



OPUS - Overarching Vision: My Big Dream

I have a dream to be a part of something bigger than myself. I am a freedom fighter. I am a truth teller. I have a heart for the lost. I am living loved and sharing this LOVE so graciously given to me with my husband, my kids, family, friends, those who know Jesus and those who don't.

I have a dream I am leading, encouraging and supporting people as they discover the freedom in knowing who they are and why they were created to be. I am passionate about learning, writing, coaching, creating processes, workshops and hosting events in my community. I am part of a team of people pioneering and leading organizations in Canada and around the world.

I have a dream I am sitting down for an intentional time of writing and reflection. I just finished a book I wrote for my kids and others about my incredible journey to freedom, healing and wholeness.

I am in awe of what God is doing. I love connecting the dots and seeing how God is moving in people's lives. I have a heart for connecting people to genuine community and others who know and love Jesus. I am living my heart's desire of sharing the gospel with people –meeting them where they are and introducing them to the Love of their life.

I am intentional in my relationships with God, my husband, my kids, close family and friends. We spend time together. It's booked in the calendar. These relationships are deepening and we are getting to know each other more and more.

As I am encouraging my husband and reflecting back at a promise God gave to us which has come to fruition, I'm in awe of what this all means and the freedom that has come to many so many people as a result.

I have a dream that my kids know and love Jesus. They hear His voice clearly. They are fully devoted to Him. They know they are secure, accepted and loved. They know their unique passion and purpose in life and they are living it.

I am active and healthy. My life is clutter and mess free and I am living my God given passion and purpose. I am continuing to choose the great things from the many good things. I am honoring my values. I am singing my song... the one that was given to me.

I have a dream that later today my family and I are leaving for the airport; we are off to our favorite vacation spot for a time of rest, fun and an expression of love and gratitude for each other.

My life is rich and full and I am thankful.

My Tribe - Imagine a tribe of People who have each been given a unique song and they are determined to not give up until they are singing it. Imagine a tribe of people who have deep desires in their hearts and are determined to accomplish them. Imagine a tribe of people who have clarity and confidence and their "what's important to them – their song" is aligned with where they invest their time and energy.

Imagine a tribe of people who have made the decision to go from...

- Being stuck, overwhelmed and burdened to ...
- Discovering there is hope and healing to ...
- Breaking the cycle of hurt and chronic pain in their life to ...
- Being set free and their burdens lifted to ...
- Finding passion, purpose, focus and big dreams (the song of their heart) on the other side.

Imagine a tribe of people who desire to live in the freedom that comes in knowing their identity and their unique calling, passion and purpose – WHO and WHY they were created to be. Imagine a tribe of People who confidently pursue their WHY by taking action resulting in an engaged life, genuine transformation and an everlasting legacy.

My Cause – is one of a Freedom Fighter and Truth Teller connecting people to a Love that is calling their name. My passion is helping others NOT MISS what was intended for them by creating awareness and seeing potential in others that they may not see in themselves. My passion is uncovering greatness and connecting my tribe to a process in discovering their WHO, WHY and WHAT'S NEXT? in the context of a BIGGER story.

My Space - A space where you can intentionally step out of your daily life to take time for and invest in yourself. This space is creative, welcoming and warm. This is a place where you can dream and ask questions (about your origin, destiny and purpose) and experientially learn more about yourself. Are you ready for what you were created for? FREEDOM is found here.

OPUS - Purpose: The Defining Statement of My Work

My purpose: Connecting people to a Love that is calling their name.

OPUS - Unifying Strategies: What's Necessary for me to achieve this?

Personal Growth, Care and Learning – When I invest in myself, I will in turn invest in others.

Building Relationships With Purpose and Intention – By investing in my tribe (the significant relationships in my life), I am moving closer to and living out my overarching vision – my big dream.

Experiential and Transforming Experiences - By becoming more believable and by believing in myself and others, I am qualified to create environments that invite and challenge others. From the perspective that processes mature people and by linking purpose with action, my tribe is moving closer to living out who and why they were created to be.

Connecting To and Creating Resources - By living out my OPUS, I am able to connect my tribe to processes and create content that brings them from a place of being stuck, overwhelmed and burdened to the awareness of hope and healing to walking in freedom and living out their dreams, unique calling, passion and purpose.

