

FRANK D. YOUNG PERSONAL MISSION STATEMENT: 2016

IDENTITY

I am one living manifestation of the spirit of Judo that flows through me and informs my life.
I aspire to be a vessel of transformative grace present in abundance to those who are open to its reception.
I will continue to pursue effectiveness, focus, and balance in developing transpersonal synergy.

CORE VALUES

1. Love.
2. Peace.
3. Acceptance.
4. Passion and Purpose.
5. Sustainability.
6. Creativity.
7. Fun.

SIGNATURE STRENGTHS

1. Wisdom and Perspective.
2. Analysis and Synthesis of Applied Theory.
3. Strategy and Design.
4. Humor and Playfulness.
5. Capacity to Love and Be Loved.
6. Integrity and Authenticity.

CORE PROCESS PRINCIPLES

In order to be worthwhile, my thoughts and actions should contain these process elements:

1. Effectiveness, a necessary but not sufficient condition.
2. Efficiency.
3. Ecological balance (sustainability).
4. Elegance (flair, creativity, and fun).
5. Caring (self & others).
6. Solution-Focus.
7. Conflict into Confluence.
8. Synthesis & Synergy.

FAVORITE ROLES:

1. Loving partner.
2. Personal coach and mentor.
3. Teacher of applied theory.
4. Therapist, counsellor.
5. Nature lover, environmentalist.
6. Player of sports.
7. Dream designer.
8. Life journeyman and co-explorer of spiritual meaning.

LIFE GOALS

1. Maintain loving relationships with mate, family, and friends.
2. Health, time, and resources to enjoy a balanced and fun lifestyle.
3. Achieve and maintain financial security.
4. Promote environmental sustainability.
5. Productivity in my creative and helpful contributions in my profession.

PROXIMATE GOALS AND OBJECTIVES 2016-2017

For each of the goal topics, I will list at least 2 objectives as examples of specific things I want to accomplish.

FAMILY:

1. At least 3 extended weekend vacations with Donna per annum, one major travel per annum.
2. At least 2 annual visits and frequent (every few weeks) Skype and telephone contacts with children and grandchildren.

LIFESTYLE:

1. Squash, improved biomechanics in strokes, better footwork after hitting the ball.
2. Maintain 3 aerobic and 1 sub-aerobic workouts per week, as health permits.
3. Develop more friendships and regular weekly contact with some friends, aiming for 2 per week or more.
4. Guitar, repertoire of at least 30 songs played well, 50 played acceptably by end of 2017.

FINANCIAL:

1. Pay as you go lifestyle, no debts, cash reserve equivalent to 3 months salary.
2. Conversion to RRIF and arrangement for withdrawals by end of 2016.
3. Maintain and top up TFSA.

ENVIRONMENT:

1. Riparian habitat protection and restoration projects in local salmon creeks and rivers.
2. Continue charitable donations to environmental organizations.

PROFESSIONAL DEVELOPMENT:

1. Revise and edit over 50 chapters of my first book by end of 2016.
2. Circulate these stories to my editors in early 2016.
3. Investigate several publication strategies for book.
4. Submit manuscript to publisher by March 2017.
5. Private practice volume down to 2 days per week by end of 2016.

WEBSITE DEVELOPMENT:

1. Web page updated to include publications, links to retail, by March 2016.
2. Books titles: Mental Fitness with Impact, Martial Arts Metaphors: Lessons for Living, and Lessons My Clients Have Taught Me and Other Stories.