

The Breakthrough Brief

Change lives through BREAKTHROUGH — Save lives through EXTRACTION

REFLECTIONS ON SERVICE & SAFETY

Our mission in Ukraine last month was a resounding success. It is with awe that I look at a people whose existence as a sovereign nation is threatened, who fight for their country with a passion that can only be found in the fight for freedom.

I am so grateful for your support of their mission, their spirit and their lives. Here's what we did together:

- **Extracted 12 elderly individuals and a dog** from the active front lines, navigating between Ukrainian and Russian forces.
- **Worked with several organizations to deliver requested life-saving aid** and met with several new organizations to expand our reach in the future.
- **Brought key supplies (including ceramic heaters)** to **600 disabled individuals** at a facility near Kyiv that had been under siege earlier this year.
- **Fed 2,168 individuals** living along the front lines.

As we have readjusted to life outside an active war zone, I've spent many hours reflecting on the value of safety, and how often we take it for granted. The majority of us have homes in good repair rather than crumbling buildings filled with debris. We have food whenever we need it. We have access to clean, safe water.

These basic necessities are what I pray the people of Ukraine may have again soon. It is these things that with your support, we have been able to provide to so many people in the war-torn regions of Ukraine. Thank you.



Luis Vega,
Krohn Breakthrough Foundation
Executive Director

A BREAKTHROUGH
A DAY KEEPS THE
NEGATIVITY
AWAY

-KRIS KROHN



OPERATION SAVE LIVES: UKRAINE MISSION II COMPLETE!

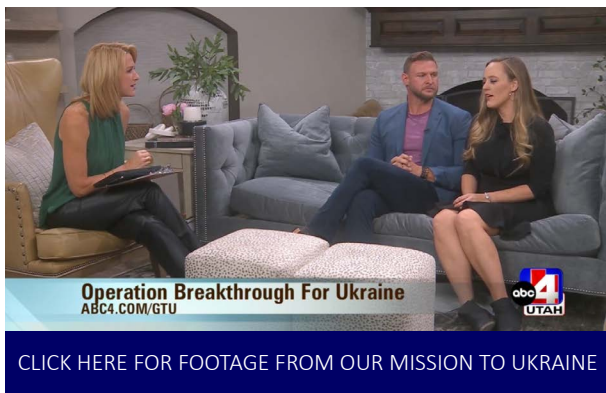
Last month, we spent several days in Ukraine. We saved lives, provided food, and escaped just before the Russians started shelling large swaths of the country. Your support changed lives – and provided food, hygiene products, and a spark of hope to people who have nothing left.

While in Ukraine, we met with several new potential partners, including a man who is changing the way orphanages in the country are run; he's changing the lives of children through creative destruction.

Creative destruction is the deliberate practice of changing the way we do things and creating a better, more efficient process. One of the men we met is doing just that – instead of hiding the world from the children who have lost everything, he is gradually teaching them skills and coping mechanisms to survive the world they live in.

We continue to find ways to cut out bureaucracy and red tape, taking aid directly to those affected by this war. We will be announcing three humanitarian missions early next year – another in Ukraine, and two additional humanitarian missions around the world.





UKRAINE MISSION:

One reason I came to Ukraine is I used to live in Ukraine and Russia so I speak the language and have a heart for these people. Kris Krohn and his foundation have a way to bypass a lot of the traditional methods of aid and giving.

We got a chance to sit down with some ladies and ask why they're here and why they haven't left yet. It was a very sobering experience to hear their story of how they had to send their kids away, but they don't have the money to leave themselves, exposing themselves.
- TYLER H.

I came on this mission and specifically toward the front lines because I have felt a calling to save lives. I had this opportunity in front of me and knew I had to take the chance. There's no better reward than helping someone in greater need. These people can't even go to the grocery store. They are living in basements. Ukraine needs our help.
- DANA B.

“ BREAKTHROUGH TESTIMONIAL

Growing up, and throughout my adult life, I've always felt as though I was still a child, no matter how old I got. The more I've done weekly breakthroughs with my coach the better I've been able to see where that was coming from and why I felt that way.

Breakthrough gives me the opportunity to look at the situation in a different way, address the limiting beliefs I created, and flip it. It wasn't the best situation, but it allowed me to become the person I am today.

Breakthrough has changed my life.

- RYAN M.



BREAKTHROUGH COACHING MINUTE:



Success begins in your mind - it's not enough to say, 'I want that car' or 'I want a hot body' or 'I want a fulfilling relationship with an important person in my life.' You need to create the energy, passion and drive that will bring what you want to you, and it all begins in your mind.

The key component to getting what you want is to act "as if". Act as if you already have the car you want. Act as if you already have the body that you desire - eat for the body you want, rather than the body you currently have.

Acting 'as if' is like visualization on steroids — it focuses your mind on what you want, what your priority is, and takes your mind away from the negative.

Right now, close your eyes, take three deep breaths, and ask yourself - what do I WANT? Feel it. Feel what it will be like, how it will smell, sound, etc.

Now, go about and act as if it already is that way. Watch what you create.

Heather B, Master Breakthrough Coach & Director of Operations

The Krohn Breakthrough Foundation is a certified 501(c)(3) nonprofit designed to pay certified Breakthrough Coaches to provide breakthroughs to people in need.

We also save lives through extraction and providing food, clothes and shelter.

Please reply to breakthrough@kriskrohn.com if you would like to opt out of these emails.