

“FREEING SOULS TO SOAR”

My OPUS

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September 4, 2013

MY BIG DREAM SPEECH

I AM ALMOST TO THE TOP OF A VERY SPECIAL MOUNTAIN. AS YOU LOOK, YOU WILL SEE IT IS A DIFFERENT KIND OF MOUNTAIN. ON IT THE TREES YIELD FRUIT CONTINUOUSLY, AND THEIR LEAVES ARE FOR THE HEALING OF THE NATIONS. NEARBY, IS A STREAM OF PURE LIVING WATER, CLEAR AS CRYSTAL, FLOWING FROM A DIVINE SOURCE. WHEN YOU DRINK FROM IT, YOU NEVER THIRST AGAIN. I ENJOY IT AS A PLACE OF ACTIVITY, WHILE AT THE SAME TIME RESTING. HERE, THINGS ARE VERY DIFFERENT. WHERE THERE WAS DARKNESS, NOW THERE IS LIGHT, WHERE THERE WAS PAIN, NOW THERE IS HEALING, WHERE THERE WAS REJECTION, NOW THERE IS ACCEPTANCE, AND WHERE THERE WAS HATRED, NOW THERE IS LOVE. IT SEEMS TOO GOOD TO BE TRUE. YET, IT IS TRUE. MY SPIRIT BURNS WITH A PASSION TO SHOW THE WORLD THAT EVEN THE PAINFUL PARTS OF LIFE ARE GOOD. IT IS ALL GOOD.

I LOVE WHERE I AM ON THIS MOUNTAIN. IT MAY SURPRISE YOU, BUT THIS IS THE BEST PART OF MY JOURNEY. THE SUN IS WARM ON MY BACK, AND THE AIR UP HERE IS SWEET AND REFRESHING. FROM THIS PLACE EVERYTHING SEEMS POSSIBLE. I SEE OTHER PEOPLE WHO ARE IN THE TWILIGHT OF THEIR OWN JOURNEY. HOWEVER, LOOKING CLOSER, THERE IS A DIFFERENCE, THEY

ARE LIVING IN FEAR OF FALLING OFF THE MOUNTAIN. THEY ARE LOOKING MY WAY AND SAYING, " WHAT IS WRONG WITH YOU ? WHY ARE YOU SO FULL OF HOPE AND PEACE AND ENERGY ? HELP ME.....I'M FALLING. "

MY HEART LEAPS WITH EXPECTATION OVER THE POSSIBILITIES OF IGNITING A FIRE THAT LIGHTS THEIR PATH, AND THEY BEGIN TO SEE THE DEEP TREASURES WITHIN THAT FINALLY BRING THEM REST AND PEACE. AS I CLIMB, I LOOK BACK AND I KNOW I WANT TO LEND A HAND TO THOSE WHO ARE JUST STARTING, TO THOSE WHO ARE IN THE MIDDLE, AND TO THOSE WHO ARE ALMOST AT THE END OF THEIR JOURNEY.

AS WE CLIMB, WE GATHER PASSION. WE DELIGHT TO SING OUR OWN SONG WHILE INVITING OTHERS TO SING IN OUR CHOIR. I BECOME A CATALYST, AND I DELIGHT TO SEE EACH PERSON DISCOVER THEIR TRUE IDENTITY, THEIR TRUE PURPOSE, AND THEIR TRUE CALLING. I LOVE SETTING AN ENVIRONMENT WHERE THEY BEGIN TO FULFILL THE DESTINY GIVEN TO THEM BY THEIR CREATOR. WE ARE A BLESSED PEOPLE BECAUSE WE ARE FRIENDS. WE HAVE A COMMON CAUSE TO REPRODUCE AN ARMY OF CLIMBERS FROM VARIOUS BACKGROUNDS, EXPERIENCES AND AGES WHO ARE BLIND TO PREJUDICE AND TO PROBLEMS. WHILE WE SOAR OVER COMPLEX SITUATIONS, I SHARE WITH THEM KEYS OF EFFECTIVE STRATEGIES TO HELP THEM UNLOCK THEIR ACUTE PAIN IN ORDER TO RELIEVE THEIR

CHRONIC PAIN.

I TRAIN A GROUP OF CLIMBERS WHO UNDERSTAND THAT WHEN THEY CLARIFY THE PURPOSE AND CALLING FOR WHICH THEY WERE BORN, THEIR SOULS BEGIN TO BURN WITH A PASSION TO HAVE A GREATER IMPACT ON THE WORLD AROUND THEM. EACH IS AMAZED AS THEY RECOGNIZE THAT THEY ARE ON A VERY PERSONAL AND SPECIAL PATH...A PATH DESIGNED BY THE MASTER PLANNER.

