



STUDENT LIFE PLAN

*8-SESSION GUIDE TO SHAPE
YOUR FUTURE*

Participant Workbook - v2.0

Live Your Design! | LifeYounique.com

BEFORE YOU BEGIN

Welcome to Younique Students!

Over the next eight sessions you and your group will get a powerful taste of what it feels like to live a life inspired by your God-given purpose. You will begin to discover some of what makes you unique and just how amazing God made you to be. The new things you learn about God and yourself you may have never thought about before. But God has been thinking about you from before you were born. You are a one-of-a-kind created masterpiece. Younique Students is built to help you see that for yourself.

We hope that you will press in fully to all of the fun and even the difficult exercises that you will experience along the way. We can promise you that it will be worth it! Most students are just going about their day moving from thing to thing, never really knowing why they were created and what they have to offer to the world. But in this eight-session journey, we believe that you will uncover truths about God and yourself that will change how you think about your life every day.

You are about to get an amazing sneak peek into your one-of-a-kind divine design. And the best part is you don't have to do it alone; you get to do it with trusted leaders and good friends.

We truly believe that you were not made on accident. You have an important role to play in all that God is doing in the world. We hope that you are ready to find out what that is and who you are.

So, buckle your seatbelt and get ready for the ride!

Enjoy the journey!

THE YOUNIQUE TEAM

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SESSION 01

MY STORY





Big Thought

You are more _____ than you _____.

 **TEXT: EPHESIANS 2:10**

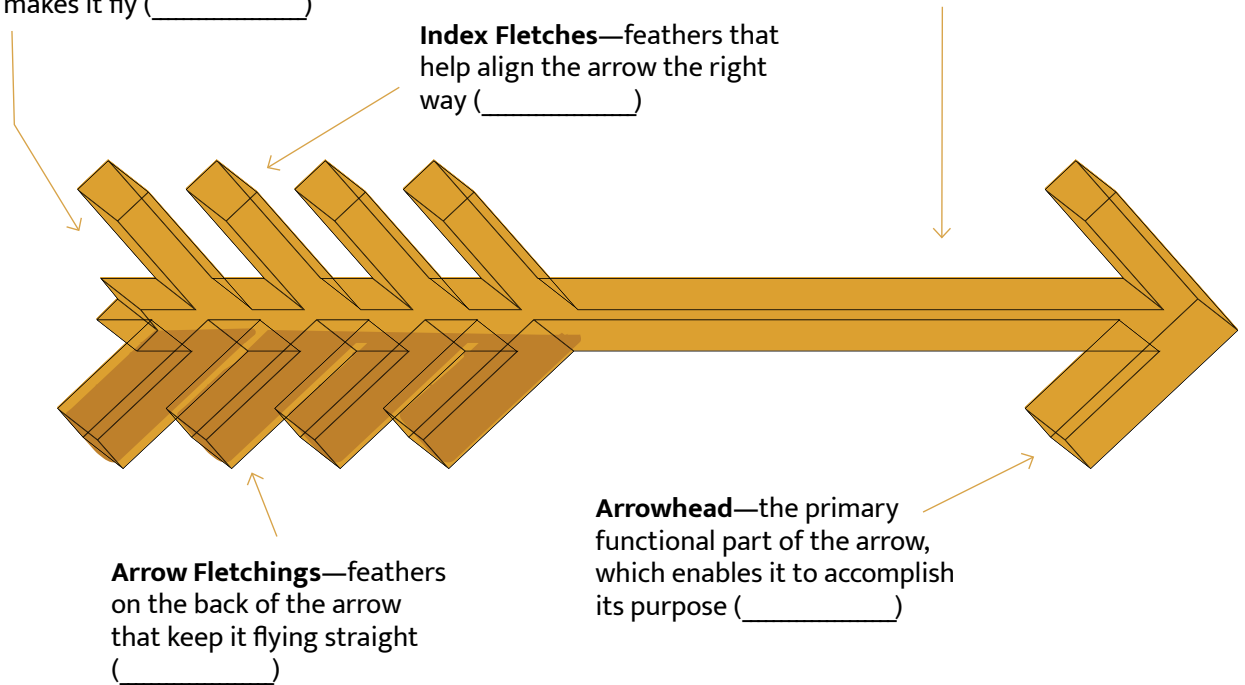
Notes

The Arrow

Arrow Nock—plastic tip that connects the arrow to what makes it fly (_____)

Index Fletches—feathers that help align the arrow the right way (_____)

Arrow Shaft—primary structural part of the arrow to which the other components are attached (_____—God's story and your story together)



Arrow Fletchings—feathers on the back of the arrow that keep it flying straight (_____)

Arrowhead—the primary functional part of the arrow, which enables it to accomplish its purpose (_____)

Ten Moments

Take a few minutes to brainstorm a list of ten moments in your life that have made the biggest impact on the person you are today. This list should include both high points and hard times:

FIVE HIGH POINTS

1. _____
2. _____
3. _____
4. _____
5. _____

FIVE HARD TIMES

1. _____
2. _____
3. _____
4. _____
5. _____

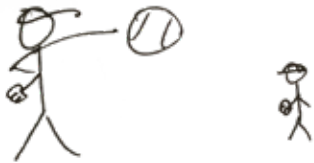
After you have listed ten moments, circle the six most important moments. Then write those six in chronological order from the earliest in your life to the latest in your life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Six-Sketch Storyboard - *EMMA EXAMPLE*

Draw a simple picture of your top six hinge moments of your life in the order they happened in the six boxes below:

1. *PEACEFUL PAPA DAYS*



4. *WATERMELON SUGAR TIME*



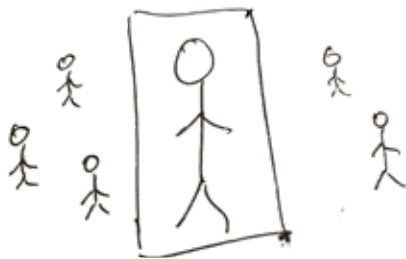
2. *IMPRINTS IN THE SAND*



5. *STEPPING UP TO THE STARTING LINE*



3. *ONLY LONELY DAYS*



6. *TRY, TRY AGAIN*



Six-Sketch Storyboard Title: *IF AT FIRST YOU DON'T SUCCEED...*

Six-Sketch Storyboard

Draw a simple picture of each of the six most impactful moments of your life in the order they happened in the six boxes below.

1.	4.
2.	5.
3.	6.

Six-Sketch Storyboard Title: _____

**NO, WE NEITHER MAKE
NOR SAVE OURSELVES.
GOD DOES BOTH THE
MAKING AND SAVING.
HE CREATES EACH OF
US BY CHRIST JESUS
TO JOIN HIM IN THE
WORK HE DOES, THE
GOOD WORK HE HAS
GOTTEN READY FOR US
TO DO, WORK WE HAD
BETTER BE DOING.**

EPHESIANS 2:10 - (THE MESSAGE)

Insights to Share

As you look at your Six-Sketch Storyboard, take a few minutes to identify a few insights that you have gained through this exercise. Be sure to include these insights when you share your story with your group.

Insight #1: Celebration

Which picture from your Six-Sketch Storyboard represents your biggest celebration? Why?

Insight #2: Struggle

Which picture from your Six-Sketch Storyboard represents your greatest struggle or pain point? What was the biggest lesson you have learned from this pain point in your life?

Insight #3: Heroes

Who (besides God) has had the biggest impact on your story? Why? (List up to 3 people.)

Insight #4: Presence

Where in your story have you sensed God's presence most? Why?



