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# MY OPUS

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## OVERARCHING VISION

### My Big Dream

**A Tribe** of Individuals desiring to connect with the person God created them to be, living intentionally and with purpose.

**A Cause** that restores, empowers and energizes those who are trapped – creating new vibrancy, authenticity and wholeness in their lives as they find who God intended them to be.

**A Space** where people can be authentic and not afraid to show their true selves; a place that beckons people to know it is safe to come out of hiding.

## PURPOSE

### The Defining Statement of My Work

Helping create vibrancy, authenticity, and wholeness in people's lives

## UNIFYING STRATEGIES

### What's Necessary for Me to Achieve This?

**Spiritual Wholeness:** Because I place the highest value on my walk with Jesus, I create space in my life for Him

**Health and Fitness:** By listening to my body and treating myself with kindness, I am able to have the stamina and energy needed to live a full and active life.

**Self-Investment Partnerships:** By spending my time, resources, and finances on bettering myself, I am able to freely give back to others in my circle of influence what I am learning and living out in my daily life.

**Living Simply:** By paring down and cutting out excess, I have physical and emotional space to follow my passions and dreams.

**Create Empowering Resources:** By creating resources through written and video concepts, I am passing on to others what I value to assist and empower clients in their journey to wholeness.

## SCORECARD FOR SIGNIFICANCE: Spiritual Wholeness

- Inflow – Worshipping God in ways that help me feel alive and connected to Him prevents drain out in my life
- Pray as I go – Walking and talking with Jesus as I go about my day keeps me connected to Him
- Brain detoxing – Capturing toxic thoughts and continuing to detox one thought at a time
- Taking risks – Continually stretching past my comfort zone helps me be able to conquer fears and experience amazing things that God wants to give me to benefit myself and others

### Health and Fitness

- Fitness – Establishing regular exercise to increase energy and vitality
- Healthy Eating – Continuing to juice and eat organically when possible to resist toxin buildup
- Unplugging – Regularly unplugging from social media to rejuvenate my mind and soul
- Rest – Listening to when my body says to stop creates margins in my life

### Self-Investment Partnerships

- Life – Continuing to meet with my life coach keeps my margins intact and my priorities straight
- Marriage – Regularly meeting with my husband for “check-ins” helps our marriage thrive
- Authentic Relationships – Maintaining and developing relationships with authentic, like-minded people creates vibrancy in my life and helps keep me grounded and creative
- Coaching – Giving away to others in a professional capacity what I am learning and living out in my daily life
- Enrichment – Practicing the art of gathering useful information adds value to my life

### Living Simply

- Pare Down – Living simply with minimal possessions and freedom from clutter creates peace and space in my life
- Giving – Freeing myself up from the "gotta have it" mentality allows me to help others more freely and to stay free from debt
- Boundaries – Practicing the art of saying no helps me have room in my life to say yes to what I'm passionate about

### Create Empowering Resources

- Social Media – Keeping my coaching Facebook page and website current allows me to share with others how I can help them create vibrancy, authenticity, and wholeness in their lives
- Video – Creating visual “One-Minutes” helps individuals understand my message simply and quickly and gives them thoughts to ponder about how they can change their lives
- Teaching Resources – Continuing to update existing and create new resources we use for workshops, seminars, and one-to-one and group coaching appointments

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# MY SIXPACK

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## **WORLD VIEW**

### What I Believe

- I believe that Jesus Christ is my Savior, my Healer, and my Redeemer
- I believe that while the enemy of this world comes to kill, steal, and destroy, God offers all mankind an abundance of life when we believe and trust in His Son
- I believe that out of our greatest and deepest pain, comes our greatest and deepest ministry
- I believe that it is through relationship that we are wounded, and it is through relationship we find healing
- I believe that you can't out-dream God
- I believe that no one is beyond hope

## **IDENTITY**

### Who I Am

- I am a daughter of the Living King
- I am a loving wife, mother and grandmother
- I am hugely committed to helping others find vibrancy, authenticity and wholeness in their lives
- I am very compassionate
- I am a risk taker
- I am creative and enjoy using my creativity to help benefit others
- I am confident, bold and courageous
- I am loyal
- I am a woman who loves to worship, praise, and give thanks to my Creator

## **PRINCIPLES**

### What I Value

- I value my walk with Jesus higher than anything else in life
- I value the life that God has given me
- I value my worth that God placed upon me
- I value my family and my friends
- I value truth
- I value my time
- I value my health – mentally, emotionally, physically and spiritually

- I value the power that my story has to benefit others
- I value trustworthiness and respect
- I value rest so that I can live out my passions and dreams
- I value what those who have gone before me have to offer
- I value living an uncluttered life
- I value meaningful conversations
- I value being able to work well independently, as well as being able to be a valuable team player

## **PASSION**

### What I Love

- I love sharing with others that this life is not the end-all
- I love being married to my husband and best friend
- I love being a mother and grandmother and having the ability to be an influence in their lives
- I love having trustworthy and loyal friends all around the world
- I love earning my living as a life coach
- I love seeing people set free from the bondages and brokenness in their lives
- I love having a creative mind
- I love traveling and spreading the message of hope wherever we go
- I love walking and taking in beauty
- I love being a photographer, musician, and artist, as these fuel my soul
- I love being a mentor and pastor
- I love being a person who others feel safe with and that it is okay to come out of hiding
- I love giving back to others what I am learning and living out in my own life

## **PURPOSE**

### Why I Live and Work

- I help others connect with the person God created them to be
- I help others find freedom from the deep pains that hinder them in their lives
- I help others learn how to live with value, intention, and purpose
- I help others discover what it is to live a life as a peacemaker, and not as a peacekeeper
- I help others find the value of listening to their bodies and create boundaries and margins to prevent burnout and distress
- I help others discover what their life's purpose is
- I help others believe that all things are possible and to dream big
- I help others to value the importance of choosing healthy relationships
- I help others by giving them viable resources that add value to their lives