AS INDIVIDUALS RECOGNIZE THEIR OWN PURPOSE, IT BEGINS TO HEAL OR ADD TO THEIR MARRIAGES.

MY HUSBAND, PETE, HAS BEEN MY SOUL MATE AND FRIEND FOR THE PAST FIFTY YEARS. PETE, THANK YOU FOR MAKING MY CLIMB BOTH MEANINGFUL AND BEAUTIFUL. TOGETHER, WE HAVE A DESIRE AND DREAM TO CREATE AN ENVIRONMENT WHERE MARRIAGE IS HONORED. WE DREAM OF CREATING A SAFE PLACE WHERE WE TEACH OTHER CLIMBERS HOW TO EXPERIENCE A RELATIONSHIP BATHED IN LOVE. IN THIS DREAM, WE TEACH A NEW WAY OF COMMUNICATING. IMAGINE US TEACHING HOW TO SPEAK TO A PERSON WITH HONOR EVEN WHEN THE OTHER PERSON IS SPEAKING DISRESPECTFULLY OUT OF THEIR OWN PAIN. WE DREAM OF TRAINING CLIMBERS FOR LIFE-LONG LEARNING THAT IS BOTH REAL AND TRANSPARENT. IN THIS ENVIRONMENT EACH CLIMBER DISCOVERS THEIR EXACT CALLING, AND THROUGH THE WRITTEN WORD, SEMINARS, AND ONE

ON ONE COACHING, PETE AND I DREAM OF HELPING MARRIAGES BEGIN TO
TURN AROUND. AS A RESULT, THESE MARRIAGES BECOME A PLACE OF
FULFILLMENT AND CREATIVE SOLUTIONS. IMAGINE CLIMBERS TURNING
ASHES TO BEAUTY. IMAGINE CLIMBERS GETTING EXCITED AS THEY SMELL
THE SWEET FRAGRANCE OF RESPECT, HONOR AND LOVE.

SO YOU SEE, THE VIEW IS BOTH EXILIRATING AND BREATH TAKING !

YOU, MY FRIENDS, ARE THE TREASURES, AND YOU ARE MOST WELCOME TO
CLIMB WITH ME ON THIS VERY SPECIAL MOUNTAIN !

THANK YOU !

My Purpose Statement

**Uniting People In A Process That Releases Their Eternal Inheritance Through
Freeing Their Souls To Soar**

Unifying Strategies: What Do I Have To Do To Achieve This?

Personal Growth: Add value daily to myself so that I inspire others pouring out what I have learned.

Marriage Growth: Through writing, speaking, seminars or one-on-one coaching, we contribute to marriages beginning to turn around with language of respect, honor, and love. We contribute to marriage becoming a place of fulfillment, creative solutions and fun.

Transforming Cultures: During the partnering with leaders from various cultures and ages, I provide a safe space of understanding , unity, and transformation.

Creating Resources: Using coaching, writing, speaking or video interviews, I unite people in the process of Freeing Their Souls To Soar !

Communicating Understanding: Provide clear and repeated models of growth to my tribe through personal or virtual connections.

Tribe- (Someone) Imagine a group of leaders who vibrate with a passion to free their souls to soar. They delight to sing their own song (or duet if married) while inviting others to join the chorus. They adopt a new mindset of their true identity, purpose and calling.

Cause - (Someplace) Imagine a cause that unites extraordinary leaders that are empowered to take off their masks and develop strength in others celebrating a blindness to prejudice. A cause that assists others to rewrite their story of a transformed life.

Space - (Somewhere) Welcome to that space where cultures, generations and marriage begin to respond to each other according to whom each was created to be. The space where the written word, speaking engagements, seminars or even one-on-one coaching can bring innovative thinking and fulfillment to the tribe. This space, whether it is four walls or the internet, reflects an atmosphere of strong support, growth and transformation.