OPUS - Scorecard for Significance: How do I know I'm hitting my target?

Personal Growth, Care and Learning - When I invest in myself, I will in turn invest in others.

- Mind – Reading books, blogs and study.
- Body – Eating, exercising and sleeping well. Scheduling self-care.
- Soul – Connecting with my Creator through Worship, Prayer, His Word, retreats, fasting, writing and reflection.

Building Relationships With Purpose and Intention – By investing in my tribe (the significant relationships in my life), I am moving closer to and living out my overarching vision – my big dream.

- Time – intentional about scheduling time with significant people in my life- fully present and “showing up filled up”.
- Mentor – intentional, teach, share experiences.
- Encourage-coach, pray, inspire, catalyze.

Experiential and Transforming Experiences - By becoming more believable and by believing in myself and others, I am qualified to create environments that invite and challenge others. From the perspective that processes mature people and by linking purpose with action, my tribe is moving closer to living out who and why they were created to be.

Writing – writing and sharing stories and processes to help others.

- Coaching – come alongside a group of individuals in seeking clarity, competence and confidence in discovering their who, why and what's next in the context of a bigger story.
- Restoration/Freedom Ministries – prayer, mentoring, intercession and freedom workshops/processes.

Connecting To and Creating Resources - By living out my OPUS, I am able to connect my tribe to processes and create content that brings them from a place of being stuck, overwhelmed and burdened to the awareness of hope and healing to walking in freedom and living out their dreams, unique calling, passion and purpose.

- Written - Writing sincerely and passionately in a manner that invites others join into the process.
- Spoken - Speaking Truth to audiences that influences, inspires, interrupts their thinking and moves them to action.
- Visual – Creating content that is welcoming, creative, engaging and relevant.

OPUS - 6 Pack

Worldview (What I believe)

I believe God. At one time I would have said, I believed in God, which I do. I just know that there came a time where I stopped gathering evidence and came to a place that I knew that I knew that God is real and is who He says He is. I believe He is all knowing, always present, all trusting, all loving, all seeing, all caring, all powerful, all protecting, all providing, all healing and fully in control of all things and so much more.

I believe He is an unchanging, infinite and personal God. I believe that we are made to be in right relationship and to be fully reconciled to God through His son Jesus Christ. I believe for this to happen, we do not need to clean up our life, God wants us to come as we are...He will meet us where we are at.

I believe that Jesus died for and paid the price for my sins. I believe that it is not by me being a good person or doing good or being a good person, but through Christ's victory on the cross that I am forgiven and free. I believe to have this free gift of salvation, we must RSVP to the invitation and receive it.

I believe in answers to my questions – some of which are buried inside me and I may be scared to ask. I believe it is my responsibility to dig deep to pull them out. Some are really tough questions that I have had/have for God. I believe He has, is and will answer them and it is my responsibility to pursue conversations and my relationship with Him. I believe that God cares enough about each one of us to respond to us when we seek Him.

I believe that as humans we are created in God's image. I believe that God has a unique plan and purpose and a dream for each one of us. I also believe that I have a part in a bigger story and that I have a choice to listen and walk in what God is telling me and asking me to do.

I believe God's Word is alive, active and transforming. I believe the Bible is the inspired, God-breathed Word of God and its teaching is the standard in all matters of faith and conduct.

I believe in marriage and family and the local church and that we are called to live in community and live out our faith with others.

I believe in asking others for forgiveness. I also believe in forgiving others, not because I feel like it or they deserve it, but for the freedom I receive from giving up the right to seek revenge for what they have done. I believe forgiveness is a process and requires a vertical conversation with God to determine whether I am to speak to the person and/or reconcile with them.

I believe that negative feelings or emotions are not part of God's plan for us. That being said, He may allow us to experience them to get our attention. I believe it is my responsibility to pursue healing and ask God for help. I need to ask Him to reveal the lies I have believed about myself and my experiences and ask Him to break and replace the lies with His healing Truth.

I believe in the power of prayer. Prayer makes a difference. I believe that through Jesus Christ, we have been given all authority and that prayer changes things.

I believe that I know where to go when I am on empty – to Him who is the only One who can fill my love tank, lift my heavy burdens and give me REST for my soul.

