

# My Mission: Help the World Transform Fear into Openness & Joy

When I started Zen Habits 10 years ago, I simply wanted to share what I'd been learning about changing my habits and simplifying my life with others.

Then something magical happened.

Over the next year or two, people took some of my tips and changed their lives. They were able to finally stick to some new habits, simplify their lives, even find a mindfulness practice. As they changed their lives, it changed me.

Now I didn't just want to share life tips. I wanted to *help*. I wanted to serve my readers, help them find contentment and happiness and gratitude and joy. That meant I had to dig into their messy problems, meet them in the middle of their struggles.

In the last couple of years, I've been honing in on what I can do to help people, and I've been honing in on my life's mission.

I think I have it now: my mission is to help people with their struggles, and help them find mindful openness, gratitude and joy. My mission is to transform fear, uncertainty and discomfort into this place of peace and contentment. I've been working on how to state that mission in a succinct way, and I'm still working on it.

But I'm going to own my mission statement as it is right now: **Help the world transform fear & uncertainty into mindful openness and joy.**

Transform fear and procrastination into joy and gratitude.

Transform struggle and frustration into growth and love.

Transform uncertainty and change into peace and openness.

That's my mission, and I'm sharing it with you because over the next couple of years, you'll see me write more about this, but also offer books, courses, webinars, workshops and retreats to try to accomplish this mission.

That's why I offered the Dealing with Struggles Course (which is still open right now), why I offered the Zen Habits Mindfulness Retreat (just finished this past weekend, went brilliantly!), why I continue to offer new video courses in my Sea Change Program. I'm not doing these to make lots of money, but to fulfill my life's mission.

This Sunday (April 30) is my 44th birthday, and I'm going to be offering a free video

training program on that day, as a gift to all of you. I'll tell you more about it on Sunday, but for now just know that's it will be completely free, I won't be trying to upsell you on any products or services, and the *only* reason I'm offering it is because I am driven to serve you and my mission.

It will be called **The 44 Training Program: Training in Uncertainty to Find Mindful Openness**. It will be a 44-day training program, where you commit to practicing for just 5-10 minutes a day. You'll get good at uncertainty and discomfort and change, and learn to find joy and openness in the midst of it all. More on Sunday!

For now, I just wanted to share my mission with you all, because I love you guys, and you have changed my life in a profound way. I'm deeply grateful for your support over the years, and just know that I'm committed to serving you with love and joy.