Scorecard for Significance

- I. Personal Growth: I stand...
 - A. Spiritually: Christ is my foundation
 - B. Quiet time
 - 1. Spend time daily alone with the Lord
 - a) Worshipping
 - b) Studying His Word
 - c) Prayer and Intercession
 - 2. Apply His Word Daily
 - C. Physically
 - 1. Eat gluten free diet
 - 2. Take supplements
 - 3. Sleep right
 - a) Six to Eight hours a night
 - 4. Exercise
 - a) Get up to walking a mile a day
 - D. Family
 - 1. Schedule time for Family time
 - 2. Chores
 - 3. Fun
- II. Business Growth
 - A. Read authors that advance my OPUS
 - 1. Michael Hyatt
 - 2. Chris Guillebeau
 - 3. Og Mandino
 - 4. Darren Hardy
 - 5. Others
 - B. Review Deeper Path Materials
 - 1. Cohort Videos
 - 2. Cohort Workbook
 - C. Develop digital awareness
 - D. Study writing materials
 - 1. Michael Hyatt
 - 2. Jeff Goins
 - E. Attend Live Events to develop skills

III. Marriage Growth

A. Personal

1. Spend time with husband to develop relationship
 - a) Date Nights
 - b) Trips together
 - c) Play Tennis
 - d) Enjoy uplifting entertainments

B. Business Development

1. Create Marriage Materials for cohorts, talks, etc.
 - a) Develop Seminar and speaking materials
 - b) Develop other 'couples communication' materials
 - c) Attend marriage conferences/seminars to develop skills
 - d) Develop a library of pertinent materials
2. Create materials for "Transforming Cultures"
 - a) Create opportunities to meet leaders from other cultures
 - (1) Develop close relationships with these leaders
 - b) Form Support Groups
 - (1) Part of Cohort development
 - (2) Part of Coaching outcomes
 - c) Attend conferences/seminars to develop skills
3. Develop a marketing strategy for expanding 'Tribe'
 - a) Nursing homes, student study groups, etc.

IV. Creating Resources

A. Who

1. My Tribe is blind to prejudice and they succeed in a mediocre world.
2. My Tribe is transformed through One-on-One Coaching and Cohorts
 - a) Materials gathered from activities in Business Development applied in 'real time.'
 - b) Identity, Voice, and Purpose of Tribe expands on basis of above materials

B. Why

1. Using cohorts, marriage seminars, and talks, I empower leaders within my Tribe to look at their pain
2. They develop the authenticity to reflect the joy in their work to the extent that is very difficult to tell whether they are working or playing.
3. I develop a business where family histories and other family stories are captured on video.
 - a) Skillful development of these skills and attendant materials is also critical in other aspects of my OPUS.
 - b) These interview are important for wills and estates
 - c) These interview are priceless for families of relatives in hospice or other late age situations (e.g., Alzheimer's and Senior Dementia)

C. Where

1. A variety of gathering places (virtual and/or physical) will be needed for coaching, cohorts, and other training and creative activities related to my OPUS

V. Communicating Understanding

A. Maintain the critical personal character elements of a superior leader

1. 'Walking the Talk' will draw people
2. Create a personal development strategy with a Coach

B. Develop and maintain important business strategies

1. Developing and managing a consistent business plan
2. Developing and maintaining a solid financial plan

C. Attend conference/seminars to observe and develop skills.

Pat's CORE Six Pack

1. Worldview - What I Believe

- . God - I believe there is one God whose Son is Jesus, and He has a purpose for each life.
- . Mankind - I believe each person chooses their destiny.
- . Family - I believe my husband, my children, their spouses, and my grandchildren are blessings and favor from God.
- . Life - I believe each person on earth is living their eternal life with a choice to transform darkness into light.
- . Faith - I believe faith is believing.
- . Truth - I believe truth is essential personally and communally.
- . Work - I believe work creates purpose and is a privilege.
- . Abundance - I believe abundance is a mindset, and is a pathway to fulfill the destiny we were created to fulfill.
- . Pain - I believe that pain is good not bad depending on how a person processes their pain.
- . Influence - I believe true influence is earned.
- . Time - I believe time is a treasure to be respected.
- . Transformation - I believe God has a refining process that when embraced makes the world a better place.
- . Experience - I believe every experience in a life is here to teach you something.
- . Dreams - I believe inside each person is a dream that holds the key to their identity and purpose.
- . Doers - I believe doers get the job done whatever the cost.
- . Identity - I believe each person was created in the image of the Creator
- . Freedom - I believe Freedom is the key used to unlock bondage.
- . Purpose - I believe a purpose was written for each person at birth by the Master Designer.
- . Accountability - I believe each person is accountable to choose life.
- . Forgiveness - I believe forgiveness is necessary for the Soul to Soar.
- . Love - I believe that love can be counterfeit, but unconditional love is divine.

