

## My mission statement

I am at my best when I get to work with inspired people that I genuinely appreciate as human beings. I will try to prevent times when I work with people that I don't really like; when there is no real relationship supporting our work together.

I will enjoy my work by finding employment where I can participate in creative cooperation, working with nice and inspiring people, organize things in new and better ways, create and run educations and workshops and get the feeling that I'm adding something important to other peoples lives.

I will find enjoyment in my personal life through reading and writing about human relationships, interacting with the people I love and respect, doing creative things together.

I will find opportunities to use my natural talents and gifts such as psychology, creating and running educations, talking to motivated people about raising children and other vital aspects of life.

I can do anything I set my mind to. I will do coaching and psychiatry service (with motivated patients) part time, and create and run seminars and educations the rest of the time. I will also create a great Internet page where I will put most of my material as a gift to people who might benefit from it.

My life's journey is to continually grow as a person and to use all that I know and am in helping other people having better lives. In particular, I'd like to make a difference to my family. I will be a person who really cares about others and who makes a real difference in other peoples lives. My most important future contribution to others will be to continually keep growing as a human being, so that I am able to love and serve them in better and better ways as I grow. I've hopefully learned a few things through life and I'd like to pass it on in a way that will benefit the people I love.

I will stop procrastinating and start working on:

- Rearranging my life and how I organize my time so that I manage to make time for the important things I really want to accomplish. This includes reading more quality literature, relating more to the people I really love, learn to love more unselfishly. It also includes focusing on the relational quality of my interactions with people, trying to really raise above my scripting and habits to develop into a more giving person.
- Learning to live a life of more conscious choice, where my highest values are allowed to guide what I do in life and how I do it.
- Getting out of my present job if I don't manage to considerably improve on it in the next couple of months.

I will strive to incorporate the following attributes into my life:

- Increased focus on living a life of purpose, giving and service, of making a difference to the people I care about.
- Better understanding of how human relations work, and using that insight in my daily living.

I will constantly renew myself by focusing on the four dimensions of my life:

- Continue my physical exercising the way I already do. Cut down on stress and learn to live a more balanced life that allows me to keep working on sleeping more, better and more regularly.
- Read more and better literature to strengthen and renew my motivation, clarify my values and increase my practical skills. I will have more meetings with people that I enjoy talking to, and from whom I can learn and grow myself at the same time that I share my best qualities with these people.
- Keep working on reorganizing my life around priorities and values. Keep practicing living a value-based life where money and material possessions are means to an end, not ends in themselves. Learn to live with more integrity; i e being and showing my true self.
- Try to learn and grow from each meeting with every person. At the same time try to give something of importance to others in every meeting. In short, try to be a person who enriches peoples lives by sharing who I am and what I know.