IF YOU WANT TO
IDENTIFY ME, ASK
ME NOT WHERE I
LIVE OR WHAT I
LIKE TO EAT OR HOW
I COMB MY HAIR BUT
ASK ME WHAT
I AM LIVING FOR

THOMAS MERTON

SESSION 02

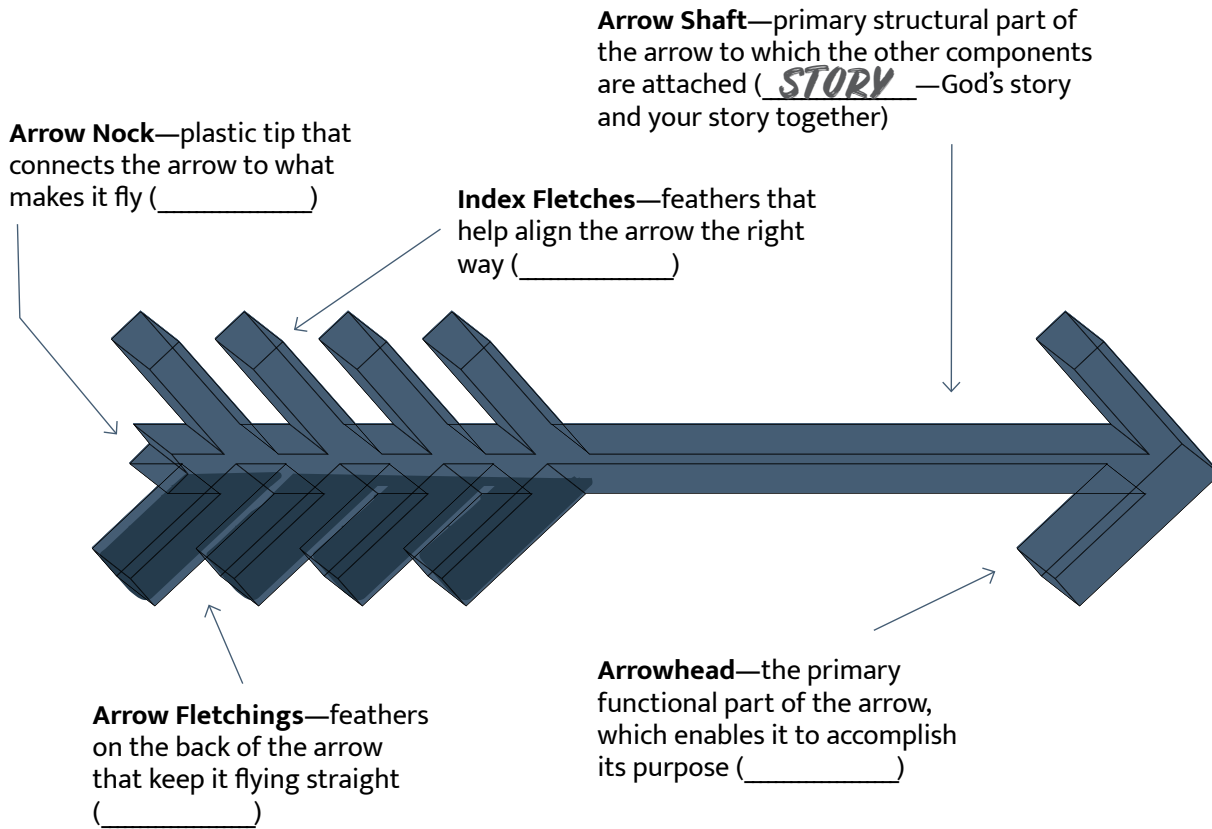
MY GIFTING

(PART 1)





The Arrow



 **Big Thought**

Your gifts are a _____ of your divine _____.

 **TEXT:** 1 SAMUEL 17:1-37

Notes

Name Meaning

Fill out the following chart by looking up your name and finding out what it means.

	Your Name	What Your Name Means
First Name		
Middle Name		
Last Name		
Nickname		
(Names spoken over you, like "Student Leader")		



A JOB IS
WHAT YOU
ARE PAID FOR;
A CALLING IS
WHAT YOU ARE
MADE FOR.

HOWARD HENDRICKS

SESSION 03

MY GIFTING

(PART 2)



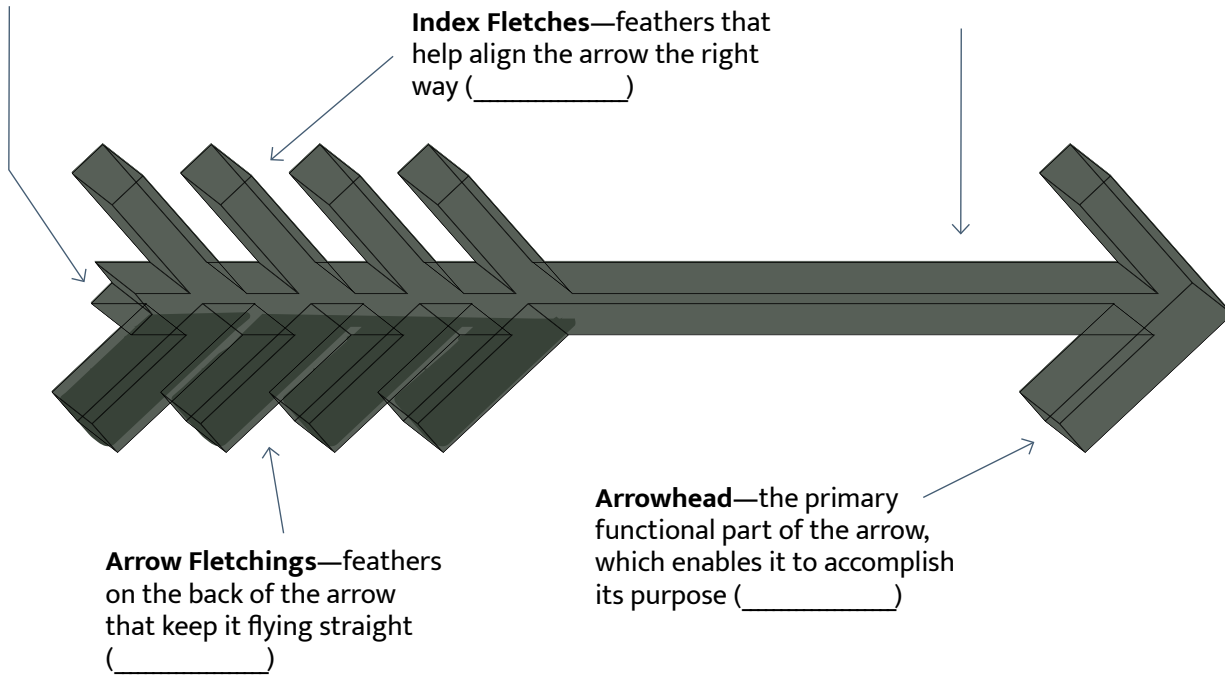


⬆️ The Arrow

Arrow Nock—plastic tip that connects the arrow to what makes it fly (GIFTING)

Arrow Shaft—primary structural part of the arrow to which the other components are attached (STORY —God’s story and your story together)

Index Fletches—feathers that help align the arrow the right way (_____)



Arrow Fletchings—feathers on the back of the arrow that keep it flying straight (_____)

Arrowhead—the primary functional part of the arrow, which enables it to accomplish its purpose (_____)

Big Thought

You were made _____ in order to make a _____.

 **TEXT:** EPHESIANS 4:4-13

Notes

APEST 5 Giftings lifeyouunique.com/APEST

1.

2.

3.

4.

5.

MY APEST GIFTINGS

1.

2.



