

My OPUS by Barbara Gustavson

Over-arching Vision - *My big dream*

Imagine a tribe (someone) who aspires to transform lives. A tribe that wants to move beyond barriers, chooses to accept the challenges knowing that it will lead towards sustainable growth, and illuminates the path for others.

Imagine a cause (something) that empowers leaders who empowers others. It provides them hope and clarity, allows potential to flow freely, and leads towards healing and growth.

Imagine a space (somewhere) that allows people to raise their awareness and change their belief systems that are holding them back. A space where they can initiate action and lives are transformed.

Imagine a **tribe**, a **cause**, a **space**.

Purpose – *The Defining Statement of My Work*

Empowering Leaders Who Empower Others

Unifying Strategies - *What's necessary for me to achieve this?*

Cultivating Personal Growth – Intentionally adding value to myself and allowing transformation to take place so that I can lead others towards their own transformation.

Maximizing my Health – Environment, exercise, eating, prayer/meditation.

Creating Empowering Resources – Creating content, providing mentorship, coaching to help others gain clarity, regain hope and take action.

Expanding Income/Contributions – Through coaching, teaching/training, speaking, writing. Having a steady stream of income with a goal of giving towards medical research, tools for families of wounded soldiers, caregivers, widows with dependent children.

Collaborating Partnerships - This is where I build my team core, where we share a similar vision and have a solid accountability.

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

Cultivating Personal Growth:

- Meditation/prayer/studying Bible
- Daily Affirmations
- Authentic Journaling
- Attend conferences
- Study books

Maximizing my Health:

- Taking regular walks
- Pilates and strength training
- Juicing and eating whole organic foods

Creating Empowering Resources:

- Website
- Blogging
- Books
- Mentorship Program
- Twitter, facebook
- Mastermind Groups
- Speaking/Workshops
- One-on-one and Group Coaching

Expanding Income/Contributions:

- Coaching clients
- Mentorship participants
- Speaking events
- Books
- Various Curriculums
- Donations to medical research and families

Collaborating Partnerships:

- Masterminds
- Mentorship programs
- Speaking events
- Workshop trainings
- Accountability

My Core (6-pack)

Worldview – *What I Believe*

I believe **God** is the creator who loves unconditionally, and seeks to express Himself through us.

I believe **forgiveness** is the key that unlocks us from the prisons of our past and allows us to experience freedom in relationships and to be successful.

I believe we all have **pain** and how we respond to it determines our growth and impact.

I believe by shifting our thoughts to **gratitude** we allow love and faith to flow freely.

I believe by spreading **peace** we can be a light in this world and light the path for others.

I believe that **hope** is needed to bring us towards healing and action.

I believe **faith** is needed for us to be successful and live in abundance.

Identity – *Who I Am*

I am a supportive **wife** and encourage my husband to live into his passion.

I am a nurturing and loving **mom** and encourage my children to be independent.

I am an honoring **daughter** to my dad and help make decisions that are in his best interests.

I am a **sister** who loves unconditionally and who sees beauty, potential and value.

I am a **friend** who is a good listener, honest and affirming and supports their dreams.

I am a **coach** and partner of accountability and come along side my clients to support them.

I am a **teacher** that helps show others how to apply and live what they've learned.
I am a **beautiful masterpiece** created by the Master.
I am a **woman of influence** and I help speak life into people.
I am **bold** and step forward into new opportunities knowing that God has led me there.
I am a **victor** and take full responsibility for my thoughts and actions.

Principles - *What I Value*

I value my **promises** to myself and others.
I value having **compassion** for those who are hurting and are in need of hope.
I value **laughter** and seeing the funny side in things.
I value **others**, and that we all have an incredible uniqueness and are rare and have great value.
I value **kindness**, and that by reaching out to others in need help gives them hope.

Passion - *What I Love*

I love **building** relationships that have a strong foundation and that will help build others up.
I love **teamwork** and when people use all members for a greater good.
I love **knowledge** that leads to understanding that can benefit someone by helping them grow.
I love **imagination**, where creative ideas with endless possibilities are released.
I love **freedom** and being able to grow without any inhibitions.

Purpose - *Why I Live and Work*

I help **encourage** others to regain hope so they can take steps towards healing and growth.
I help **empower** others and give them tools to identify self-limiting beliefs, overcome them and become aware of their resourcefulness and take action to break through barriers.
I help **lead** others to take steps towards self-leadership and the leadership of others.
I help **connect** others with those who can help them achieve their goals.
I help **guide** others to develop strategies to meet their goals.
I help others **discover** their strengths, potential and dreams and then achieve them.
I help **equip** others become independent by providing them empowering resources.

Process - *How I Will Do It?*

My POP (Playbook of Productive Action)