OPUS

By Frederick Douglas Griffin

"I am a Coach, Speaker and Author who empower people to MASTER chaos, clarify their purpose and design a blueprint so they can face the TSUNAMI without fear of drowning."

Overarching Strategy

- Imagine a TRIBE seeking to be Tsunami Warriors. A tribe ready to master the chaos of
 everyday life and conquer the deep waters of transformation. A tribe ready to
 embrace dramatic changes and use their pain as a catalyst; a tribe that celebrates
 trust, love, truth telling and integrity; a tribe where encouragement, education and
 empowerment are the standard.
- Imagine a CAUSE to help our tribe visualize their future through positive selfdiscovery; a cause to show our tribe how to convert setbacks into successes; a cause to guide our tribe through intense processes of rebirth, explosive growth and meaningful fulfillment.
- Imagine a SPACE where people dare to surrender. A space where we challenge each
 other to dive deeper beneath the superficial for a richer level of creativity; a space
 where swimming in deep water leads to excellence. A space that attracts those
 running from the waves and teaches them how to swim

Purpose

• Empowering and equipping people to swim through chaos, using systems of personal and team mastery, and leading to a Higher Ground of clarity and creativity

Melody Line

• Catch your breath...Dare to swim...and Conquer The Deep

Unifying Strategies

- **Personal Mastery**: I will always engage in self-improvement to ensure that I can pour the best possible "me" into others that I touch.
- Connected Experience: I will always offer my plain, genuine and open self during every connected experience.
- **Compounding Influence**: I will always teach, mentor and coach others through the process.
- **Delivering Excellence**: I will always provide my best product, service or support to everyone that I connect with. This includes honest and truthful assessment of <u>my</u> ability to deliver my best based upon personal and professional priorities.

Scorecard for Significance

• Personal Mastery:

- Self-Learning I continuously MASTER the areas in my life that facilitate growth
 - Mindfulness
 - Aspiration
 - Study
 - Teach
 - Educate
 - Review & Refresh
- Spiritual I consistently seek God through daily prayer and reading of the Word as the guiding principles for every action in my life.
- Physical I dedicate myself to daily meditation, exercise and healthy food intake.
- Emotional I welcome the opportunity to be open, vulnerable and transparent.
- Declutter I pair down or cut out excess so that I have extra capacity to follow my passions and dreams

Connected Experience:

- o I actively engage in social, recreational and professional activities.
- o I learn about others in my circle on a deeper/richer level.
- o I share experiences that foster trust, love, truth-telling and integrity
- o I assess my relationships on a regular and consistent basis

• Compounding Influence:

- I coach others through self-learning activities
 - Discovering their true self
 - Understanding whether or not their true self is aligned with God's purpose
 - Identifying what changes need to happen in order to gain alignment
 - Defining a strategy for making the right changes
 - Understanding how to make the right changes permanent
- I speak to groups and companies about dynamics of change; and consult them through systems of transformative change.
- I write books to help others to MASTER the chaos

Delivering Excellence:

- I develop simplistic, yet challenging materials that equip others with tools, systems and processes to MASTER the chaos.
- I use storytelling through social media to provide snippets into the Tsunami Warrior tribe
- I freely serve others the value of being a Tsunami Warrior through casual and informative communications
- I am highly selective on when and where to engage in order to give a top quality experience

CORE 6-Pack

Worldview - What I Believe

- God: I believe there is but One God; and that I am made righteous through the sacrifice of Jesus on the cross
- Stewardship: I believe that a man is the natural leader of his household; and he receives Stewardship of everything He possesses or loves from God

- Family: I believe that we survive as individuals by having a strong relationship with those closest to us
- *Purpose*: I believe we each have received a predestined purpose from God; which we have a responsibility to learn and live accordingly
- *Relationship*: I believe we are designed to have close, positive and fulfilling relationships with God and with other humans.

Identity – Who I Am

- I am a Child of God who is designed for God's pleasure; and to fulfill His purpose. He
 is my 1st priority
- I am a *Husband* who is loving, gentle, caring and giving of my energy and resources to my wife. **She is my 2**nd **priority**
- I am a *Father* who is loving, gentle, caring and giving of my energy and resources to my *children*. **They are my 3rd priority**
- I am a Son/Sibling who is loving, gentle, caring and giving of my energy and resources to my children. They are my 4rd priority
- I am a *Friend* who is loyal and compassionate friend who maintains a relationship founded on truth
- I am an *Author* who is successful in crafting books that help others to grow personally and professionally
- I am a Consultant who is successful guiding organizations to achieve higher levels of excellence
- I am an *Entrepreneur* who owns and operate a prosperous business with global impact
- I am a *Strategist* who identifies the emerging trends and align myself to capitalize of the potential
- I am a *Thought Leader* who shares my vision and strategies with others to help them capitalize on the potential
- I am a *Confidante* who listens without judgement and protect the privacy and integrity of anyone who shares their personal story

Principles - What I Value

- I value *Truth* and continuously seeking the essence of truth in every relationship or interaction.
- I value Compassion and continuously strive to embody compassion during every encounter with God's creatures
- I value *Family* and work continuously to develop my immediate family members towards his/her fullest potential
- I value *Relationships* and always strive to be open and vulnerable, giving of myself in a manner that fosters deeper, richer experiences
- I value *Collaboration* and continuously work with others to improve the lives of my family, my tribe and my community
- I value *Community* and work to use my resources (time, talent, money) to bring positive change to my community
- I value Communication and consistently seek opportunities to share/receive knowledge, insight and wisdom
- I value *Freedom* and continuously optimize my time (schedule, workload, etc.) so that I may enjoy guiet time alone and recreation time with my family
- I value emerging *Technology* and consistently to expand my knowledge so that I may share with others in my family and tribe

Passion - What I Love

- I love God and knowing that God loves me
- I love my wife, children and grandson, and am grateful that I am able to share in their lives
- I love making a difference in the lives of others

- I love modeling the way for others and helping them to grow and succeed
- I love learning new things and experiencing the growth that comes from applying the new knowledge
- I love teamwork and relationships that produce fruitful results for everyone
- I love being part of a larger community of people who share my values and desires
- I love worship and the feelings of hope, joy and peace that it provides me
- I love achieving a goal or completing a project when I know I have given it the best I have to give.

Purpose - Why I Live & Work

- I live like Jesus to **Serve** others with my head, my hands and my heart
- I work like the apostle Paul to Strengthen others
- I live like Jethro (Reuel Friend of God) to *Empower* others by sharing wise, Godly coaching
- I work like Samuel (Heard by God) to *Inform* others through coaching and consulting regarding a clear path to his/her purpose
- I live like Barnabas (Son of Encouragement) to Encourage others
- I work like Nehemiah (Yahweh Consoles) to be sensitive to the needs of others, as well as, show them a model of *Perseverance* as they strive to live inside of his/her purpose
- I live like Jonathan (Jehovah's Gift) to be a loyal *Friend* to others in accomplishing their goals
- I live like Josiah (The Last Good King before the exile) to *Transform* others into a self-image that glorifies the Lord

Process - How I Will Do It

- I will do it by leaning on the power of the Holy Spirit to give me strength and courage to be persistent
- I will do it by preparing and achieving my Playbook of Productive Action (POP)
- I will do it by holding myself accountable and asking my wife to hold me accountable
- I will do it by asking my truth tellers, a few trusted people, to hold me accountable through loving and encouraging words
- I will do it by joining or creating a mastermind group, a few like-minded people, to inspire and challenge me to stay focused
- I will do it by living out my OPUS