PERSONALITY PREFERENCES

lifeyouunique.com/assessments

Extraversion – you prefer to experience life out loud with the people and things around you

Introversion – you prefer to experience life by talking inside yourself with your own thoughts

Hands-On – you prefer dealing with what your eyes see

Theoretical – you prefer dealing with what your mind or heart recognizes

Objective – you prefer to evaluate things by what seems to be true

Subjective – you prefer to evaluate things by what seems good to you

Planned – you prefer things to be figured out ahead of time and seeing them neatly concluded

Spontaneous – you prefer living one day at a time and keeping your options open

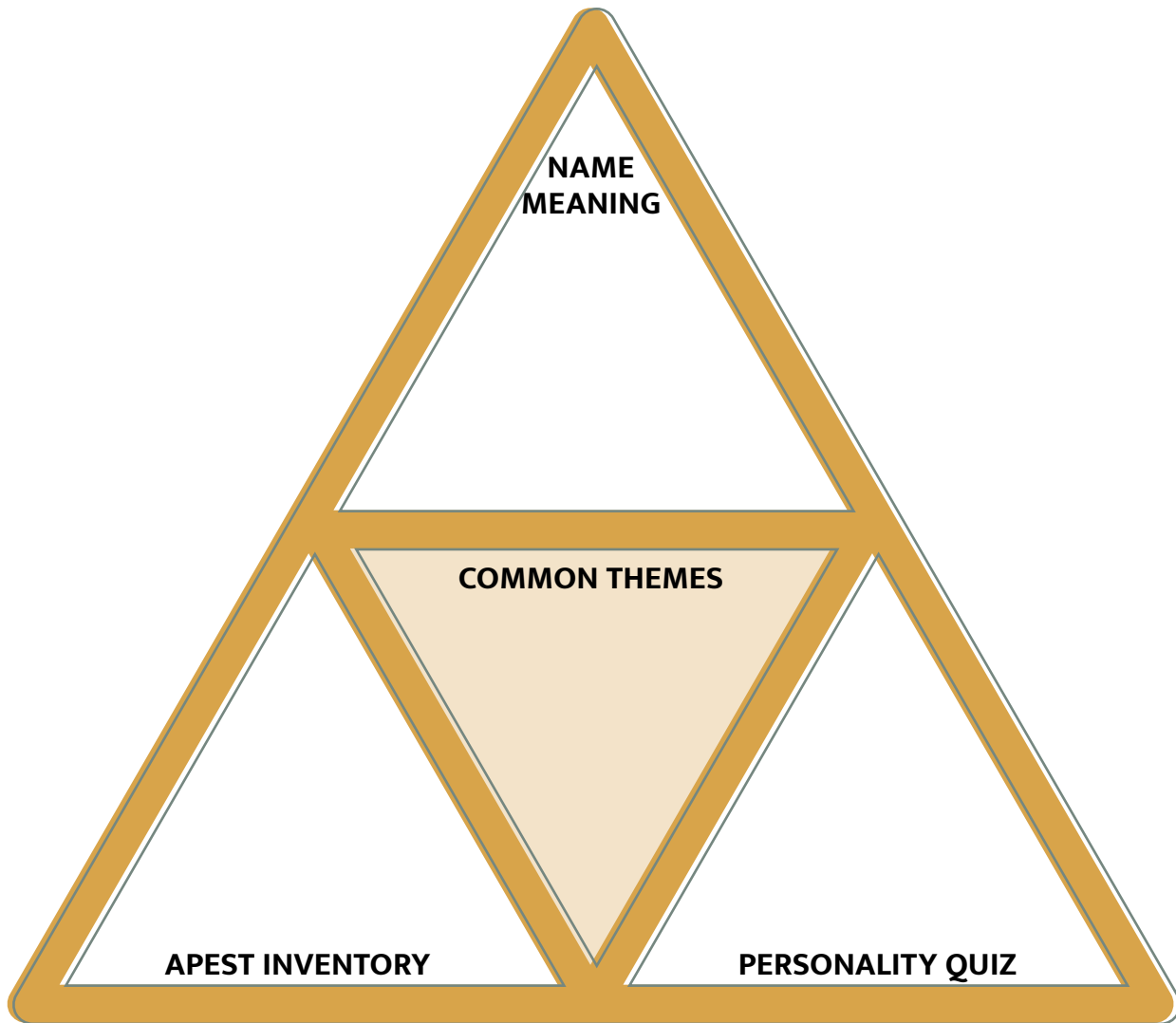
Mover – Movers Value Freedom. The Mover personality style is courageous, exploratory, and playful. Movers seek action and adventure. They crave variety and enjoy improvising. If the Mover personality style is your dominant style, you are good at thinking on your feet. Your mind automatically finds the fastest way to do things and make them fun. You change your course as often as is needed and aren't likely to let bumps in the road slow you down. Hands-On + Spontaneous = Mover Personality Style

Connector – Connectors Value Relationship. The Connector personality style is considerate, cooperative, and encouraging. Connectors seek harmony and personal connection. They prefer to make decisions that feel good and are in alignment with their values. If the Connector personality style is your dominant style, it is natural for you to interact with others and to connect meaning to events. You are good at recognizing strengths in others and getting consensus. You place a high importance on personal growth. Theoretical + Subjective = Connector Personality Style

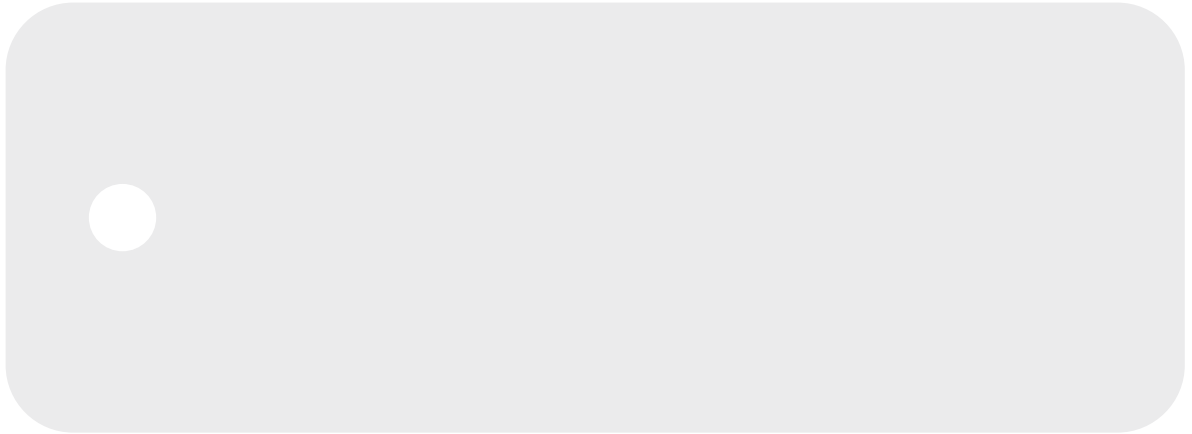
Thinker – Thinkers Value Competency. The Thinker personality style is curious, logical, and self-sufficient. Thinkers seek clarity and knowledge. They prefer to make calculated decisions. If the Thinker personality style is your dominant style, you explore all aspects of an issue and can't help but suggest new ways of doing things. You need time to think before making decisions. You can be fiercely independent and value your privacy. Theoretical + Objective = Thinker Personality Style

Planner – Planners Value Responsibility. The Planner personality style is organized, prepared, and dependable. Planners seek order and fairness. They crave consistency and things in their place. If the Planner personality style is your dominant style, you are naturally able to distinguish right from wrong. You like to keep your personal space well-tended and pay attention to details. You seek a sense of completion and enjoy crossing items off a list. Hands-On + Planned = Planner Personality Style.

