

DEB DOZIER'S OPUS

Over-arching Vision: My BIG Dream

Imagine a world where there aren't people just punching the proverbial time clock of life, they are full of passion, drive, and energy to accomplish whatever they desire.

Imagine a world where people are emotionally fueling positive emotions in themselves and others.

Imagine a world where people are mentally stimulated through continual personal growth, where could the world be? What is their true potential? Is the world the place you want to be, if not, then what are you doing to change yourself?

Imagine a world where people are connected to their true purpose in life and living *their* life, not someone else's, where you cannot tell the difference between work and play!

Imagine.... a 'process' to build your life by *your* design not by default!

My Purpose: *The Defining Statement of my life's work*

Is to **inspire** and **equip people** to live their life by *their* design not by default!

Unifying Strategies: *What is necessary for me to achieve this?*

Equip self; I will continually work on being holistically healthy in physical, mental, emotional, and spiritual energy so that I am able to export what I have to offer others.

Equip Resources: Creating resources that will equip others to be able to live their life by their design.

Equip Pathways: Through venues to offer others avenues, solutions, recommendations, and to allow personal reflection to be able to inspire them to *their* own lives design, not by default or someone else's!

Scorecard for Significance: *How do I measure where I am and my life design?*

Equipping myself:

Physical-Be physically fit and nutritionally responsible to represent a healthy professionally and personable leader.

Mental-Build a daily ritual to determine the top priorities for the following day, determine set times for receiving/sending communication, and daily time for reflection, strategizing, and creative thinking.

Emotional- To be grateful, to appreciate others, and to learn to change the stories that I tell myself through 3 lenses, reverse lens, long lens, and the wide lens.

Spiritual-Clarify priorities to support what I do best and enjoy at work, consciously allocating time and energy to health, family, work, service to others and living my core values in my daily behaviors.

Equipping resources:

Print-through books, through personal testimonials of others, through quotes, and other possible print ideas generated through partnership.

Written-newsletters, blogging, books with application, it won't be an event, but a process of learning, social media written word.

Visual- Consider the following: Visual webinar content, visual hand-outs, visual desk plaques, and small visual wallet reminders.

Equipping Pathways:

Teaching-Equip and inspire people through virtual calls, through Lunch & Learns, workshops, Master minds, coaching cohorts, and retreats to inspire people to live *their* life by *their* design!

Coaching: in safe environments to learn, discover, uncover, grow, and be vulnerable to uncover what it is that holds them back and equip them to live *their* life by *their* design!

Speaking: Inspire and equip through the spoken word in a way that creates not only motivation but the inspiration to 'action' to be able to live *their* life by *their* design not by default!

My 6 Pack

Worldview—What I Believe

I believe...

I believe in others; even at times when they don't believe in themselves.

I believe in life; and all the small moments that we may take for granted.

I believe we are meant to be where we are at any given moment and with those that we are with at any given time in life. 'A moment of time in our life's chapter'

I believe in a higher power; learned through a 'clear' and 'hard' message!

I believe in unconditional love of family

I believe in forgiveness; often times it is the first step of love.

I believe in faithful friends through good times and bad.

I believe that the truth sets you free.

I believe that life is about choices, yours!

Identity—Who am I

I am comfortable in my own skin.

I am highly empathetic

I am a daughter, sister, sister in law, aunt, cousin, friend, coach, mentor, teacher, speaker, and inspirational.

Principles-What I value

I value the little things in life; sunrises, sunsets, full moons, water falls, beginnings, endings, change of seasons, natural beauty that God has given us, often taken for granted.

I value Faith that has carried me through tough chapters in my life and continues to give me hope for the future.

I value family and friends who loves me unconditionally, idiosyncrasies and all!

I value my family and the friends throughout the years who have played a hand in chiseling me into who I am today.

I value living in the moment, I don't see the future as a fixed destination.

Passion-What I love

I love to learn and grow to be a better person today than I was yesterday.

I love to spend time with my nieces to view life through their lens; time spent with elders to view life through their lens, and to create a new perspective on my life.

I love to dance like no one is watching!

I love to sing when I am happy!

I love to see and hear about those that have found love, I am hopeful!

I love to work out and the feeling of accomplishment and strength it gives my body, mind, and soul.

Purpose-Why I Live and Work

Is to personally grow through life experiences, events, meetings, others, and reflection.

Is to travel to see the beauty of the world, meet others, and learn other cultures.

Is to influence and inspire others

Is to be a role model to my nieces and others

Is to relate to others and to listen to their story, we all have one, to be able to be inspired and to inspire!

Is to arrange time distortion to yield a higher outcome personally and to others

Is to activate; action is the best device for learning. I make a decision, I take action, I look at the result, and I will learn.

Is to arrange, conduct, and recognize talents, skills, and knowledge in people to produce results.

Is to intuitively sense how very different people can leverage their strengths to create a high performing team/environment.

Is to have things be clear between people and challenge them to be clear eyed and honest

Process: How do I do it?

My POP (playbook of Productive Action)