

IDENTITY

I am one living manifestation of the spirit of Judo that flows through me and informs my life. My role is that of conduit or channel of transformative grace present in abundance to those who are open to its reception. I shall endeavor to grow in effectiveness, transparency, strength and flexibility as the container of this spirit, beyond individual ego to connect with a synergistic transpersonal self.

CORE PRINCIPLES

In order to be worthwhile, my thoughts and actions should contain all 4 elements:

1. Effectiveness, a necessary but not sufficient condition.
2. Efficiency.
3. Ecological balance (sustainability), mutual benefit in synergy.
4. Elegance (flair, creativity, and fun).

They should also incorporate:

5. Caring (self & others).
6. Integrity/Congruency.
7. Focus.
8. Flexibility.
9. Solution-focus.
10. Conflict into Confluence.

11. Synthesis & synergy.
12. Unity incorporating diversity.

CORE VALUES

1. Love.
2. Peace.
3. Security.
4. Balance.
5. Sustainability.
6. Harmony.
7. Creativity.
8. Fun.

FAVORITE ROLES:

1. Loving partner.
2. Father.
3. Personal coach and mentor.
4. Teacher of applied theory.
5. Athlete, dancer, body in motion.

6. Student, intellectual synthesizer.
7. Therapist, counsellor.
8. Nature lover, environmentalist.
9. Synergistic partner, collaborator in innovation.
10. Dream designer.
11. Creator.
12. Life journeyman and co-explorer of spiritual meaning.

LIFE GOALS

1. Achieve and maintain financial security and prosperity.
2. Maintain loving relationships with mate, family, and friends.
3. Health, time, and resources to enjoy a balanced and fun lifestyle.
4. Recognition among peers for my creative and helpful contributions in my profession.
5. Recognition for my personal goals, especially in promoting environmental sustainability.
6. Mind State Management Inc. becomes known, effective, and profitable within its market niche.

PROXIMATE GOALS AND OBJECTIVES 2002-2004

For each of the life goal domains I will present at least one example of a concrete, immediate objective, and a more distant objective, with approximate timelines.

FINANCIAL:

1. Full RRSPs paid by Feb. 28 2002.
2. Pay as you go lifestyle, no debts other than mortgage.

FAMILY:

1. Wedding to happen in October 2002.
2. House upgrades: basement carpet by March 2002; deck by August 2004.

LIFESTYLE:

1. Squash, 3-steps-to-the-ball habit integrated by May 2002.
2. Maintain 3 aerobic and 2 sub-aerobic workouts per week.
3. Hiking, Castle Mountain by end of August 2002.
4. Regular weekly meetings with friends, at least 2 per week on average.

ENVIRONMENT:

1. LUTW commitments honored. About 3hr./wk.
2. K-Country protection from 3 Sisters & FMA to Spray Lakes Sawmills Inc.

PROFESSIONAL DEVELOPMENT & CONTRIBUTIONS:

1. 2 Journal articles before the end of 2003.
2. First 3 chapters of book "Lessons my clients taught me" by end of 2003.
3. Commercial Lucidity Training Workshop Nov. 2002.

MIND STATE MANAGEMENT INC.:

1. Total billing & contact management system to replace Maxwin by end of 2001.
2. Web page updated to include publications, links to retail, expanded coaching section, new pictures, by June 2002.