2. Identity - Who I Am

- . Freedom Giver - I am created in the image of God to unite people in a process that frees their Souls to Soar!
- . Wife - I am an authentic wife committed to a life-long, intentional and loving relationship with my husband.
- . Mother - I authentically love, honor and respect my children as precious gifts from God.
- . Grandmother - I am committed to leave my six grandchildren a Godly inheritance of love, identity, purpose, service, integrity and joy!
- . Name - I am given the name "Blessing" by God.
- . Leader - I am a leader called to lead others to a higher place in God.
- . Author - I write books that reveal, through transparency, an invitation to my readers to embrace acute pain to find eternal joy.
- . Coach - I unite people in a process that frees their Souls to Soar!
- . Friend - I am a loyal friend who is available when my friends are in need.
- . Listener - I am a listener who hears your heart between the words you speak.
- . Dreamer - I am a dreamer who pictures what life can really become.
- . Doer - I do what I say I am going to do.
- . Creator - I create by watering and nourishing life wherever I find it.
- . Speaker - I am a speaker who inspires various cultures and generations to unite without prejudice through story telling.
- . Retreat Leader - I create systems and structures that unite cultures and ages to synergistically transform lives and the world around them.
- . Igniter - I ignite people with the knowledge that every year of life, they become smarter, wiser, healthier, more excited about life than the year before.
- . Networker - I connect all kinds of people to other people who live the same passion.

3. Principles - What I Value

- . God - I value God above everyone and everything.
- . Marriage - I value a life-long commitment to my husband.
- . Family - I value developing and focusing on the strengths of each member of my family.
- . Learning - I value life-long learning by investing time, money and effort needed to grow.
- . Wisdom - I value wisdom that expands and is humble as age progresses.
- . Words - I value words that are clear, effective, truthful and bless.
- . Relationships - I value relationships that edify, build and are mutually profitable.
- . Creativity - I value design, thoughts, art and music.
- . Souls - I value souls and their eternal destination.
- . Time - I value time in order to effectively accomplish my OPUS.
- . Hard Work - I value hard work that seems like play.
- . Joy/Peace = I value Joy/Peace in every circumstance.
- . Meditation - I value pondering God and new ideas.
- . Bible - I value the Word of God.
- . Honesty - I value honesty, truth and integrity in all things.
- . Vulnerability - I value individuals who are vulnerable and transparent.
- . Service - I value giving more than I receive.
- . Evaluation - I value evaluation from those I respect as I continue growing.

4. - Passion - What I Love

- . God - I love God so much, I want to do the hard work to let Jesus be formed in me.
- . Husband - I love the thought of a life-long relationship with my husband.
- . Children - I love to watch my children, their spouses, and their children learn their OPUS.
- . Transformation - I love living an overcoming life that breaks bondages and frees Souls to Soar.
- . Masterpiece - I love making my life a masterpiece by adding value to myself and others.
- . Laughter - I love work and play that are filled with fun and hard work.
- . Relationships - I love learning, growing and aligning myself with people who value transformation.
- . Humility - I love giving God and others the credit !
- . Preparation - I love the process of preparing for my "Captain Sully" moment.
- . Celebration - I love to live life as a celebration.
- . Adventure - I love to live each year as a greater adventure than the year before.
- . Fellowship - I love to communicate new ideas, personal growth, learning with like minded people.
- .. Worship - I love discovering ways to better know and worship the Master Designer.
- . Humor - I love living life with lots of laughs..
- . Peace - I love life when each person lives in honor and respect of each other.

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5. Purpose - Why I Live and Work

- . God - I live to glorify God and fulfill my purpose and destiny given to me by God.
- . Marriage - I live to honor my husband and his dreams, and to show various cultures of women and ages the joy of doing this with their husbands.
- . Family - I live to love my family and leave them a Godly inheritance.
- . Serve - I help others author their OPUS.
- . Coach - I live to unite people in a process that frees various cultures and ages to support each other to their OPUS.
- . Hope - I live to restore Hope where there is no Hope.
- . Unite - I live to help bring down walls between cultures and generations.
- . Lead - I live to lead others to a higher place in putting value on who they are and their purpose for being born.
- . Entrepreneur - I live to help others gain the freedom to choose accelerated life choices.
- . Accountability - I live to hold myself and those I serve accountable to embody our OPUS.

6. Process - How I Will Do It

Through personal coaching relationships and accountability to my OPUS, I am committed to my POP each month. As this system matures through discipline and clarity, I will adjust my POP to create a life where work and play are one.