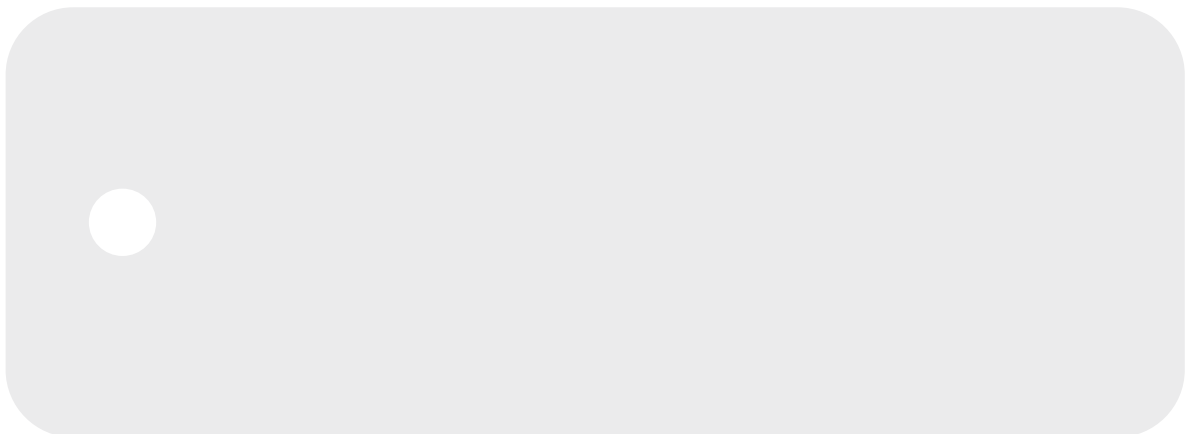
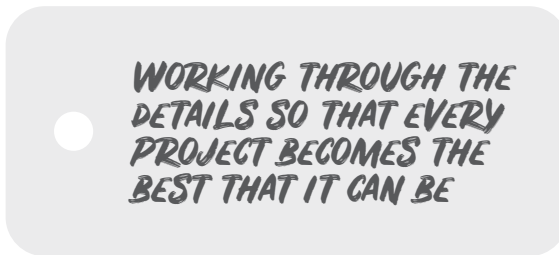
Gifting Pyramid



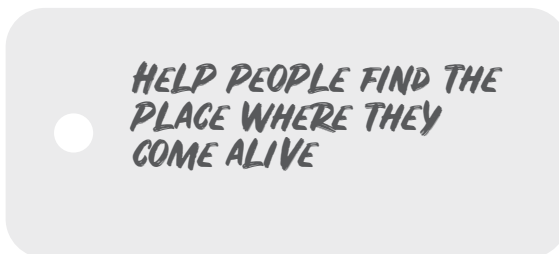
Gifting Tags



EXAMPLE 1



EXAMPLE 2



SESSION 04

MY PASSION

(PART 1)



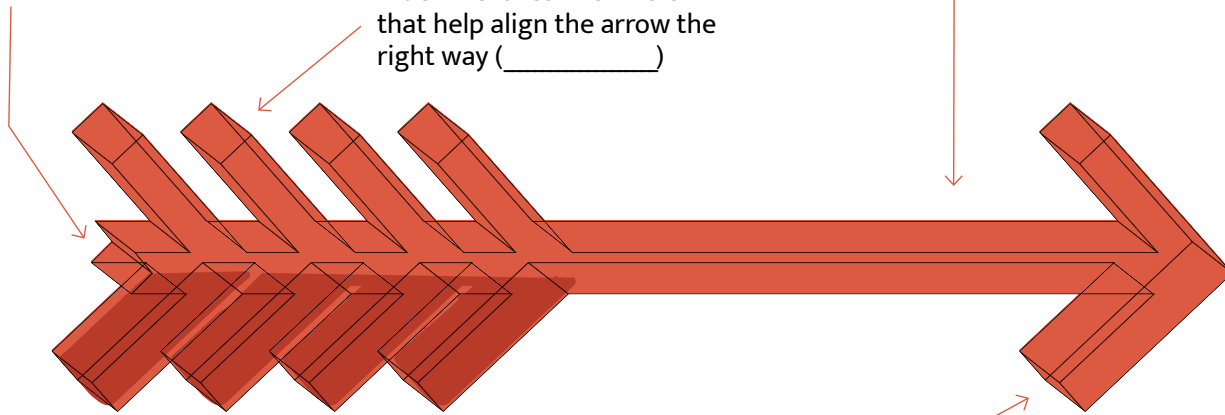


The Arrow

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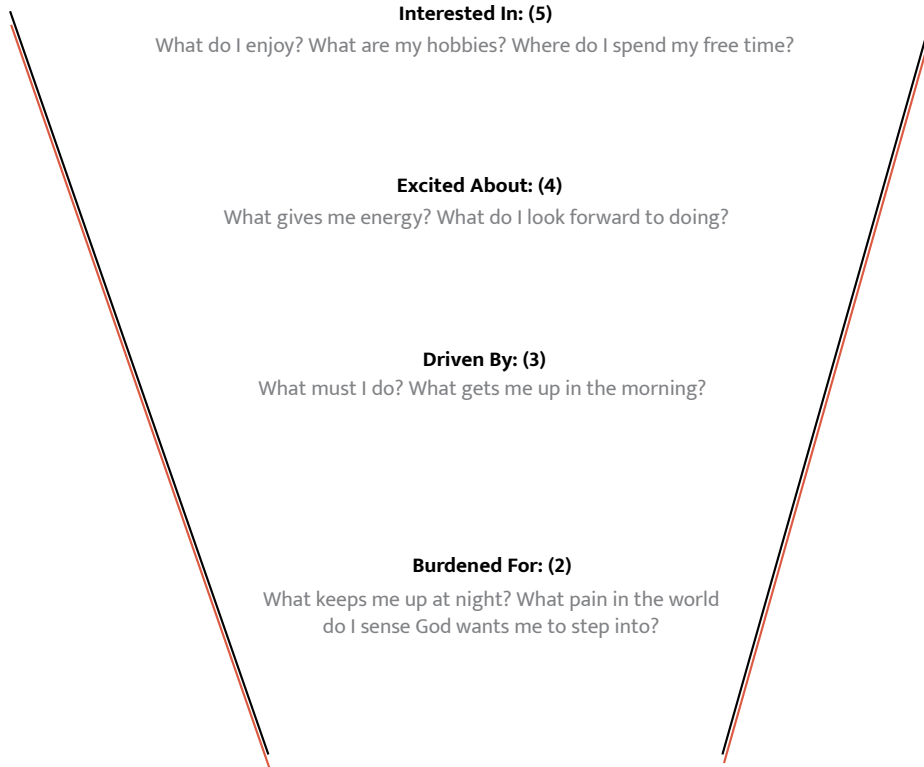
Big Thought

Avoid the _____ by naming your _____.

 TEXT: 2 CHRONICLES 1:1-13

Notes

The Passion Funnel



PASSION:

A conviction that becomes contagious because it withstands the test of pain.

What five words from the funnel above best describe your Passion?

The Passion 360

For your Passion 360 interview, text something like the following statement below to eight people: two parents, grandparents, or people who are like parents to you; two teachers, coaches, or other adult leaders in places you go; two friends; two other people of any category. Record their answers in the boxes below.

Hi! I'm going through a program called Younique that's helping me learn more about myself. Would you help me? As you see it, what THREE words describe what I am most passionate about? (These words aren't for describing me; they're to describe my passions.) Text back three words only, please. Thank you!

