



MISSION POSSIBLE

IMPACT REPORT

ALL LIFE CHALLENGES CAN BE MANAGED

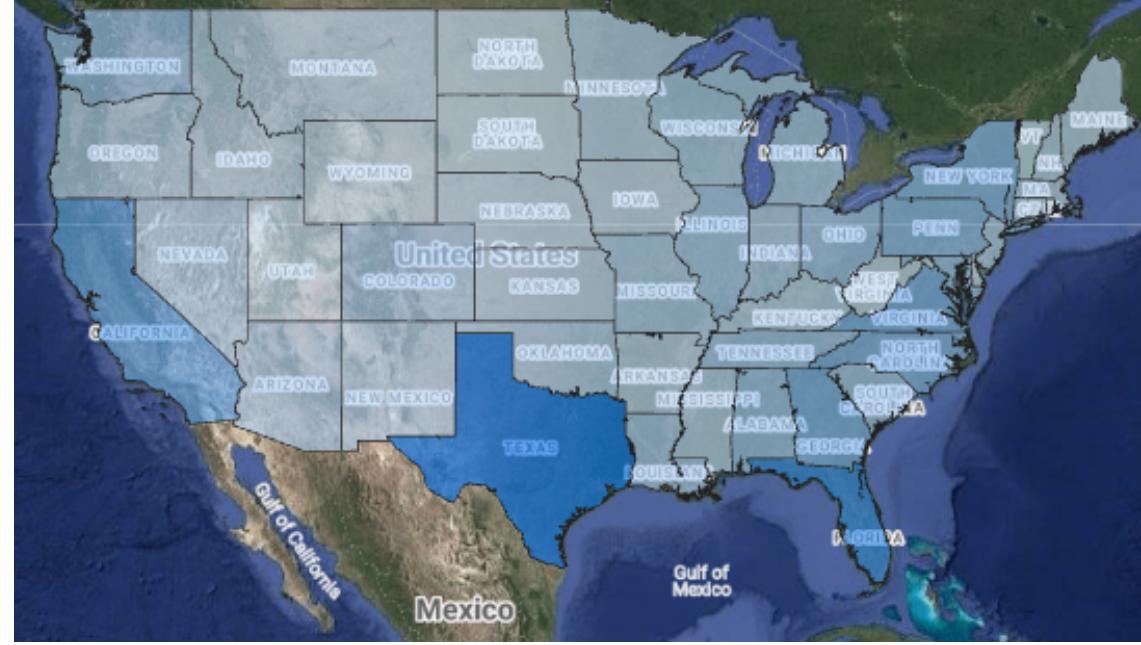
The path after service isn't always clear. Mission Possible helps veterans, first responders, and families find the focus and resilience to move forward with purpose. Through its podcast Operation Mission Possible, DVNF extends that mission into open conversation, exploring the ideas and practices that help people live with clarity and balance. From guided imagery and self-reflection to stories of service and compassion, each session deepens the impact of Mission Possible and reminds us that every life can move toward growth.

THE MISSION POSSIBLE PROGRAM

Total Participants: 4,747 veterans, first responders, and family members from all 50 states have registered for our online program.

Branch Breakdown:

1. US ARMY Veteran	2,113
2. USN Veteran	910
3. USAF Veteran	787
4. USMC Veteran	383
5. Veterans Family Member	415
6. USCG Veteran	58
7. First Responders	81
Grand total	4,747



Mission Possible

0% complete

Search by lesson title

- How To Use Mission Possible 0/1
- Welcome To Mission Possible 0/1
- Lesson 1 :Reconnaissance Ready: Discovering Your Observer 0/1
- Lesson 1 : Get Back: Finding Your Observer **VIDEO - 12 MIN**
- Lesson 2: Operation Serenity: Cultivating Calmness 0/2
- Lesson 3: Mental Garden Clearing: Weeding Out Negativity 0/1

Lesson 1 : Get Back: Finding Your Observer

MARTIN ROSSMAN, MD
The Healing Mind

Watch the Lesson 1 video, "Get Back: Finding Your Observer", and listen to the Observer Exercise process, then write in your Journal about what you experienced. Listen to it a few times if you're not sure what it's about, and read about it in your Worry Solution book.

COMPLETE & CONTINUE →

REAL STORIES OF TRANSFORMATION: MISSION POSSIBLE TESTIMONIALS FROM PARTICIPANTS OVER THE PAST 90 DAYS

Marc G.

52 years old, Ohio

"I'd recommend this course to others, it's very informative and easy to follow."



Patricia H.

68 years old, Georgia

"The program influenced my mindset by still being available to me despite my lack of using it (until I had a definite decision to complete it for my benefit in more ways than one). I do now since starting again and for this I am grateful"

Sonja D.

51 years old, North Carolina

"Go through it as a reminder of the simple tasks needed for daily sanity."



Yasmin T.

51 years old, Texas

"Helps you understand better how to control or to find your triggers."



Jinger J.

62 years old, North Carolina

"The course is concise and can be completed in a few hours. It contains tons of helpful information without the fluff. One of the best courses I've seen on this topic."