## **Objective & Big Idea:**

Overview of the 4 components of the Life-Making Cycle and how this helps them to step into life design as a lifestyle; tools that help your LifePlan become seamlessly integrated into everyday life, even when real life comes to your doorstep.

**BIG IDEA: The goal of the Life-**Making Cycle is to make you unconsciously competent at living out your known-andnamed Life Younique.

### How it Works:

Introduce the 4 components and their purpose.

Invite participants to choose time and place for Weekly Reflection and calendar block for quarterly and annual planning over next 3 years.

Plugging their NOW Rhythms into their calendar is also a helpful accountability they may want to consider.

Encourage them to utilize the Vision Journey checklist and be certain they have completed each tool for a strong Vision Frame foundation to live out.







# **Coaching Tips:**

This session is a time to acknowledge the reality that real life WILL come to their doorstep even amidst a good LifePlan. However, their complete LifePlan equips them to better discern their way forward in the midst of the unexpected and the unplanned.



### **Reference:**

90 Day, pg. 2-5



#### Life-Making Cycle How to Review and Renew Your Younique LifePlan

Your Younique LifePlan is the completed Vision Frame and Horizon Storyline. Together, these Your **Younique LifePlan** is the completed Vision Frame and Horizon Storyline. Together, these represent four codified expressions that declare your identity (LifeCa, LifeSeps and LifeSeps and LifeSeps and next week of your Horizon Storyline). Another way to think of your LifePlan is that there are four disas to master identify or self-awareness in life and four things to master direction or visionary planning in life.

The goal of the Life-Making Cycle and the took section of visuality parameters in the section of visuality parameters in the section of visuality parameters in the section of visuality of visuality of the section of visuality of unconsciously competent at any task without moving through a phase of "conscious competence," the phase where you are practicing, stumbling, and learning with conscious effort.

#### HOW DOES THE LIFE-MAKING CYCLE WORK?

The Life-Making Cycle is the built on three rhythms of review as you allocate daily energy, attention, resources and love to live from your LifeCall. We think of this as making your most meaningful life. While we speak to the importance of daily allocation of your life, we do not embed tools at the daily level. This omission is interitoinal. We believe that each individual must strive to be aware of their plan on a daily basis, as a result of a prescribed weekly review. As a reminder, even though we don't have a daily tool prese, you will most likely have at least one daily rhythm step in one of your storylines as you move toward your 90-day goal.

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#### Life-Making Cycle (continued) How to Review and Renew Your Younique LifePlan

CALENDAR BLOCKING - THE FIRST BIG APPLICATION STEP Fifty percent of accomplishing the Life-Making Cycle is calendaring and 'time-blocking' in advance. This step is to important we want to give you time to calendar while we are defining and recommending the renewal rhythm.

Reflect Weekly: What is the best time and place for you on a weekly basis?

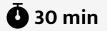
Quarterly Planning and Annual Retreating: What days will you plan to spend 2-4 hours for planning? On every fourth quarterly planning time slot you will do an annual retreat for 1-2 days. The annual retreat is indicated by the shaded box below: Year One: 4 quarterly pla

rear One: 4 quarterly planning days with one annual retreat that includes quarter				
Year Two: 4 guarterly p	lanning days with one ar	nnual retreat that include:	auarterl	

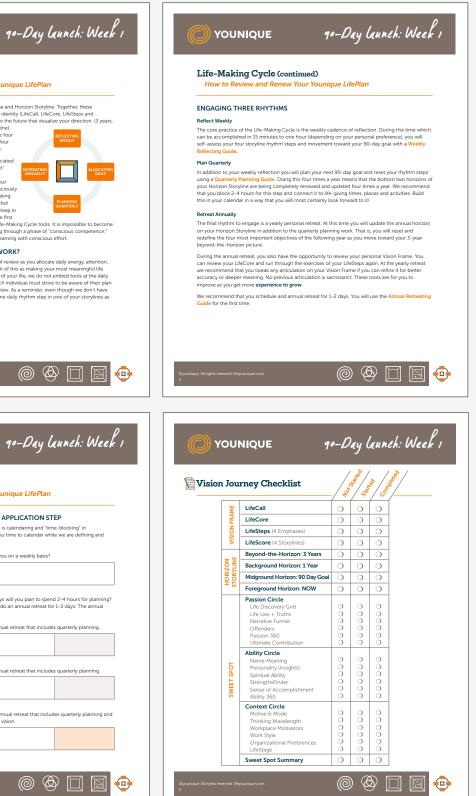
Year Three: 4 quarterly planning days with one annual retreat that includes quarterly planning and a three-year renewal of the beyond-the-horizon vision

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### Life-Making Cycle