FAMILY

1.	<input type="text"/>
2.	<input type="text"/>

TEACHERS/COACHES

1.	<input type="text"/>
2.	<input type="text"/>

FRIENDS

1.	<input type="text"/>
2.	<input type="text"/>

OTHER

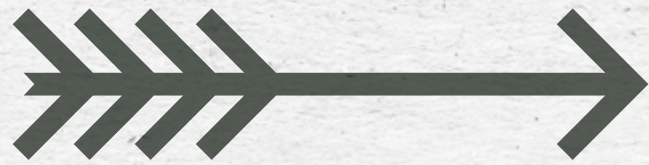
1.	<input type="text"/>
2.	<input type="text"/>

SESSION 05

MY PASSION

(PART 2)



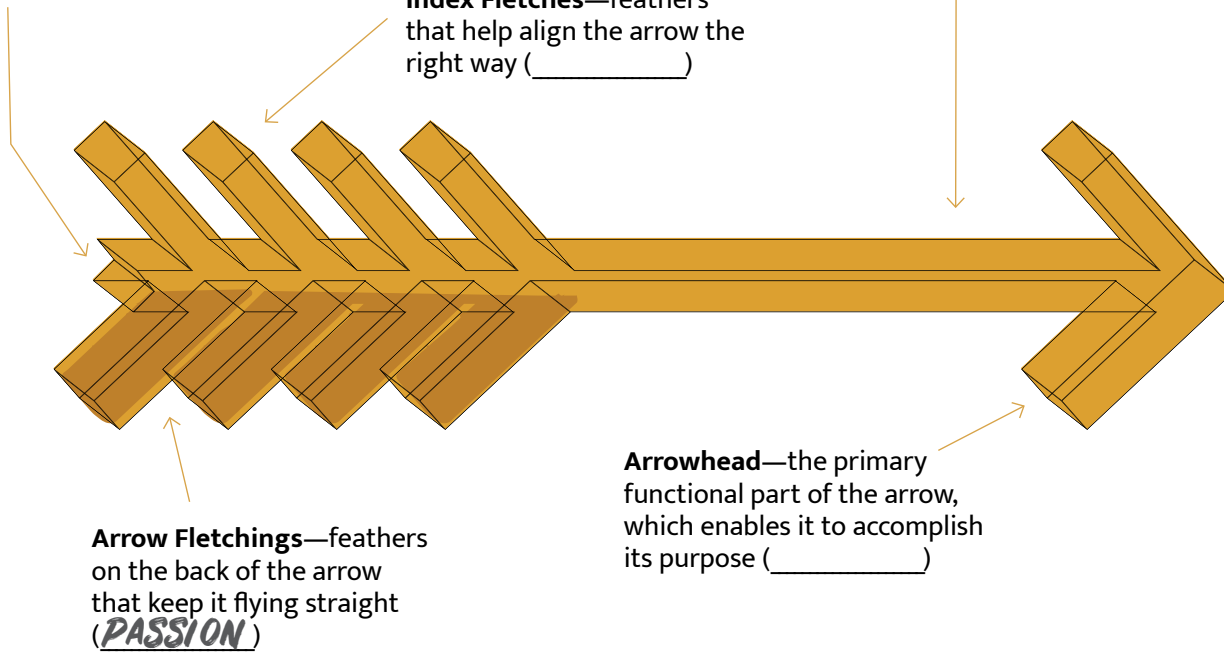


⬆ The Arrow

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Index Fletches—feathers that help align the arrow the right way (_____)



Arrow Fletchings—feathers on the back of the arrow that keep it flying straight (PASSION)

Arrowhead—the primary functional part of the arrow, which enables it to accomplish its purpose (_____)

Big Thought

Your passion _____ through the pain you _____.

 TEXT: HEBREWS 12:1-3

Notes

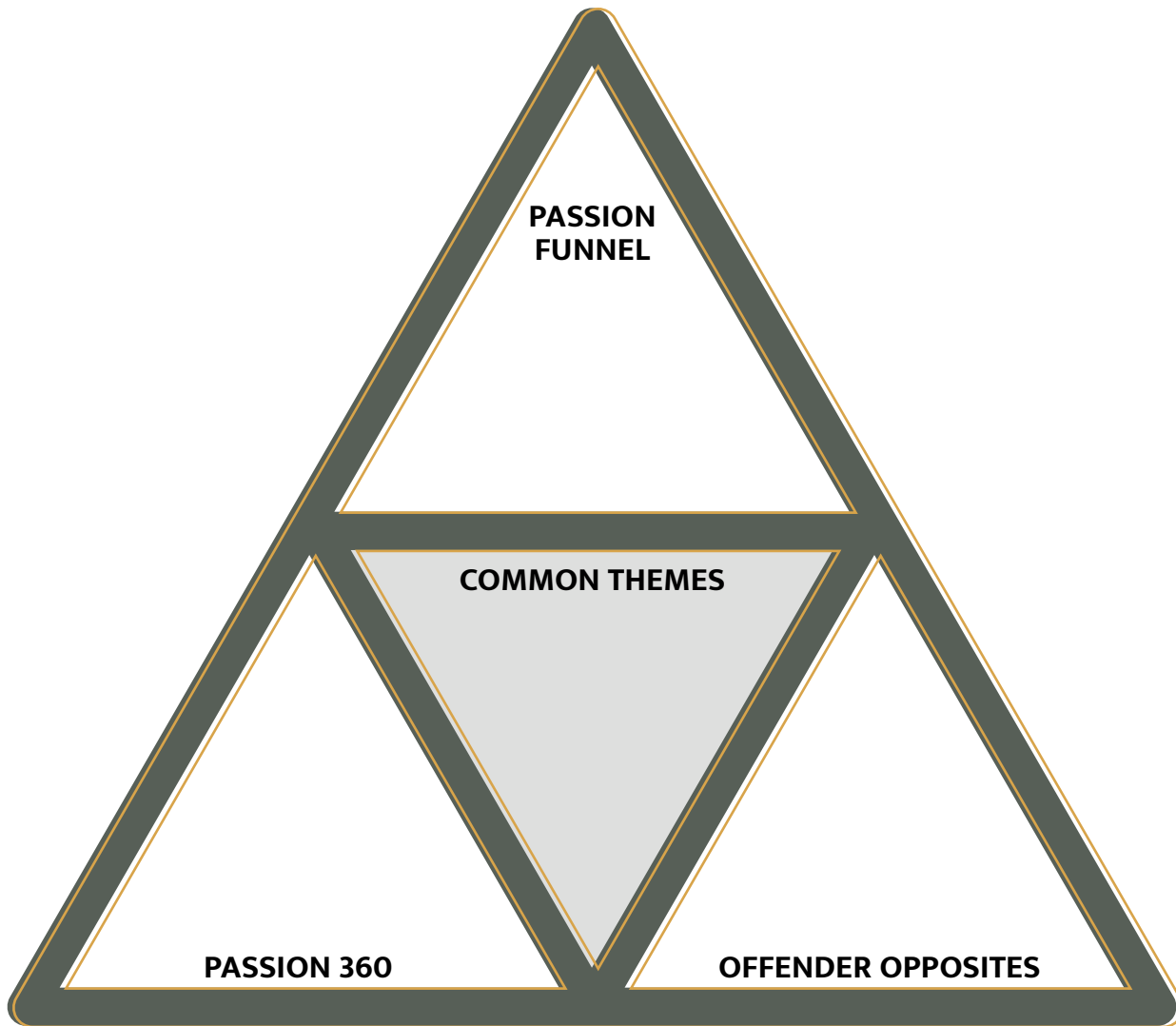
Offender Opposites

Offender	One-Word Summary	Opposite (Antonym)
(Example) People acting like something they're not	Fakeness	Sincerity

