

Deborah Wittig

**“Take On Life”
OPUS**

O-Overarching Vision

P-Purpose

U-Unifying Strategies

S-Scorecard for Significance

O-The Overarching Vision:

I have a dream that I'm healthy, whole, and fully engaged in life. I'm utilizing my gifts, talents, and passions in ways that inspire and motivate my family and those around me to actively pursue their own dreams. I have a strong and disciplined spiritual life which keeps me close to God and His purposes for my life. It empowers me to exert a loving and liberating influence on all those I come in contact with. I live a healthy and fit lifestyle that not only provides the stamina to pursue my dreams, but inspires others to do likewise.

As a motivator and Whole Life Coach, I empower others (individuals, married couples, and families) to take back their lives from passivity and hopelessness, and to conquer obstacles that stand between them and the fulfillment of their dreams. I help them discover the warrior within. I empower people to press forward, take back their health, fitness, hope, and dreams of the future. I encourage reconciliation in damaged relationships and pursuit of new healthy relationships. I inspire a deeper spiritual walk which provides peace, hope, vision, and clarity for the future. I assist others to prepare in advance to overcome obstacles by helping them to clarify their intent, learn ways to improve efficiency, and produce protocols for dealing with issues before they arise.

I have a dream that my family is healthy, whole, and living their dreams. My family members live such actively engaged lives both as individuals and as family, that others are inspired to pursue their dreams. As a family, we constantly engage each other in new challenges and adventures that encourage growth and increased physical, mental, emotional, and spiritual health.

I have a dream that I'm so in tune to the present and actively engaged in life, that I am an atmosphere changer in any environment that I'm in. I encourage a culture of peace, honor, hope, order, and motivation to pursue dreams and goals...to go beyond what is currently happening. This occurs in various ways: through conversations, public speaking and teaching, bookwriting, leadership, prayer, and prophetic worship.

I have a dream of multiplication: that my influence and motivation is replicated in others, that warriors are released to take back their lives and pursue dreams, and that they become motivators to others.

Tribe:

My influence extends to those who want more out of life. They may feel trapped as if life is happening TO them, as if they have no control. They may have given up hope that they can ever achieve their dreams, but are ready for change.

Cause:

I empower people to pursue their dreams by taking them through a process that will:

- 1) Identify passions, gifts, and talents
- 2) Clarify their dreams,
- 3) Design a plan to achieve their dreams and overcome any obstacles along the way, and
- 4) Change their thinking so that they can change their lives

Space:

Those who've successfully completed the coaching process are inspired, encouraged, motivated, and empowered to conquer the obstacles that have hindered them in the pursuit of their dreams.

P-Purpose:

Empowering people to TAKE ON LIFE, conquer obstacles, and awaken the warrior within.

U-Unifying Strategies and S-Scorecard for Significance:

Personal Development and Challenges: The more I learn and grow and the more challenges I successfully meet, the greater the wisdom, experience and authenticity I can impart to others.

- Education and relevant certifications and training
 - Life Coaching Certification through Kary Oberbrunner
 - Current Christian Counseling Certification and continuing education classes
 - Fitness and Health Coach Certification
- Transformation Pathways
 - Personal mentoring and accountability
 - Seminars and events
 - Relevant, challenging books and videos
- Challenges-opportunities to exceed previous goals
 - Increasing distance running and races
 - Complete testing for Black Belt that was formerly indefinitely delayed due to back injury

Family: My family my support system, they are my primary focus and responsibility on this earth. By contributing to their lives and successes, I'm not only blessed by their achievements, but they further authenticate my own vision and goals.

- Dream building- taking family through the process
- Group Challenges and common goals to inspire and encourage
 - Family participation in races or other physical challenges
 - Opportunities to serve others as a family
 - Intentional Sharing opportunities to build one another

Content: Develop the process that will guide and empower people to fulfill their dreams.

- Develop step by step process based on The Deeper Path by Kary Oberbrunner, with value added segments on health and fitness dreams/goals, identifying gifts and talents, warrior development, and marriage and family OPUS.

- Individual coaching
- Small Group coaching
- Seminar Format
- Email and social media curriculum
- Books
- Ongoing research and development to keep process current and relevant

Create and Expand the Platform: Develop a client stream through one to one coaching, group coaching, public speaking, seminars, retreats, and social media.

- Social Media
 - Facebook page for Take On Life
 - Linked-In account
 - Take On Life Website
 - Twitter
 - DeborahWittig.com blog page linked to all the above
- Networking and Collaborative Relationships
- Teach process as a class in local adult education offerings, and area Community Colleges
- Lead Group Cohorts, both live and by conference call
- Book Writing

Personal Health and Fitness-Health and physical fitness are necessary for maintaining the stamina to pursue my goals, take care of my family, and be an authentic Whole Life Coach.

