

# MyQuest

By Daniel Labbe

Comments Response - Thanks for the support onlyone11d7.

I'm sorry I couldn't respond earlier. I wanted to make sure the LifeQuest Prospectus was up for at least a couple of weeks before putting up a new post. Keep that passion for changing the world; it will drive you to places beyond your dreams.

Today's Meditation - I created a mission statement for myself about a year ago, and I found that it really helped me stay focused. Whenever I felt unsure of myself I would just pull out my mission statement and read it.

The work of actually creating a mission statement is just as rewarding as having completed one. It helps you to gather your hopes, your values, and the essence of who you are while giving you a clear direction to move toward. When life gets bumpy or you feel unsure of yourself a personal mission statement can help ~~to~~ navigate you back in the right direction. There's a rewarding sense of groundedness and self-assurance that comes with knowing who you are on a deep level. This way no matter what life throws at you you can be sure that you'll know how to respond in a way that reflects the best of who you are.

On the following pages I will share with you my personal mission statement.

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## Mission Statement

My mission is to live a deeply connected life that creates an amazing sense of peace and exhilaration, harmony and joy. To live a life that inspires and empowers those in need, one that shares my love and fulfillment with others and consumes my potential to live with strength, creativity, compassion, and joy, releasing the deepest truth of my being. My mission calls me to blaze a trail through the adventure of life, a trail of courage and inspiration, showing the way that one man took to find joy and liberation, telling the tale of a life lived passionately, lived hard, well loved and enjoyed.

The strength of my mission stands on a foundation of Mindful Awareness, sincere and loving compassion, a clear knowledge of my values and the commitment to uphold them, the responsible and courageous use of my freedom to choose, and the trusted support of a loving source (God/life/Nature/Self).

What I value is living life with purpose and passion, enjoying life, being true to myself, leading a life that reflects my strengths and talents, and creating rewarding relationships.

The keys to fulfilling my mission include: knowing who I am, and being true to my deepest self. Choosing love while allowing all other feelings to come and go - experience them all openly, but hold on to love alone.

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- Expressing myself with Sincerity, Passion, and creativity in all that I do.
- and to use Mindfulness, Personal responsibility, and my freedom to choose wisely and with deft skill.

My Dreams - First is the Eternal Dream. The Eternal Dream is always in this moment. It is to live fully present in the here and Now as my true Self. To live and act from my deep connection to Self and life in this moment, fully accepting what is while answering the Call of Now with Truth, Love, Integrity, and Compassion, To do this freely and creatively as my personal Artform. This is The Eternal Dream and it comes before all others.

My Personal dream is to create a revolutionary Self-help and Personal development organization. I want to give people the tools, community, structure, and support they need to fulfill their Quests of Self-actualization. I want to help people overcome their personal obstacles and discover their own unique and amazing Potential.

I want to Publish a Novel that is inspiring and reflects my deepest truth.

Some of my goals include: To use my leadership roles to learn and grow as a leader and make a positive impact on my environment.

To improve my interpersonal skills.

To educate myself in fields relevant to my dreams and goals.

To heal myself and enjoy life.

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Traits I value include: Sincerity, generosity, faith, Unconditional Positive Regard, Compassion, integrity, love, honor, loyalty, peace, humor, humility, Strength, Knowledge, wisdom, patience, flexibility, acceptance, and wisdom.

Whenever I read my mission statement I am infused with energy and my passion for life is rekindled. If you think a mission statement would be helpful in your life then don't waste any time. Write out your goals, your dreams and values, then write a rough draft. After that you can fine tune your Mission Statement until it rings with the truth of your being so deeply that it becomes a better reflection of you than any mirror could ever create. Good luck!

Current Events - Life has been a challenge lately. I've been trying a spiritual practice that is proving to challenge me on every level. Here it is: I am allowing myself to fully experience every emotion and state of being without trying to "fix it", alter it, or in any way numb myself from it (with distracting activity). Sound easy? No way! ☺ I am amazed by the amount of unconscious resistance I had. Until you try this practice you can not possibly share my experience. What I've found is that so much of how I live, ~~as~~ what I do and think, is ~~as~~ an attempt to avoid my feelings or reject them by trying to

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"fix" them, "Solve" them, or I am trying to create a ~~state~~ desired state of being which implies that I am rejecting my current state in some way.

So when I first started this practice I experienced several minor anxiety attacks. Adrenaline, heart-racing, confusion, fear all of it without ~~knowing~~ ~~knowing~~ a clear cause. I mean to just allow your feelings to flood you without trying to figure them out (intellectualizing) or alter them or avoid them — what a trip! To fully experience yourself, your feelings and reactions totally unadulterated, to go through a day like this is terrifying! Try it and see for yourself.

One big emotion I am facing is loneliness. My god do I feel so alone! If you read my mission statement can you imagine how a person with those hopes, values, and beliefs would feel in a prison environment? A place where ~~violence~~ negativity, hate, dysfunction, and loud chaos is the norm? Besides that, I put so much energy into living out that mission statement. I created and run the Mindful Living group which requires me to create an original weekly curriculum. I'm SGT at Arms of the Toastmasters Club here. I maintain this blog. I'm trying to raise support for LifeQuest, my dream for a personal development organization, and I try to live out the truth of my being in all I do. I put out a lot of energy and effort, but I feel like it is all happening in a vacuum. No one notices or

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Seems to appreciate what I do. I certainly don't have any like-minded friends, no relationships that help me replace the energy I expend. I do gain a sense of accomplishment and I am proud of myself for how I've changed and how I live my life. But I feel as though I'm the only one that notices. There ~~are~~ are three people who write me occasionally, without them I wouldn't have the energy to continue. My mom visits every couple of months, but besides that I'm alone. Even those that write now and then don't know me. It's a hard road alone, especially when it feels like all your efforts are merely for your own entertainment.

But I won't, I can't give up. I must believe that someday I will have people in my life that share my values and my passion. People that inspire me as well as appreciate me. For now I am a stranger in a strange land. I know my brothers and sisters exist somewhere out there and know this: I won't give up. Together we can change the world, we can celebrate life, we can explore this wild adventure. Until then, take care and happy questing!

Today's Quote - "Never doubt that a small group of committed humans can change the world. It's the only thing that ever has." - Margaret Mead

Like what you read? Leave a comment or write me at:

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