

## Debi Markland's OPUS

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

### Over-arching Vision: My Big Dream

**Imagine a tribe** leading a life of purpose, passion, and endless possibilities that transform lives. A tribe that has discovered and is willing to embrace its own uniqueness - who you are, why you are here, and how you can lead a life of significance. A tribe that is unstoppable! A tribe making a positive difference – an impact in this world that only it can make on a global scale. A tribe living a liberated and harmonious life through God.

**Imagine a cause** focused on discovering and embracing **Your Own Uniqueness (YOU)**. A cause where your own unique calling and purpose is used to inspire greatness. A cause committed to allowing every aspect of life's journey to be used as a catalyst to transform you into the intended version of **YOU**. A cause to live life "full out" in marriages, families, organizations and communities. A cause committed to growth and total transformation where people are living out their God-given purpose.

**Imagine a space** where people strive in authenticity, integrity and love. Where lives are transcended to a realm of endless possibilities, wholeness, and significance. A space where people powerfully move their past out of their future in order to exist as they were created to be. A space where hope, love, and faith abound.

Imagine a tribe, a cause, a space.

### Purpose: The Defining Statement of My Work

Connecting you to a process that allows you to discover and embrace **Your Own Uniqueness**.

### Unifying Strategies: What's Necessary for me to Achieve this?

**Holistic Health** – by maintaining harmony in all areas of my life, I will be at my best and fully equipped to inspire and impact others.

**Personal Growth** – by adding value to myself, I add value to others. I can only give what I already possess.

**Collaborative Partnerships** - by connecting and collaborating with a select few like-minded people who think different thoughts but share the same values and diverse gifts, I will achieve my big dream.

**Empowering Resources:** by living out my OPUS and walking the talk, I am able to create content and provide processes to catalyze the tribe to discover and embrace their own uniqueness.

**Transformational Experiences** – by living powerfully and believing in others, I am capable of creating spaces that engage and challenge others to live out their unique calling and purpose.

**Score Card for Significance: How do I Know I am Hitting My Target?**

#### **Holistic Health:**

- **Spiritual** – having daily quiet times in prayer, reading and meditating to connect with God; investing time in my relationship with the Source of my existence. Surrounding myself with spiritual mentors and relationships.
- **Relational** – focusing on what matters most.
  - **My role and responsibility as a wife to my soulmate, Michael** - actively enriching and building my relationship with my number one relationship on earth. Scheduling date nights and planning times then making them a priority. Attending marriage seminars (at least one per year) and mini vacations just the two of us. Continuously finding ways to honor and support him.
  - **My role and responsibility as a mom to my 3 Little Marklands: Demi, Micaela and MJ** – Providing a haven of unconditional love, happiness and guidance with freedom for them to explore and discover their own uniqueness.
- **Physical** – honoring my body by consuming nutrition-rich, whole foods; exercising 3 to 5 times per week and getting adequate rest of 7 to 8 hours per day. Obtaining regular preventative care: chiropractic care; acupuncture and massage.
- **Mental / Emotional** – Scheduling time to visit with myself, unplugging from social media and technology to rejuvenate and maintain a healthy emotional core; Engaging in activities and intentionally surrounding myself with people and situations that promote my emotional well-being. Listening to music and dancing in the rain.

#### **Personal Growth:**

- **Content** – investing time and money to consume and digest content that will assist me in helping others discover their own uniqueness.
- **Continuous Self-Improvement** – Engaging in continuous self-reflection, self- investment, and commitment to grow, to gain the tools and strategies to lead others.
- **Transformational Thinking** – Learning from teachers, mentors and coaches who challenge me to be the best “me” possible.

### **Collaborative Partnership:**

- **Tribe** – Building a tribe committed to discovering and passionately embracing their unique place in God’s plan for their life.
- **Cause** - Identifying programs that allow people consider and commit to the cause.
- **Space** - Designing locations (virtual and physical) that enable exploration, discovery, and transformation to take place.

### **Empowering Resources:**

- **Written** – Writing relevant information (from my thoughts, experiences and recommendations) in an authentic and passionate manner that will invite others to explore, discover and embrace their own uniqueness.
- **Verbal** – Speaking powerfully and truthfully using my own stories and message to empower, influence and embolden my audience to rethink their existence.
- **Visual** – Creating visual content that connects and engages the mind and captivates the heart.

### **Transformational Experiences:**

- **Teaching** – Identifying systems to teach information causing the generation of new thinking
- **Mentoring** – sharing experiences (successes and failures) that bring awareness and clarity to their own circumstance.
- **Coaching** – Working with a few high performers to assist with breakthrough results of discovering and embracing the answers that lies within.

### **SIX PACK**

#### **Worldview - What I believe:**

**God:** I believe that God is the creator of all things, the source of all existence and the genesis from which all things come forth. I believe that God desires to be in relationship with each of us. I believe that God’s greatest desire is for us to know how much he loves us and for us to experience his unconditional love.