Identity (Who I am)

Woman – Chosen daughter and beloved child of God. Filled with faith and bold belief.

Wife – Blessed beyond words. Married to a genuine man of God who is supportive, loving, generous and confident in who he is.

Mom – Thankful for our two precious children who are truly gifts. Through them I have learned what it means to love unconditionally. They are the means by which God fully got my attention and made me aware of my deepest wounds. It was for them that I made the decision to BREAK THE CYCLE OF HURT in my life. I recognize that even with the best of intentions, if I did not do this, I would pass these hurts on to my children and they would carry my pain.

Anchored - Secure in knowing my Savior and that He is who He says He is.

Rescued – Saved by Grace and freed from the addiction and pit of people pleasing and performance based living. Thankful I was not left there.

Connector – Connecting people to authentic and unpretending community and a Love and a Greatness that is calling their name.

Leader – Redeemed and called to lead with heart, humility and the unique way I was created.

Encourager/Truth Teller – A gift that was given to me with a purpose to speak the Truth in love.

Catalyst – Create awareness and see potential in others that they may not always see in themselves.

Freedom Fighter – Heart for the lost and oppressed and the power of prayer and intercession and the FREEDOM that only God can give.

Healed – Open wounds from the past have been healed. They do not hurt anymore so people can see God healed me.

Awestruck - hope filled, thankful and fully recognize the miracles that only God can do.

Encourager - Inspire others with words and by actions. Share love and appreciation I have for others and uncovering gifts, abilities and potential.

Thankful – See, feel and freely express gratitude with a content, full and thankful heart. See the blessings and can identify what I am thankful for in my daily life.

Wise – Not something I would say though have been told I that I share wisdom and insight often described in ways that others do not see.

Calming influence – Often told I am by those around me.

Loving – Known for gentleness, unconditional love and acceptance.

Teachable – Open and teachable including the areas where I have insight already.

Entrepreneurial – One who has to ability to organize, manage, and assume the risks of a business/organization.

Humble – Told that I am gentle and humble in spirit.

Radically transformed – I am a work in progress... fully motivated by Grace, Mercy and Love.

Principles (What I Value)

Community – I greatly value people, authentic and unpretending community and relationships. I believe and have witnessed in my own life how the 'right community for me' fosters transformational growth and healing.

Healthy Relationships – having known only what it was like to have unhealthy relationships for a very long time, thankful to be experiencing the other side of hope and the freedom and life that comes from the healthy relationships in my life.

Spirituality/Faith – My faith is how I see the world and really how I live and breathe.

Teamwork – Being a part of the 'right team' is life-giving to me.

Learning – It is something I do not go a day without thinking about.

Being Fully Present – the world stops and my heart sings. I know when this value is not being honored in my life, by myself or others around me; it is one of the biggest energy drainers for me.

Generosity – giving with a full and open heart.

Truth – through it I have been lovingly set free and I now have a freedom I did not know I did not have...forever thankful AND deeply desire this for others.

Passion (What I love)

- God/Faith/Eternal Values/Lasting Legacy
- Family/Friends/Important Relationships
- Learning/Growing/Transforming
- Serving/Encouraging/Inspiring Others to Grow
- Freedom/Truth/Love
- Prayer/Intercession/Partnership
- Creativity/Beauty/Purpose

Purpose (Why I live and work)

Faith – I live to see the big picture and look to connect the dots where God is at work.

Freedom – I live to experience freedom in all areas of my life and encourage others to do the same.

Truth – I live to see lies revealed and healing Truth restored.

Love – I live to be connected to my Creator and to share His extravagant love with others.

Hope – I live to share that Hope is real.

Relationships – I live to invest in and maintain healthy relationships with the important people in my life.

Values – I live to honor my values and the values of the people I care about.

Investment – I live to invest in myself and others –aligned to my OPUS and where I invest my time and energy.

Purpose – I live to be fully aligned to my WHY (who I was created to be) and connect others to a process to do the same.

Transformation – I live to learn and grow and not miss all that is intended for me.

Serve – I live to lead and serve others in humility, truth and love.

Community – I live to be connected to an authentic, engaged and unpretending community.

Process (How do I do it?)

My POP (Playbook of Productive Action)