



**Love No Ego Foundation, Inc.**



**ANNUAL REPORT  
2023**

# WHO WE ARE

**MISSION:** The Love No Ego Foundation helps youth and young adults ages 10-24, go beyond egotistical pressures, and live with purpose.



**Igniting the Love space!**

**Removing the ego!**

**Living with Purpose!**

Since our beginning in 2016, we've always focused on helping the youth and young adults, develop a foundation within that is not easily shaken, and that could stand up and go beyond the egotistical pressures of society and the world.

## Pillars, Principles, Vision, and Programs

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### Pillars

Spirituality - We are spirited beings by nature. We help young people recognize their potential and create healthy identities. We are not affiliated with any religion or religious entities.

### Our mission stands on the 4 Pillars of:

**Spirituality** - We are spirited beings by nature. We help young people recognize their potential and create healthy identities. We are not affiliated with any religion or religious entities.

**Exercise** - We are made to move. Nature-play, hiking, and physical training, exercise, or movement are key components of great overall health and positive personal development. The Love No Ego Foundation is a team of certified personal trainers, trained yoga instructors, certified nutritionists, runners, and fitness enthusiasts.

**Education** - We believe in education. The process of giving and receiving systematic instruction grounded in knowledge, experiences, ethics, and morals, are critical for true growth.

**Community** - Community is important. Connecting young people to the community through various projects, workshops, and events, we help to develop an attitude of helping and giving while inspiring them to bring changes in society.



### Principles

We use our core principles in demonstrating to the youth how to actively choose:



- Love Over Ego
- Love Over Fear
- Communication Over Conflict



## LOVE: NO EGO Vision

We believe that every youth should have the tools to make positive decisions and create positive experiences, giving them sustainable inspiration to live their best life.



## LOVE: NO EGO Programs

**Motivational Speaking** - *boosting the morale and esteem of the whole environment*

**Mentoring** - *one on one sessions providing the tools for sustainable growth*

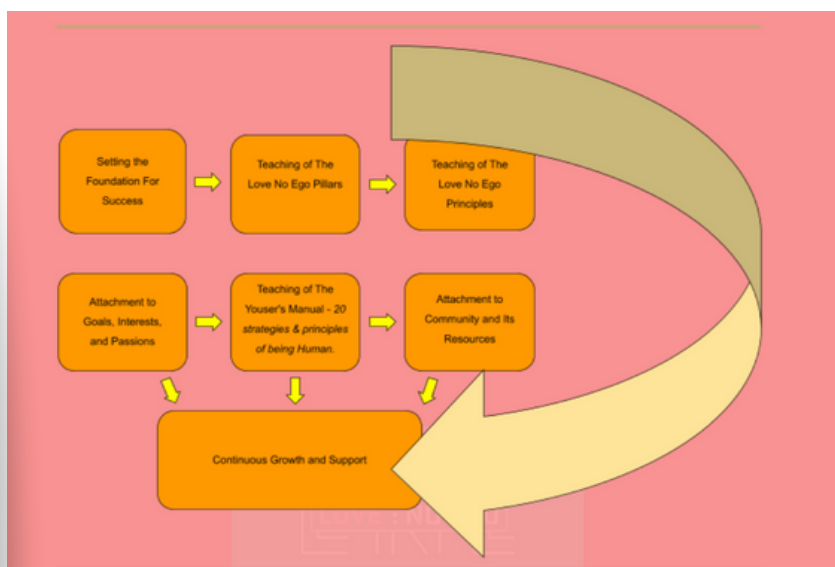
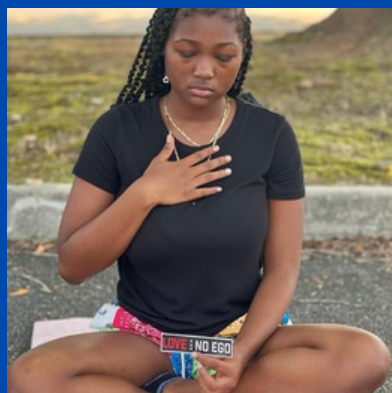
**Workshops** - *in-depth collaboration and communication addressing the everyday pressures of our youth*



