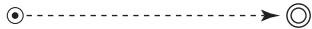


# FORWARD



Every aspect of my life has been radically transformed.

Not by seeking happiness, pursuing success or even by breaking world records. Not because of a great career that I love, or a great family that I love even more.

Quite simply, my transformation stems from taking the time to know, understand and clearly define my personal, overarching purpose in living out my life. My Statement of Purpose now serves as a foundation for every aspect of what I do and think. It underlies every goal that I pursue, every relationship that I have, every action that I do and every dream that my mind and heart can possibly formulate.

Having a foundational life purpose that drives everything I do essentially means that I know unequivocally that I am focussing my life on the things that I have determined are most important to me and the most natural extensions of who I was created to be. I play from my strengths, not my weaknesses. When I say “yes,” I know that I have made a

commitment to the right thing; to something that I believe is worthy and significant to my purpose on this earth. There is no more wasted time or energy.

I don't write lightly about "knowing who I am" or the concept of "knowing who you were meant to be." As a world-class athlete who spent much of my life pursuing success and fulfillment on the ski slopes, I was more than familiar with the idea of having a clear purpose and leading a goal-driven life. This purpose-oriented mindset ultimately led me to become a member of Canada's National Freestyle Snow Ski team, and then to coach that team at the 1988 Olympic Games in Calgary. Later on, I established two Guinness World Records for duration skiing (both on snow and in the water).

While pursuing these athletic endeavours, I met Kathy Kreiner, a member of the Canadian National Alpine Ski team and the lady who would eventually become my wife. In 1976, Kathy struck serious gold by winning the Giant Slalom at both the World Championships and the Olympics Games in Innsbruck, Austria.

Kathy and I were world-class athletes. We had experienced fulfilling careers, faced world-class competitors and travelled the world to do what we loved most. Our lives had focussed on purpose, goals, dedication and hard work. So when we settled down into married life and away from the rigours of competitive skiing, we weren't seeking any particular kind of happiness. We truly enjoyed being together, and the birth of our first son Nelson brought untold joy into our lives. We owned a home in a nice area, had good friends and family

relationships, and attended a wonderful church. I worked as the Managing Director of a real estate and hotel company, and had a great office in the heart of Vancouver. Life was great; everything was going well.

But all of that still couldn't keep one nagging cliché from floating through my mind—something was missing from my life.

That was when Tom Howse, from an organization called The Navigators, invited me to join a group of men who met weekly to create and discuss mission statements. As I attended each successive meeting, it became increasingly clear to me that these discussions were life changing. It was the first time that many of us had even considered the value of life-guiding statements, let alone focussed on creating one. Yet even as I began to more clearly define my own mission, it became just as clear that my soul was still seeking answers to questions that ran far deeper than that.

The most obvious question that demanded an answer was, “Why?”

## Why should I perform this mission?

What is my ultimate purpose in doing this?

I discovered that there needs to be a reason (purpose) to do what I'm doing, as well as a plan (mission) to get it there and a future (vision) for it.

That is, building a satisfying and fulfilling life mission statement only became possible when I first determined my purpose for living. Once I knew that, my mission statement

became a much truer expression of what I wanted to do. And once I answered questions about purpose and mission, my life vision began to quite naturally shape itself. After that, setting goals and making choices became a remarkably easy and rewarding process—all because I knew who I was, what I wanted to do and where I wanted to go!

It's a simple, fundamental and life-changing concept.

All of my questions about life have not been answered. But my level of comfort about life-long decisions has grown, my sense of fulfillment in what I do has increased and my sense of direction has clarified. A sense of peace now underlies all that I strive for and all that I do.

How about you?

How many times do you receive calls asking you to get involved in a business, charity or volunteer organization? And how many times do you agree, and end up merely putting in time, without experiencing any personal sense of fulfillment or accomplishment?

If you are anything like I was, your response likely has more to do with who is asking for your involvement than how you truly feel about the opportunity, whether you really have the time for it, or even if you are equipped to do the task. It's always great to help out others, but when you take on any non-strategic involvements, you are living out other peoples' missions and goals, not your own.

So isn't it time for you to stop letting circumstances and others dictate who you will be, what you will do and where you will go?

And isn't it your responsibility to choose your own journey, and to live out your own purpose, mission and vision as you walk that path?

For more than 25 years, I have used my experiences from the sporting and business world to encourage and motivate others to live a life that makes a difference. You can live that kind of life if you commit to joining me on the journey outlined in this book. The principles presented herein can lead you to achieve a purpose-filled, mission-driven and vision-directed life. Why not make a commitment now to discover your own purpose—and to see where that can take you as you work out your mission and vision?

Life is an adventure, and it is meant to be lived to the fullest, to the utmost and to the best. Keep reading and prepare to discover all that life has for you!