



IMPACT REPORT

ALL LIFE CHALLENGES CAN BE MANAGED

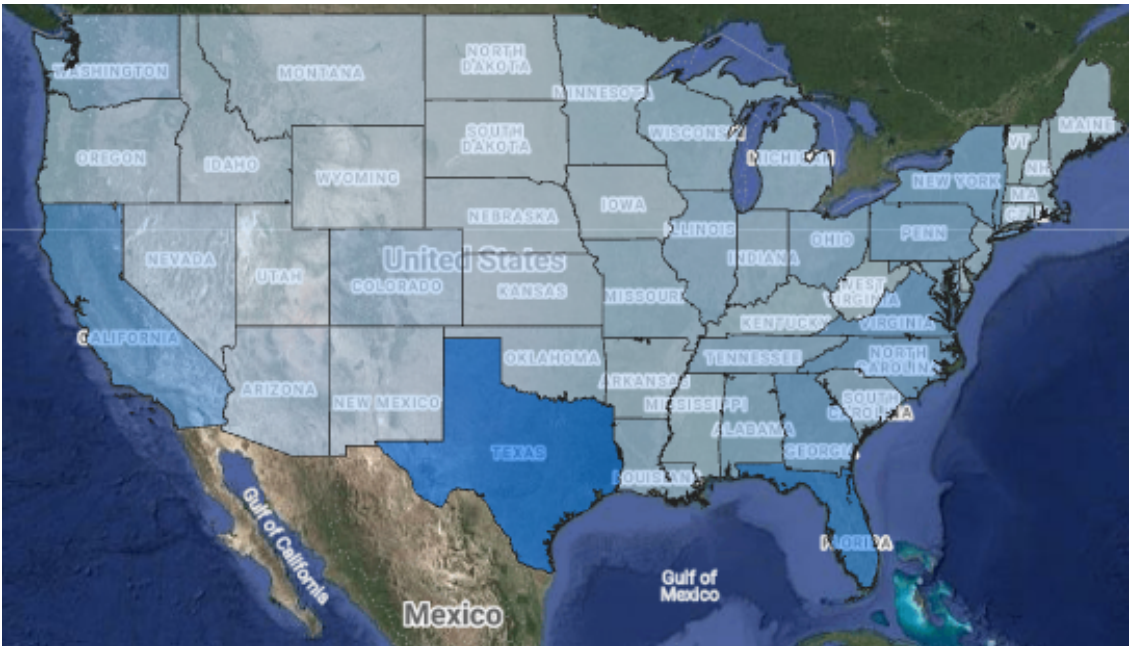
The path after service isn’t always clear. Mission Possible helps veterans, first responders, and families find the focus and resilience to move forward with purpose. Through its podcast Operation Mission Possible, DVNF extends that mission into open conversation, exploring the ideas and practices that 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: 5,010 veterans, first responders, and family members from all 50 states have registered for our online program.

Branch Breakdown:

1. US ARMY Veteran	2,422
2. USN Veteran	1,057
3. USAF Veteran	878
4. USMC Veteran	443
5. Veterans Family Member	454
6. USCG Veteran	69
7. First Responders	86
Grand total	5,409



MISSION POSSIBLE

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Mission Possible

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Search by lesson title

How To Use Mission Possible

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Welcome To Mission Possible

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Lesson 1 :Reconnaissance Ready: Discovering Your Observer

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Lesson 1 : Get Back: Finding Your Observer

VIDEO · 12 MIN

Lesson 2: Operation Serenity: Cultivating Calmness

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Lesson 3: Mental Garden Clearing: Weeding Out Negativity

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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.

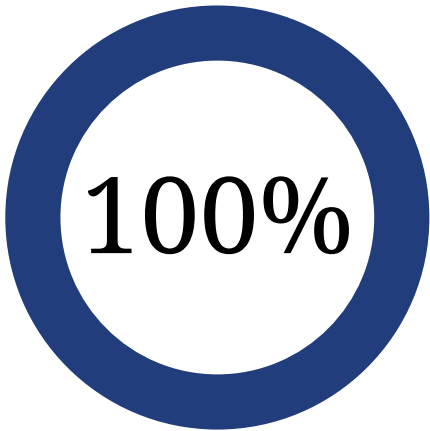
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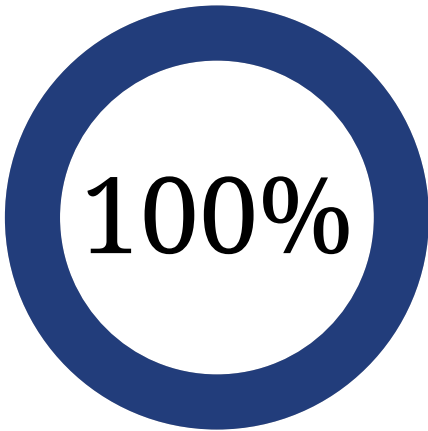
REAL STORIES OF TRANSFORMATION:

MISSION
POSSIBLE

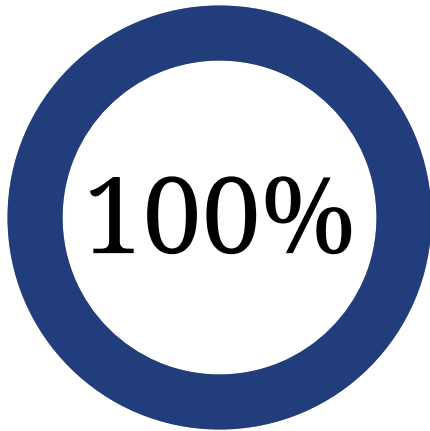
TESTIMONIALS FROM PARTICIPANTS
OVER THE PAST 90 DAYS



Participants that are being able to experience more relaxation and mindfulness with Mission Possible.



Participants that would use Mission Possible techniques to help themselves dial down worry, stress and anxiety.



Participants that believe these exercises helped them understand the unconscious housekeeping of their body

Marc G., Army Veteran

52 years old, Ohio



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



Patricia H., Army Veteran

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"



Jinger J., Army Veteran

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."

Sonja D., Army Veteran

51 years old, North Carolina



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



Yasmin T., Army Veteran

51 years old, Texas

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

MISSION POSSIBLE IN ACTION

Growth That Inspires Change

Mission Possible empowers veterans, first responders, and their families to rebuild balance, focus, and purpose. Every lesson helps participants strengthen the connection between mind, body, and spirit, turning resilience into lasting stability.



- 4,747 participants registered from all 50 states
- Thousands of guided imagery sessions completed
- 16 live podcast sessions held
- Hundreds of positive participant surveys submitted for feedback and reflection
- Consistent year-over-year growth since launch