



EPISODE 12 // SHOW NOTES

On a Mission

A fifteen-minute pause in a noisy world — with Paul Cleworth

The Steady Path
Green Farm, Bendish
SG4 8JD

~15 minutes per episode

THE BIG IDEA

We use 'mission' for anything we would quite like to do, and the word has gone soft. The dictionary is stricter: a specific task with which a person is charged. A goal is something you want; a mission is something you organise your life around — and the strongest ones have somebody else on the other end. Last week was what you've been given. This week is what you give back.

"We're on a mission from God."

— The Blues Brothers, John Landis, 1980

Two men with nothing, and five thousand dollars to find for somebody else. Not a plan. Not a goal. A mission.

"It's a hundred and six miles to Chicago. We've got a full tank of gas, half a pack of cigarettes, it's dark, and we're wearing sunglasses."

— The Blues Brothers, 1980

Distance. Fuel. Supplies. Conditions. Equipment. Go. Mission control, deadpan, in a hat.

EPISODE OVERVIEW

The Hook	Joliet, 1980. Two brothers, a police car, and a nun who needs \$5,000.
The Test	"I'd like to get fitter" v "I'm on a mission to get fit."
Be Useful	Arnold's father, in two words. Seven tools, in his order.
Houston	Motivation gets you interested. A mission gets you organised.
The Tank	The tank is the money — not the mission.
The Somebody	Ghostbusters, then the Palace Hotel Ballroom.
The Practice	Finish the sentence. Write the next thing. Break a mirror.
Who It's For	Anyone with a full tank and no reason to go.

WHY 'MISSION'?

In investing — a portfolio is a tank, not a destination. Decide what the money is for; the plan follows.

In family life — the strongest missions have somebody else's name after "for". Look hard at that word.

In business — motivation is a mood; a mission is a checklist. Objective, plan, roles, contingencies.

In life — when the work stops, change who you contribute to — not whether you do.

"What have I been charged with — and who is on the other end of it?"

— and what changed today because of it? If nothing, it is still a goal.

STOIC & OTHER WISDOM

"In the morning when thou risest unwillingly, let this thought be present — I am rising to the work of a human being."

MARCUS AURELIUS · MEDITATIONS, BOOK 5

"Have I done something for the general interest? Well then I have had my reward."

MARCUS AURELIUS · MEDITATIONS, BOOK 11

"Some things are in our control and others not."

EPICETUS · ENCHIRIDION — THE FIRST LINE OF THE HANDBOOK

"Give back. Pay it forward. Be useful as often as you can."

ARNOLD SCHWARZENEGGER · BE USEFUL, 2023

REFERENCES THIS EPISODE

FILM

The Blues Brothers (1980) · Ghostbusters (1984)

MUSIC

The Blues Brothers — Everybody Needs Somebody to Love (1980) · Ray Parker Jr — Ghostbusters (1984)

BOOKS & THINKERS

Be Useful — Arnold Schwarzenegger · Meditations — Marcus Aurelius · Enchiridion — Epictetus · On the Shortness of Life — Seneca · Panaetius

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THE STEADY PATH PRINCIPLE

Finish the sentence. Write the next thing. Break a mirror.

THIS EPISODE'S REFLECTION QUESTION

"What have I been charged with — and who is on the other end of it?"

A tank of fuel, a destination — and, maybe, no reason to go. Find the Penguin. Then hit it.

COMING UP — EPISODE 13

Rich or Wealthy?

"Do my riches belong to me — or do I belong to them?"

Two words we use as if they mean the same thing — and they don't. With Trading Places.

TAKE THIS WITH YOU A goal is something you want. A mission is something you organise your life around.

Slow down. Think clearly. Keep walking your steady path.

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