**Faith:** I believe faith is the ability to see light with your heart when your eyes see only darkness. I believe faith is the space between fear and love. I believe that without faith, we are unable to live out our unique purpose in life.

**Family:** I believe family is the most important thing on earth. I believe that God uses the family to demonstrate his love, mercy and grace toward us. I believe that the values and principals taught and lived by a family can make a significant impact on the world. I believe my husband is the head of our family and that we are equal partners in our relationship to love, support and respect one another. As leader and co-leader of our family, we are equally responsible for (1)

modeling the lives of what it means to be true followers of Christ and (2) training and equipping our children to follow Christ in order to be valuable citizens in this world.

**People:** I believe that all people of every color, race, ethnicity, culture, physical ability or mental capacity are valuable in the eyes of God and were created with purpose. I believe I was born to contribute to and serve people by exhibiting God's unconditional love to them while connecting them to their unique purpose.

**Purpose:** I believe that it is our responsibility to pursue, discover and embrace our unique purpose in our lifetime. I believe that every experience in my life has equipped me to live out my unique purpose.

**Harmony:** I believe that because I strive to maintain harmony in my spiritual, physical, mental, emotional, intellectual realm, I will live a life of longevity, abundance and completeness.

**Pain/Tragedy:** I believe that whatever pain or tragedy you experience in life, it can make you stronger, wiser and more courageous if you allow it. I believe that on the other side of pain/tragedy lies blessings and an opportunity to experience God's intimate love and protection on a higher level.

**Happiness:** I believe that happiness is not a destination but rather it is a journey. I believe that happiness is a choice regardless of the circumstance and that it comes from within.

**Integrity:** I believe that integrity is synonymous with truth. I believe that my integrity is my word and my word is who I am. I believe that my actions, values, thoughts and principals must eclipse in order for integrity to exist.

**Story:** I believe each person has a unique story that only they can tell. I believe that by telling your story you can inspire and even embolden others to transform their lives and reveal the greatness within.

#### **Identity - Who I Am:**

I am a daughter of the Greatest Power that ever exist in this universe – I am a child of the Most High God.

I am saved by the sacrifice of Jesus Christ on the cross.

I am protected by God.

I am blessed by God.

I am loved, treasured and chosen by God.

I am uniquely and wonderfully made by God.

I am a wife who experiences God's wonderful grace and love through my husband.

I am a mother who is humbled by God's confidence in me to nurture, cherish and raise up my 3 precious children to love and respect Him.

I am a hero to my children.

I am a daughter, sister, aunt, and friend who is grateful for the love and support of my family.

I am an eternal learner.

I am a lover of people.

I am an author, speaker, coach and mentor.

I am a valuable contributor who intentionally adds value to others.

#### **Principles – What I value:**

I value God who is so generous, merciful and unconditional in his love.

I value the Bible because it is a wellspring of knowledge and the guidebook to live by.  
I value myself because I am precious and unique.  
I value my husband and our marriage which is rooted in God.  
I value my children and our individual relationships.  
I value my family and friends.  
I value community and tribe and the gift of learning from others and teaching others  
I value faith that makes it possible to continue even the darkest hours.  
I value spiritual, emotional, mental, and physical health.  
I value harmony in my life.  
I value time as one of the most precious resources given by God.  
I value life and the opportunity to make my existence count.  
I value integrity and authenticity.  
I value transformation and the chance to transcend into my very best self to help others.  
I value abundance and the privilege to help others.

### **Passion – What I love:**

I love speaking truth into peoples' heart.  
I love adding value to others and watching them transform.  
I love dancing in the rain.  
I love living full out.  
I love laughing out loud as much as I can.  
I love giving.  
I love harmonizing my life and helping others to do the same.  
I love helping others self-discover their purpose and passion  
I love doing God's will.  
I love helping others to come into an awareness of who God is and how much he loves them.  
I love being creative.  
I love working in collaboration with like-minded people.  
I love traveling and experiencing new people, places and cultures.  
I love making a positive difference in peoples' lives.  
I love being victorious especially when it is accomplishing something that dispels my limiting beliefs.  
I love people and helping them to achieve their hearts desires.  
I love learning.  
I love being an optimist – seeing the very best in people and situations.  
I love visiting with myself and reflecting.  
I love being me.

### **Purpose – Why I Live and Work**

I live and work out of gratitude to God.  
I live and work to transform into the best version of me.  
I live and work to inspire my children.  
I live and work to lead a life of significance

I live and work to help others share their unique stories to empower, encourage and embolden others to live their best life.

I live and work to leave a legacy behind.

I live and work to help others discover and embrace their purpose in life.

I live and work to help others find significance in their lives.

I live and work to be a light in the world.

I live and work to make a positive difference in the world.

I live and work to give hope and love to others.

I live and work to have financial abundance to live the life that I love and to contribute to others.

**Process POP– How I will do it:**