

OPUS

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"A master in the art of living draws no sharp distinction between his work and his play; his mind and his body; his labor and his leisure; his education and his recreation. He hardly knows which is which. He simply pursues his vision of excellence thought whatever he is doing, and leaves others to determine whether he is working or playing. To himself, he appears to be doing both!" - L.P. Jacks

OVERARCHING PURPOSE

Helping Heal Hurt - bringing Hope to every heart, unleashing potential

MY DREAM

I have a dream to bless millions around the world with a voice of hope, love and compassion.

Imagine a stadium filled with youth after leading them through a weekend of healing activities and teachings - helping to reveal their true potential.

Imagine how these teens transformed can change the world because they understand NOW that they have a PURPOSE and they CAN make a difference today. They only live once. They choose to remove the masks of pain embracing who they truly are... Children of the one true King.

I dream of FREEDOM:

- Freedom to design my own schedule and life where I can make memories with my family. I no longer have to struggle with the choice of having to be at the office or staying home when I am needed.
- Freedom to have the financial stability so that money is never a worry again and I have options
- Freedom to bless others with the abundance God has blessed me with. Tithing and giving to charities supporting those in need of healing - House of Hope, Gloria Gemma Breast Cancer Foundation & Wounded Warrior Project
- Freedom from the chronic pain of guilt, shame, self-doubt and fear that once held me back.
- Freedom from the chronic pain of a body neglected because I was distracted by others needs and masking my pain.

I dream of living in peace and harmony with my husband and our children. Our home is large enough to welcome our extended family. We gather around the table sharing meals. We play in our expansive outdoor space.

We create a home that is welcoming, loving & joyous. Our friends and family hang out by the fire in comfy seats. We enjoy our time together making many happy memories. Our home is a sanctuary after a long day of work and play... But really, is there a difference when we are living our purpose?

Imagine a thriving business helping those who are in pain, desiring more. Who KNOW there is GREATNESS inside but don't know how to reach it. I help them bring out their BEST to achieve GREAT results. I host and speak at seminars and training to deliver this message of hope. Partnering with other experts who share my same faith, values & desire to make a difference. I design coaching programs meant to encourage & empower entrepreneurs who desire the same freedom I did...showing them that even the smallest step forward is a step towards their DREAM.

I dream of sitting on my porch in our swing built for two, holding my husbands hand content that we have created a life of freedom, served well and made many memories of joy. We leave a legacy of children, grandchildren, and great grandchildren that carry on our voice of hope, faith and compassion...that they too live in their GREATNESS, shining their light and glorifying our God.

TRIBE, CAUSE, SPACE:

Imagine a tribe of young & young at heart leaders sharing the same **faith**, having a **passion** for **adding value** and **making a difference** in the lives of millions around the world. Using their hands, feet, voices and gifts to bring a message of hope.

Imagine a cause that reaches out to those who have been hurt by the pains of life - death, divorce, trauma or bullying. Imagine showing them that from the Hurt, there is always **Healing**. Scars are a reminder of where we have been and what we have **overcome**. Healing brings hope of His promises.

Psalm 31:7- I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.

Imagine a space where those desiring transformation are welcome with open arms. A place of safety to reveal themselves and their hurts. Where transparency is encouraged and where they can **transform** into the **bold**, **courageous** and **beautiful** beings they were **created** to be! Their potential is **unleashed** through the process and experience they encounter here.

UNIFYING STRATEGIES:

Personal Growth: I can't give what I don't have. I must be comfortable, being uncomfortable. I continually invest in my own growth, stretching out of my comfort zone.

Collaborative Partnerships: Teamwork makes the dream work. Partnering with other experts who have the same faith, values and desire to make a difference will expand our efforts to transform lives. Surrounding myself with a great inner circle, willing to inflict acute pain out of love, helps me to be a woman of excellence.

Heartfelt Experiences: An event can be the catalyst for change. Creating experiences that touch the hearts of those attending, leaving them with the

inspiration and desire to act! Action brings transformation.

Holistic Programs: Those who have the heart and desire to act need support and structure to pursue freedom. They need to be encouraged and empowered to go deeper to unleashing their potential. Providing space for continual growth and excellence.

Expansive Influence: To bring my message of hope, love and compassion to millions around the world I must use the tools available to accomplish this. Writing, blogging, and using social media in a way that goes viral, bringing hope to every heart

SCORECARD FOR SIGNIFICANCE:

Personal Growth:

BODY

- make healthy food choices
- physically fit & pain free
- strong core
- stamina to make a difference

MIND

- read and study materials to expand my mind
- listen to encouraging words, leaders and music
- Write: journal my thoughts to process my growth and create content
- experiences: attend events that stretch and grow me
- create memories with my family

SPIRIT

- converse with God daily through prayer, His word & reflection
- attend worship services
- participate in small groups
- attend retreats to reconnect and be still with Him

Collaborative Partnerships:

- form advisory board consisting of experts and trusted advisors to manage a life of significance.
- surround myself with a powerful inner circle of accountability and Mentorship
- participate in coaching partnerships that expand my thinking
- build a team of significance. It's better together!

Heartfelt Experiences:

Head: teach/train on growth & leadership.

Heart: speaking engagements to use my voice of hope, love and compassion

Hands: coach individuals and groups on leadership, growth and lives of significance & success. Encourage youth to be the hands & feet of compassion & love!

"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove... But the world may be different

because I was important in the life of a child.”

Holistic Programs:

Create a space & materials to continue the growth process
Provide and use tools to lead a life of significance

Expansive Influence:

Write content for message of hope, love and compassion
Utilize social media to broadcast my message
Use video to help touch many - develop tribe!

MY CORE - SIX PACK

Worldview – What I believe

- I believe in Jesus Christ our savior and son of God
- I believe family (biological or unbiological) is the foundation of each person. Grounding us in unconditional love. Teaching us a tribe goes further together
- I believe that all individuals are equal and precious, we are created in His likeness and image.
- I believe the world can be changed by one loving act, continually passed on.
- I believe our youth are the next leaders to make an impact of significance. We must model that leadership and encourage them to pursue their greatness.
- I believe love is the greatest healer of all.

Identity – Who I am

- I am a faithful partner and loving Wife.
- I am a patient, loving and merciful Mother to our children
- I am a loving & supportive daughter, sister, auntie and friend!
- I am a voice of hope, love and compassion to those dialed into my unique DNA
- I am a teacher, mentor, and coach
- I am a lifelong learner

Principles – What I value

- I value my husband. My partner, protector, lover and best friend.
- I value my family. They keep me grounded; provide love, comfort and a safe place to just be.
- I value the sacrifice of the Father, giving His only son for my salvation.
- I value freedom:
 - of choice
 - of speech to use my voice
 - financial freedom
 - to learn
 - to make an impact
- I value our planet that provides abundant resources to live.
- I value integrity, honesty and generosity

Passion – What I love

- I love my husband with all that I am.
- I love our children, they are extensions of us and they keep me humble. They teach me to stay present and outside of myself
- I love my extended family. They make life exciting and fun
- I love encouraging and watching others grow into their GREATNESS

Purpose – Why I live and work

- I live to be the voice of hope, love and compassion. To encourage those who don't believe there is GREATNESS inside.
- I help our youth discover their unique gifts, their value and their voices. They are His children perfectly & wonderfully made!
- I live to leave a legacy of hope, love and joy for my family and those I am able to impact.
- I live to glorify our God with a life of success and significance, using my gifts to the fullest!