## The LNE Curriculum



- Setting the Foundation For Success
- Teaching of The Love No Ego Pillars & Principles
- Attachment to Goals, Interests, and Passions
- Teaching of The Youser's Manual - 20 strategies & principles help understand how "You" work.
- Attachment to Community and Its Resources
- Continuous Growth and Support



### WHAT TO EXPECT FROM OUR CURRICULUM

- Development of a Healthy Identity
- Improved Self-Awareness
- Psychological Social-Emotional Support and Growth
- Health, Fitness, and Wellness Support
- More Accepting to Challenges
- Job Placement (if applicable)
- A Respect For Nature and an Increase In Outdoor Nature-Play
- A Practice of Respect and Humility
- Sustainable and Consistent Motivation
- Improved Confidence and Attitude
- Goal Attunement and Accomplishment



## 2023 In Review

### Love No Ego (LNE)



- 9 LNE Mentors
- 2 LNE Motivational Speakers
- 8 Board Members
- 2 Advisory Team Members

- **\$14,000** in Donations
- **\$12,000** raised at our 1st Annual Fore the Kids Charity Golf Tournament
- **\$8,100** raised via Motivational Speaking
- **\$17,900** raised through programming and curriculum.
- **\$52,000** in total gross profit



- **16** Community Volunteers Utilized
- **9** Partnerships Utilized



- **Motivational Speaking Presentations: 7500**
- **Mentoring: 22**
- **Workshops and Events: 140**



[View Demographics](https://www.lovenoego.org/impact)

<https://www.lovenoego.org/impact>

# 7662 Served

## LNE Board and Advisory Team

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**Freddy Jackson**



**Shaniqua Coley**



**Kyle Ervin**



**Wendy Vigdor-Hess**



**Gary Von Kennel**



**Maurice Carter**

**View Full Board and Team Here:**  
<https://www.lovenoego.org/boardandteam>



## Testimonial by Max Sweet



When me and Freddy hiked Humpback Rock to see the sunrise, it enlightened me to the beauty of nature. It was such a fantastic experience to talk and watch the sunrise with an amazing view and then get breakfast after.

At a time when I was struggling the most, Freddy's mentoring acted as a hand to pull me up and guide me through my struggles. LNE mentoring has been an immense help to me to become a more positive and happy person. Through LNE, I have been able to discover the truest form of myself, whether it be my passions or my motivation. Freddy was a person that I could talk to and trust that he could always provide the best advice to help me be my best self.



The phrase "Love.. No Ego" means a lot to me. LNE means finding joy in small things that are readily available to you in this beautiful world, like nature, people, and pleasure. LNE means following a path that is truest to you and not allowing other pressures to mold you into something that you are not.



## Founder's Note:

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### Freddy Jackson



*"Love is the greatest energy ever. We are here because of It. We are It.*

*Every year, we aim to empower our youth and young adults with the message of Love...No Ego, believing in their spirit and the talents they possess. The world never quits coming at them, giving them challenges to overcome.*

*To hone in this message of 'Love...No Ego', we utilize Nature and natural settings to conduct most of our programming, which allows us to create unique activities and experiences for our youth participants. Our implementation of setting our 'Foundation For Success' in conjunction with our mentoring, workshops, and presentations, enables our clients to persistently discover themselves and go beyond the societal and daily pressures.*

*Our Courage to be You Mentoring Program is 100% free to families. Mentoring services, as well as Workshops are often supported by partners, sponsors, individual supporters, and grants. Motivational Speaking Presentations and Workshops help us to gain additional revenue and support for the foundation. We wouldn't have been able to do this important work without all of our supporters and partners. They have allowed us to further our message and deepen our impact. What an awesome and amazing experience! Thank you."*

