

# FRANCES CAPOCCIA

## OPUS

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O: Over-arching vision: *My Big Dream*

*Imagine a tribe, cause, and space.*

*Imagine a tribe that seeks holistic health. Imagine a tribe that is like-minded in encouraging each other in pursuit of the living foods way of life.*

*Imagine a cause that reaches the inner depths of each person's soul and mind to change not only their diet but their life.*

*Imagine a cause that promotes daily pure high vibration nutritional choices. Imagine a cause that transforms the mind to love and think lovely thoughts. Imagine a cause that promotes freedom in connecting to their Creator by restoring the old and becoming a new creation in Christ.*

*Imagine a space where people are taught, encouraged, filled with purpose and passion to not only change their diet but change their life. Imagine a space filled with laughter and peace. Imagine a space where truth reigns and false teaching are demolished. Imagine a space where living plants, living sprouts, living cultured foods flourish indoors and outdoors. Imagine a space where the sun warms your inner core.*

*Imagine a space where nature is beauty and speaks quietly as you surround yourself during a long walk or hike.*

*I invite my tribe to experience the cause and space of My Big Dream...*

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## *I Have A Dream...*

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*I have a dream... I am doing a retreat at the farm. The guests check in. They start to get to know one another. Each day I lecture on the topic of living foods. I speak clearly and fluently on each days topic. The guests have a manual that I've compiled with six lessons.*

*I have a dream... The food is grown daily on the land and fresh cut for each meal. The nutrients are alive and well at the freshest best. The staff has been well trained in the art of living food preparation. I also teach the guests how to prepare living food recipes daily. They are being equipped to live this lifestyle. Greens, micro-greens, fruits, nuts, seeds...Genesis 1:29.*

*I have a dream... Lives are changing. Healing is happening as guests change their mind, body and spirit. I show health movies and we discuss them daily. Guests start connecting with each other as well as with a deeper part of themselves...who are they and what their purpose is. They are coming alive as they seek nourishing foods.*

*I have a dream... We take walks outside daily. Pure air and oxygen is breathed in as their bodies are strengthened and stretched as they walk or run. The peace of the farm gives us peace and tranquility. Stress is released.*

*I have a dream... Daily we all do devotions that help guests to connect with their Maker.*

*I have a dream... Emotions start to release as well. I, as well as other staff, take time to pray and talk with guests as issues come up.*

*I have a dream... By the weeks end I have taught the guests how to live the living food way of life. They are prepared to make living foods, the knowledge I have shared has given them the wisdom to make healthy choices, and they are ready to start living a new way of life in mind, body and spirit. I will provide avenues of support for this way of living. I have shared this information but we are like a new family with the same like-minded thinking and will continue to grow and share.*

*I have a dream...*

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*P: Purpose: The Autograph of My Work*

*Awaken, anew, and achieve holistic health with the power of Living Foods.*

*U: Unifying Strategies: Productive Actions to Achieve This.*

*Personal Growth: I can only be as effective with others as far as I have achieved myself.*

*Health Education: People learn by having knowledge organized and dealt to them in small increments.*

*Marketing Strategies: I market in order that my community and world may know what I am offering.*

*Products Galore: Products help people learn in visual, auditory and kinesthetic learning styles.*

*Team Players: With the gift and talents of individual team members a higher level of business products can be achieved and delivered.*

*S: Scorecard for Significance: How I Measure Hitting My Target.*

*Personal Growth*

- *Body- Living foods, rebounding, 15 minute mile walks*
- *Mind- Seek Godly counsel through books, videos, or conferences or as led by the Spirit.*
- *Spiritual- Daily devotions and prayer. Bible studies, Jewish heritage study, and church community.*

*Health Education*

- *Instruction- Teach the principles of Living Foods and Juices.*
- *Demonstration- Teach the culinary preparation of Living Foods.*
- *Equip- Ongoing lifestyle application support.*
- *Restoration- Your Secret Name*

*Marketing*

- *Wellness centers- Holistic practitioners and clients.*
- *Social Media- Online presence locally and globally.*
- *Raw community groups- Raw food enthusiasts!*
- *Local Farm Communities- Collaboration with farmers.*
- *Self-promotion- Living the lifestyle in the community.*

*Products Galore*

- *Global- Online course that reaches the world.*
- *Local- Onsite course in the local community.*

- *Digital- Audio/visual products that relate to various learning styles.*
- *Resources- Books provide written material in a concise, concrete, and coherent format.*

### *Team*

- *Experiential- Retreat at local farm.*
- *Community resources- Commercial teaching locations.*
- *Team up- Collaborate with local and national colleagues to teach living foods.*

## *6 PACK*

### *1. Worldview: What I Believe*

- *God: I believe God is my Creator, Father, Husband, Healer, and Provider.*
- *Family: I believe my family was entrusted to me from my Heavenly Father.*
- *Work: I believe I have been given gifts and talents to fulfill my purpose in this life.*
- *Pain: I believe pain is where I have grown personally and with my Creator in an intimate way.*
- *Time: I believe time is on a continuum and a measurable way to achieve my work.*
- *Faith: I believe my faith has process of discovery through my life's challenges.*

- *Freedom: I believe I was created to be free in the LORD.*
- *Resources: I believe I am a steward of the resources I have been given.*
- *Truth: I believe the Truth Shall Set You Free.*
- *Redeemed: I believe I am redeemed of the past thru Jesus death and resurrection.*

## 2. Identity- Who I am

- *Chosen: I am a chosen child of God through my decision to choose Jesus as my Savior.*
- *Mother: I am a loving mother of my children*
- *Daughter: I am a daughter of two beautiful parents.*
- *Friend: I am a loyal friend to those I love and care for.*
- *Overcomer: I am an overcomer through Jesus work on the cross and my new name is Beloved!*
- *Courageous: I am a woman of valor to pursue that which God asks me to do.*
- *Teacher: I am a teacher to those who invest in themselves to be healthier in mind, body and spirit.*
- *Entrepreneur: I am one who loves to create new ways to package that which I learn and share with those who choose to work with me.*

### 3. Principles- What I Value

- *Excellence: I value excellence in the tasks I pursue.*
- *Integrity: I value my words and action being consistent with my faith.*
- *Charity: I value giving to those in need.*
- *Resourcefulness: I value using my natural resources in creative and least wasteful ways.*
- *Education: I value learning new concepts and ideas which I can apply to my life and pass on to others.*
- *Speaking: I value organizing concepts in a clear way and expressing those to others.*
- *Family: I value family as a gift of God.*
- *Friends: I value Godly friends who are like-minded, loving, and walk beside me in this path of life.*

### 4. Passion- What I Love

- *Nature: I love waterfalls, the mountains and unchartered land.*
- *Dance: I love to dance freely.*
- *Music: I love the music of the harp, violin and piano.*
- *Laughter: I love laughter which is the best medicine!*

- *God's word: I love God's word which is a sword, living, and active.*
- *Relationships: I love deep, meaningful, and loving conversations with friends.*
- *Affirmation: I love positive encouraging words!*
- *Caring: I love hugs from family and friends.*
- *Creativity: I love creating beautiful products.*
- *Beauty: I love beautiful homes and fine china.*

#### 5. Purpose- Why I live and work

- *Healer: I help people heal in a natural holistic way.*
- *Liberator: I help set the captives free.*
- *Pioneer: I help people who invest in my services to discover new uncharted paths in their life.*
- *Organizer: I help people learn about holistic health in an organized clear way.*
- *Encourager: I help people to take the steps need to change their diet and their lives.*
- *Shepherd: I help my children and people fulfill their potential in their lives by guiding them.*