

CANVAS REBEL



Meet Codie Winslow

STORIES & INSIGHTS | JANUARY 9, 2023

We're excited to introduce you to the always interesting and insightful Codie Winslow. We hope you'll enjoy our conversation with Codie below.

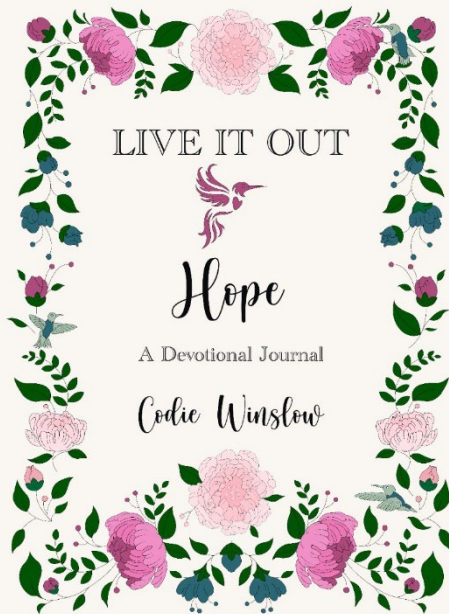
Alright, Codie thanks for taking the time to share your stories and insights with us today. Alright – so having the idea is one thing, but going from idea to execution is where countless people drop the ball. Can you talk to us about your journey from idea to execution?

In order to pursue my dream of becoming a published author, I started my own publishing company. Self-publishing has grown and become a successful way for writers to cross the bridge to becoming an author. I joined a local authors community as the first step. This provided me support and direction – the feeling I was not alone in my pursuits. Then I researched registering a business name, obtaining a business license, and designing a logo. I felt lost at first because my heart is in the writing part; I'm a creative. The step-by-step to starting a business was challenging for me and I felt discouraged at times. Consulting with the local Chamber of Commerce and friends who also had their own businesses helped me navigate the endless registration forms and websites. I also jumped into this endeavor near the beginning of the pandemic, so I took advantage of the time I had at home to actually sit down and write the book.

The dream became a reality day by day as I drafted chapters and worked with an editor to polish them. The best thing I can share



about the process is that you have to take the next step. It can be overwhelming, so focusing on the page or part that was in front of me each day helped me to see it through.





Codie, love having you share your insights with us. Before we ask you more questions, maybe you can take a moment to introduce yourself to our readers who might have missed our earlier conversations?

For as long as I can remember, I have been awestruck by words. I knew they had power from a very young age, and I was mesmerized by the thrill I felt when I scribbled out my 5-year-old thoughts, my 8-year-old thoughts, and my 15-year-old thoughts. I used words a lot, on paper and out loud – still do. Sharing words from my heart is like wearing a special dress, it makes me feel wonder and want to twirl around so the skirt floats magnificently on the air. Wide-eyed, crazy-curly-haired little me has known the tug of words and I can't un-know it.

I followed the passion to express myself through writing and authored my first book in 2021, called *LIVE IT OUT – Hope, A Devotional Journal*. *LIVE IT OUT – Hope, A Devotional Journal* is a glimpse into my personal story of perseverance and an invitation to reflect on and commit to living out hope in your daily life. I share how I overcame the pain of divorce and marital betrayal as well as how I tackle the struggles of everyday life – mindset, parenting, shame, self-image, and sin.

I believe that we are called to steward the story of our lives well and share it with others so we can overcome life's challenges together and know that we are not alone. This is the focus of my writing, speaking, and publishing. I am most proud of the opportunities I've had to connect with others on a personal level and inspire them to live out hope in their lives through the faith practices of devotional reading, reflective journaling, and making a commitment to action.



Are there any books, videos or other content that you feel have meaningfully impacted your thinking?

In July of 2020 just months after the pandemic started, I attended a Tony Robbins Unleash the Power Within seminar. And when I say attended, it was a live, virtual conference. I was alone in a hotel room jumping up and down and breaking a board that was balanced on a chair all by myself. But Tony made me feel as though I was there with him in the room along with almost a million other entrepreneurs and people from around the world who were trying to understand how to take life to the next level. I had heard of him before, but I wasn't familiar with his work.

Tony Robbins helped me address my mindset so that I could be accountable for the story I was telling myself about becoming an author. The principles he teaches on growth mindset, the human needs of growth and connection, strategy, ownership, and personal breakthrough gave me the confidence to take the steps to fulfill my dream.

He is sincere and that authenticity really spoke to me.

For you, what's the most rewarding aspect of being a creative?

I feel strong when something I write impacts another person's life. Recently, I had the opportunity to share my book with a young woman who grew up in a cult. Her impressions of God and faith were skewed by the confusing and hurtful experiences she was exposed to as a kid. She had broken away from the way she was raised but still struggled to find hope and trust that God was good and had a plan for her life.

As she began to read my book and the stories from my life about hope, she was moved. Since she has opened herself up to discovering who God is and can be in her life apart from her past.

Words are powerful. When we share our stories of perseverance and overcoming, others find hope. This is the reward.

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