- Diet
 - Clean eating
 - Minimally processed foods, whole grains, lean protein, water
 - One free meal per week
 - MyFitnessPal-calorie and nutrient tracking
- Exercise
 - M-W-F--Running, Core, TKD Forms and Techniques
 - T-TH-S—Strength Training, Core, and Yoga for runners
- Rest and play
 - Sundays-physical rest, no formal exercise
 - Family fun activity once per month
 - Down time with Craige at least once per week/Night out once/month
 - Family vacation/retreat at least once per year

My CORE

Worldview

Purpose-I believe in God Who created all things, and that all things have a purpose for existing. I believe that humanity exists to love God, walk in relationship with Him, and live out our God-given purpose. I believe that in the beginning, the first man lost sight of that purpose and chose a path of self will and rebellion. As a result of that first sin, the fullness of God's purpose in humanity was lost, and pain, futility, and dysfunction were introduced into humanity.

Humanity's Purpose Restored- I believe that God, according to His Word, planned in advance to deal with sin in order to restore humanity's relationship with Him. The Son of God, Jesus Christ, bore humanity's punishment of death for sin and rebellion and rose again to eternal life as Victor. As a result, fullness of purpose, freedom, healing, peace, and joy became freely available to men and women who choose to accept the gift of the sacrifice Jesus Christ and choose to live in obedient relationship with Him.

Life Experiences-I believe that all life experiences, whether positive or negative, can serve as opportunities for growth and self-realization if we choose to see these experiences as such. I believe that self pity is a hindrance to this process, and only serves to prolong the difficulty of the experience. I believe that God has a purpose for my life therefore, all experiences can be used to serve that purpose. I believe that humanity has a choice of how to receive and interpret experiences. We do not always have control over our circumstances, but we always have a choice how to respond.

Family-I believe that families are designed by God to serve as our primary means of support (physical, mental, emotional, spiritual), learning, growth, and ministry. In whatever we are called to do, whatever our purpose is, our families are to be the first recipients of our love and energy.

Time- I believe that time is limited, and once it is gone, it cannot be regained. Our schedule reveals what our priorities are, regardless of spoken beliefs. Our values are revealed by how our time is spent. In addition, we show value to others when we respect their time and schedules.

Impact-I believe that we will always have an impact on others whether positive or negative. My intent is to maintain a positive impact inasmuch as it depends on me.

Health and Fitness-I believe that health and fitness are an important part of our purpose. Health and Fitness provide for the energy and stamina necessary to fulfill our life's purpose. I believe that Health and Fitness require intentional scheduling and

effort, and should be part of any plan of action. I believe that achieving and maintaining good health and fitness serve to authenticate my message.

My Purpose: I believe that I'm here to speak into the lives of others in order to encourage them to press forward into their dreams. I'm naturally drawn to others who are seeking vision and clarity for their lives. I believe that I have a God-given gift of insight which enables me to bless others in this way.

Who I Am

I am a prophetic individual who seeks to encourage others around me to "come up higher" into God's purposes and plans.

I am a wife and soul-mate to Craige. I am his encourager and supporter.

I am a passionate matriarch in our family. My children turn to me for wisdom, emotional support and spiritual guidance.

I am a woman of wisdom who can impart life-changing strategies in a few powerful words.

I am a peacemaker who interprets and clarifies the intent of the speakers to bring understanding to both parties.

I am highly organized, and in my desire for others to easily be able to follow my path and ultimately prepare to take my place, I produce explicit step-by-step protocols for fulfilling ministry or job-related tasks.

I am a warrior who sees problems as obstacles to be conquered, and I teach others to do so as well.

Principles-What I Value

I value my relationship with God. Without Him, I'd have no purpose and I'd still be a dysfunctional mess.

I value my husband, Craige. He is my soul-mate, provider, support, sounding board, mechanic, engineer, stand-in for anything else I need, and too many other things to list.

I value my children. They are my heritage on this earth. They have great potential, and I see God-given purpose in their lives. They bless me immensely when unbeknownst to

them, they display hints of the influence and time investment that I've placed within them over the years.

I value honesty and openness. I appreciate people who are real and acknowledge where they are mentally, emotionally, spiritually, or physically.

I value integrity in all things and despise hypocrisy.

I value effort. Nothing is free or easy. I value those who are willing to put in the effort to better themselves.

I value a warrior and conquering mentality. I value those who refuse to give up because things are difficult, and refuse to give in to self pity. I have great respect for those who have fought a long hard road to achieve their goals and live their dreams.

I value keeping my commitments, and others who keep theirs.

Passion-What I Love

I love the Lord. He is the Source of my passion and love.

I love my husband and family. I am passionate and protective of my time with them.

I love regaining my health and fitness, and have developed a passion not only for my own life, but for the health and fitness of my family and friends.

I love beauty in nature as it seems to beckon me to draw closer to the Lord.

I love the quiet when I can meditate on greater things.

I love music, and have a passion to play and sing spontaneously the things that God lays upon my heart.

I have a passion for speaking into the lives of others and having a positive impact.

Purpose-Why I Live and Work

I live to see God's purpose fulfilled in my life, my family members' lives, and other's lives. I live to help others see and pursue the path to fulfillment of their dreams and God-given purpose.