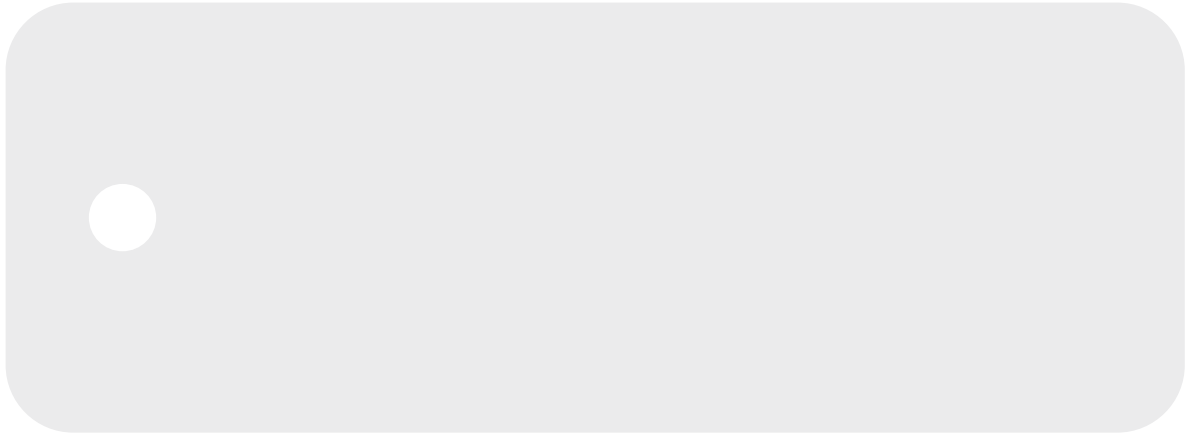
Storyboard Convictions

Sketch	Passion
<p>(Example) Being pushed away from the lunch table I wanted to sit at</p>	<p>Belonging for everybody</p>

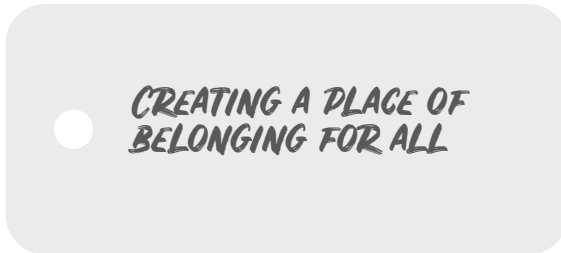
Passion Pyramid



Passion Tags



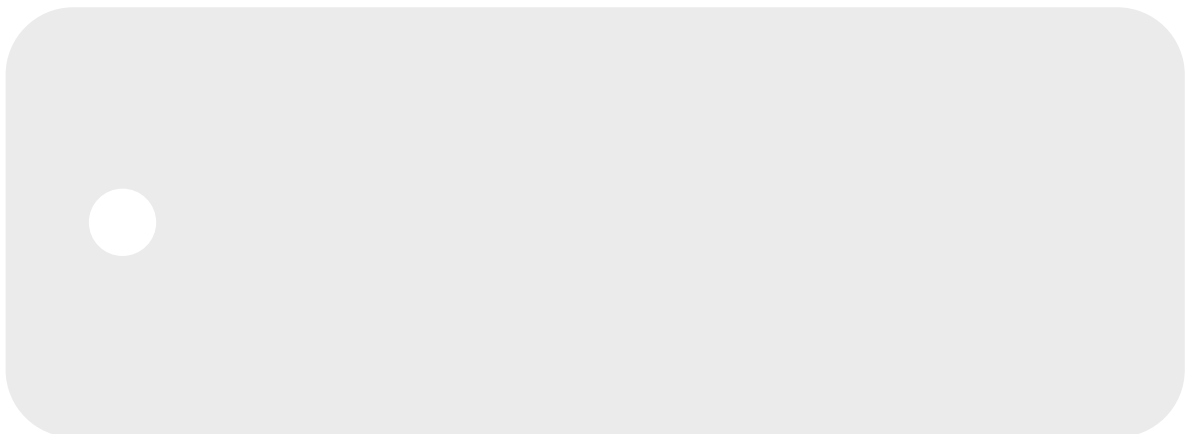
EXAMPLE 1



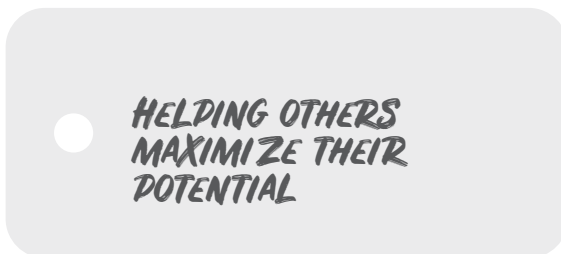
CREATING A PLACE OF BELONGING FOR ALL



CREATING ORDER OUT OF CHAOS



EXAMPLE 2



*HELPING OTHERS
MAXIMIZE THEIR
POTENTIAL*



*CONFRONTING INJUSTICE
SO THAT OTHERS CAN
MOVE FORWARD*

SESSION 06

MY CALLING



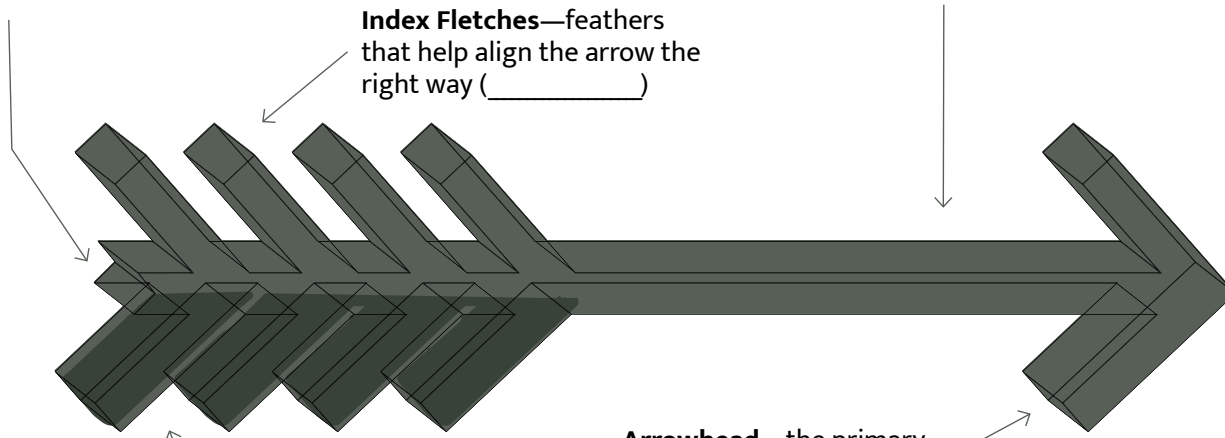


⬆ The Arrow

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Big Thought

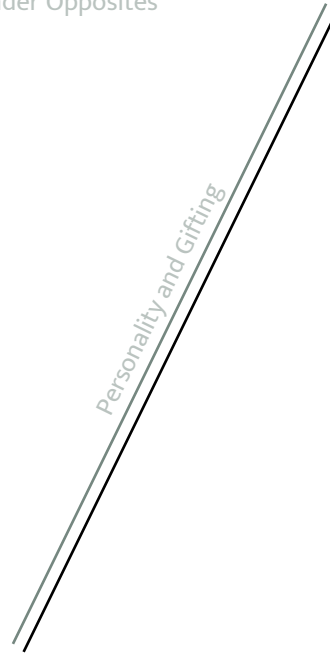
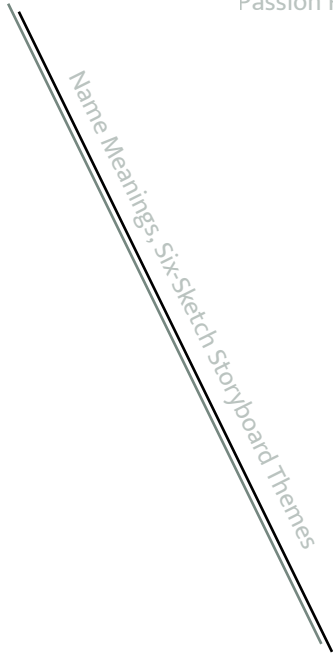
Your best _____ is to live out your _____.

 **TEXT:** ESTHER 4:10-14, 15-16

Notes

▼ Uniqueness Funnel

Passion Funnel, Passion 360, Offender Opposites



How these different elements tie together to describe me.

Two Word Examples

I exist to honor God and help others by

_____ing_____.

TWO WORD EXAMPLES

- **Will:** Applying Essence
- **Susan:** Designing Enjoyment
- **Drew:** Building Teams
- **Carl:** Motivating Leaders
- **Mary:** Restoring Value
- **DJ:** Engaging Break-thru
- **Chad:** Nurturing Strategy
- **William:** Making Connections
- **Kathryn:** Manifesting Joy
- **Kelly:** Empowering Momentum

Notes

“Two Word” Worksheet

1. _____

21. _____

2. _____

22. _____

3. _____

23. _____

4. _____

24. _____

5. _____

25. _____

6. _____

26. _____

7. _____

27. _____

8. _____

28. _____

9. _____

29. _____

10. _____

30. _____

11. _____

31. _____

12. _____

32. _____

13. _____

33. _____

14. _____

34. _____

15. _____

35. _____

16. _____

36. _____

17. _____

37. _____

18. _____

38. _____

19. _____

39. _____

20. _____

40. _____



BE WHO GOD
MEANT YOU TO
BE AND YOU
WILL SET THE
WHOLE WORLD
ON FIRE.

ST. CATHERINE OF SIENA

SESSION 07

MY VALUES





The Arrow

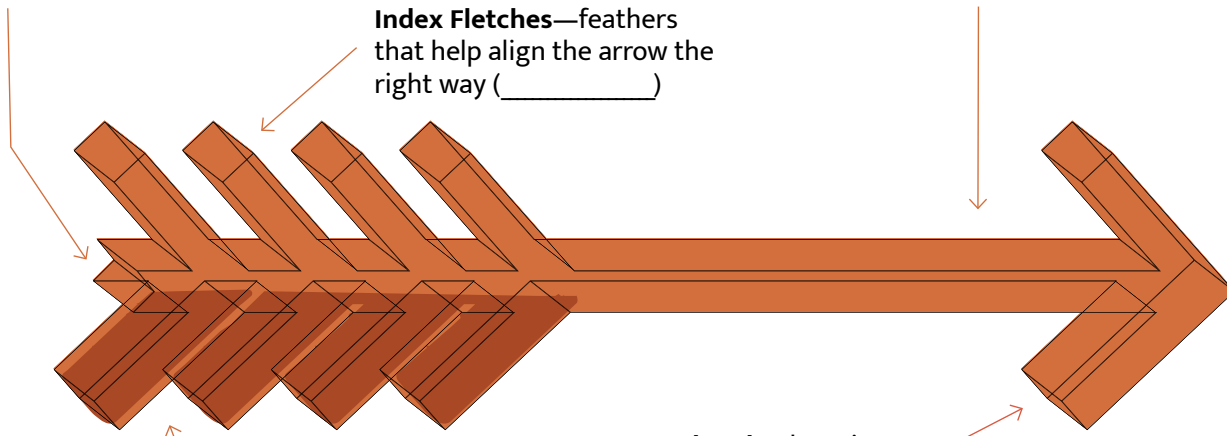
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Arrowhead—the primary functional part of the arrow, which enables it to accomplish its purpose (CALLING)



Big Thought

Live into your _____ by holding onto what is _____.

 TEXT: MARK 8:33-38

Notes

★ Last Values Standing

- Control
- Feeling good
- Protecting nature
- Helpfulness
- Faith
- Neatness
- Being the best
- Risk-taking
- Beauty
- Honesty
- Politeness
- Strong country
- Being in charge
- Creativity
- Freedom
- Different perspectives
- Mercy
- Duty
- Following rules
- Skill
- Fun
- Privacy
- Justice for the weak
- Loyalty
- Respect for authority
- Stable family
- Having plenty
- Variety
- Wisdom
- Responsibility
- Humility
- Returning favors
- Winning
- Discovery
- Equality
- True friendship
- Self-discipline
- Good health
- Reputation
- Enjoyment
- Making my own choices
- Peace between people
- Connection to God
- A healthy balance
- Influence
- Excitement
- Deep love
- No one causing trouble
- Recognition
- Inner peace
- Tradition
- Intelligence
- Oneness
- Meaningful life
- Belonging
- Self-respect
- Self-reliance

*List of values adapted from Jacob Morris's game The Values Deck,
<https://www.kickstarter.com/projects/discoveryourvalues/the-values-deck> (accessed August 18, 2019).*

LifeCore Worksheet

1. Core Value =

... because

2. Core Value =

... because

3. Core Value =

... because

4. Core Value =

... because

LifeCore Worksheet - Examples

ANNA R.

1. Embrace CHANGE

... because progress happens through it.

2. Build TEAM

... because possibilities are enlarged by it.

3. Provide ORDER

... because pathways are cleared due to it.

4. Speak VALUE

... because people are motivated because of it.

RICHARD K.

1. Playful CURIOSITY

... because angels fly.

2. Intellectual INTEGRITY

... because the mind is a terrible thing to waste.

3. Leadership VITALITY

... because the gospel is for the up & in as well as the down and out.

4. "All of life" MINISTRY

... because there is no divide between the sacred and secular.



EVERY PERSON
BORN INTO THIS
WORLD REPRESENTS
SOMETHING NEW,
SOMETHING THAT
NEVER EXISTED
BEFORE, SOMETHING
ORIGINAL AND UNIQUE.

MARTIN BUBER

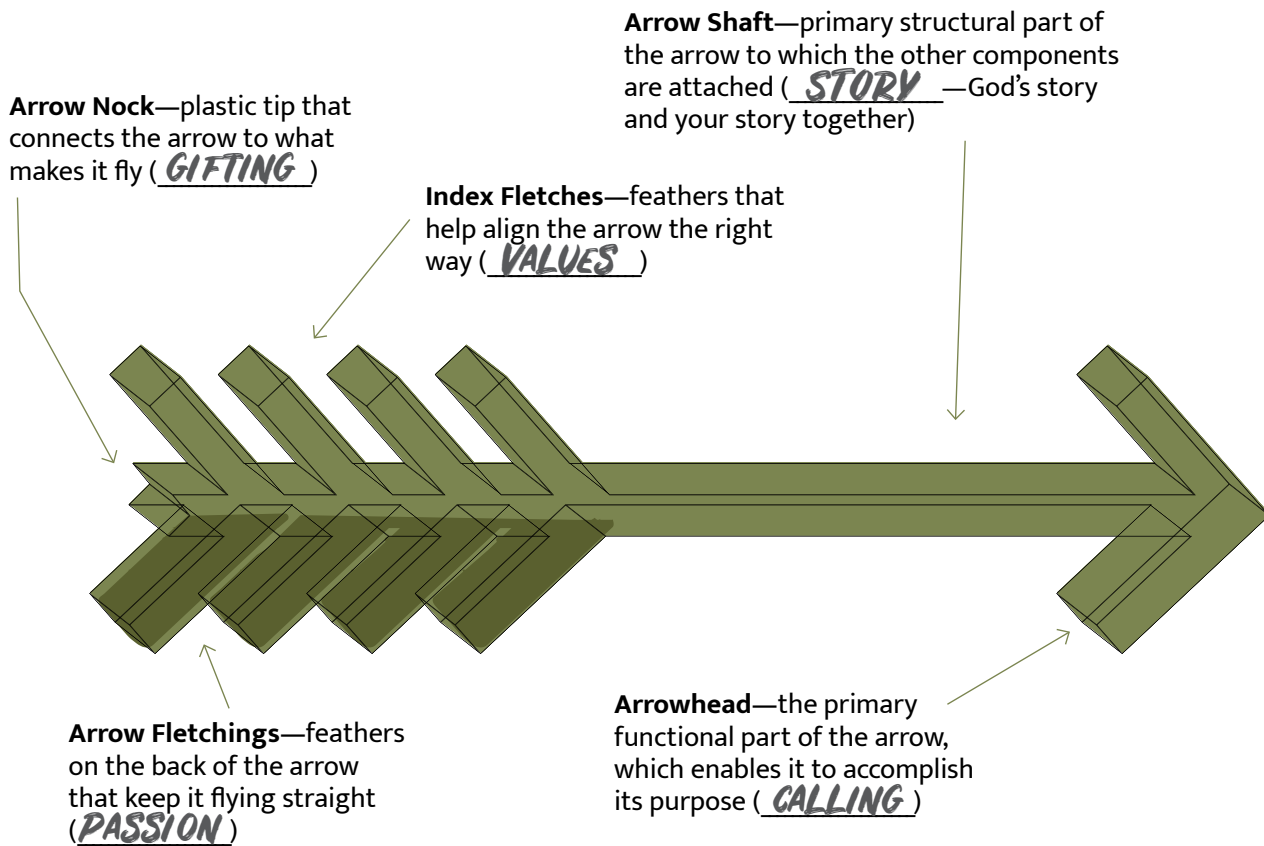
SESSION 08

ME AND UNITY





⬆️ The Arrow



Big Thought

The church is where _____ is turned into _____.

 TEXT: I CORINTHIANS 12:12-26

Notes

SESSION B1

MY VOCATION MAP



Your Vocation Map

VALUE:

The value I contribute to the world, the increase of which can bring increased monetary value to me.

VITALITY:

The level of energy and joy that I experience.



SESSION B2

DECISION MAKING FILTER



Decision-Making Filter

	<i>Opportunity 1</i>	<i>Opportunity 2</i>	<i>Opportunity 3</i>	<i>Opportunity 4</i>
My Story	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My Gifting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Name Meaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
APEST	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personality Quiz	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My Passion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Passion Funnel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Passion 360	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opposite Offenders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My Two Words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My Values	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
OVERALL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TAKE YOUR NEXT BEST STEP

Younique Students is part of something bigger.

We started this journey by saying that knowing and naming your special calling is really **the first step of something we call Gospel-Centered Life Design**. You see, many people have a common experience of the break-thru clarity that comes from knowing the specific dream God has for their life. There can be moments of exhilaration and a sense of wonder finally unfolding before them. The next challenge, however, is not only knowing your special calling but learning to live it out each and every day.

Now that you know your special calling, **what should your life look like practically?** How will you make decisions? How will you use it to “love the Lord your God with all your heart, soul, mind, and strength” and “your neighbor as yourself”? How will you define success in a way that’s true to who God has created you to be? What does it look like for you to be a fully-alive spouse, sibling, child, leader, or friend? These are critical questions, and there are so many more like them.

As you can see, there’s a very practical component to discipleship, and sadly this is where most people working with personal calling stop. Unfortunately, few things can be more frustrating than knowing why you’ve been created but not knowing how to live it out.

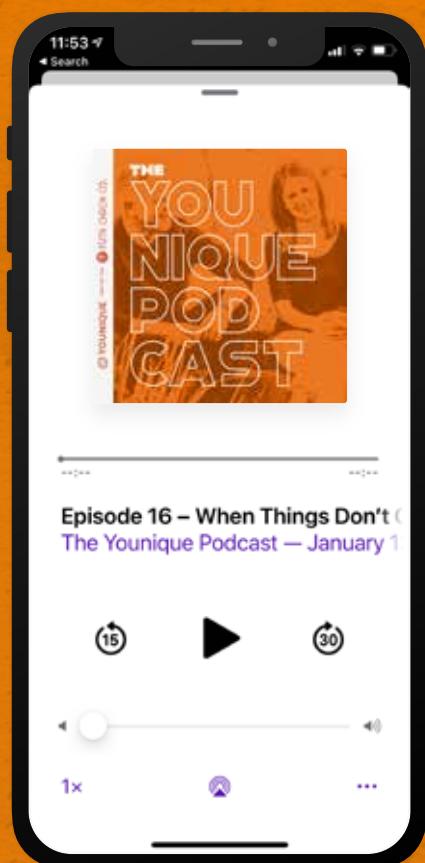
That’s why Younique is all about Gospel-Centered Life Design. We’ve developed a process that equips people to design their life in a practical way that reflects God’s original dream for them in the day-to-day, everyday. Knowing your special calling is a great step, but it is certainly not the last one.

SO IF YOU WANT TO LEARN THE ART OF LIVING OUT YOUR CALLING, HERE ARE A FEW NEXT STEPS:

1. Get a copy of our book, *Younique* by Will Mancini from our website lifeyouunique.com.
2. Subscribe to the **Younique Podcast** on iTunes or our website.
3. Join us at one of our 4-Day Accelerators, information at lifeyouunique.com/Accelerator.
4. Talk to your pastor about bringing *Younique* to your church. We would love to meet with you. Contact us at info@lifeyouunique.com.

Whatever your next step is, we'd love to take it with you!

THE YOUNIQUE TEAM



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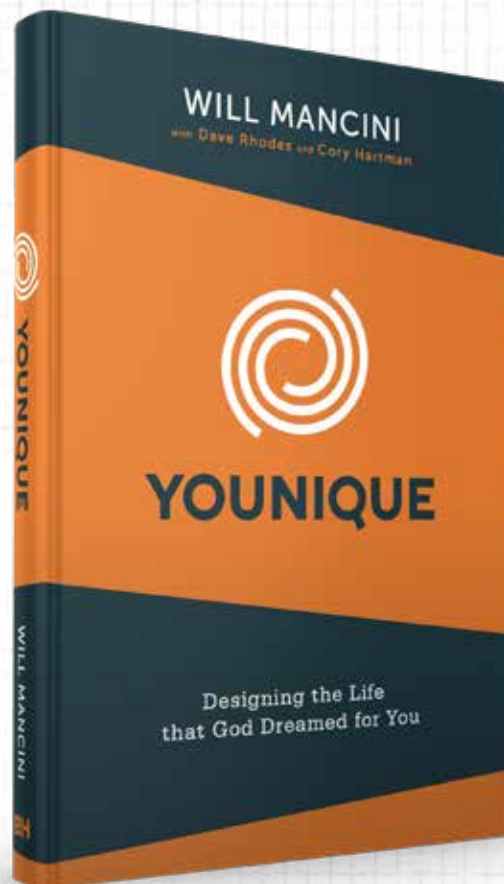


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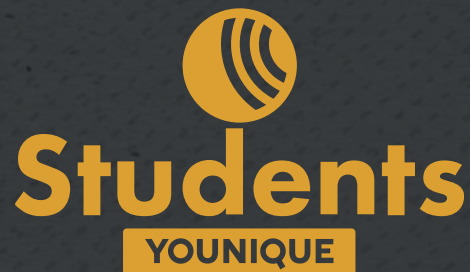






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