



**YOUNIQUE**

# **THE YOUNIQUE PRIMER**

*6-SESSION GUIDE TO DISCOVER YOUR LIFE CALL*

# BEFORE YOU BEGIN

Welcome to Younique! These 75-minute sessions will give you and your group a powerful taste of what it feels like to live a life inspired by a sense of your God-given purpose.

We created the Younique 6-Week Primer to help you get your feet wet in exploring how your personal life call—which we believe is both knowable and nameable—intersects with your personal discipleship.

The Primer is designed so that wherever you are on your faith journey with Jesus, you can jump right in. Whether you're just discovering Jesus or have been walking with him for half a century, there is joy and break-thru for you in the Younique process.

This exploration is the beginning of what we call Gospel-Centered Life Design, not the end. Our hope is that these six sessions will whet your appetite for the two full journeys that make up The Younique Experience: Identifying Your God-Given Purpose and Living Out Your Gospel-Centered Life Design.

Whether or not you choose to go beyond this point, the things that you are about to discover—both about God and about yourself—just might change the way you see and do everything.

Enjoy the journey!

**THE YOUNIQUE TEAM**

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SESSION 01

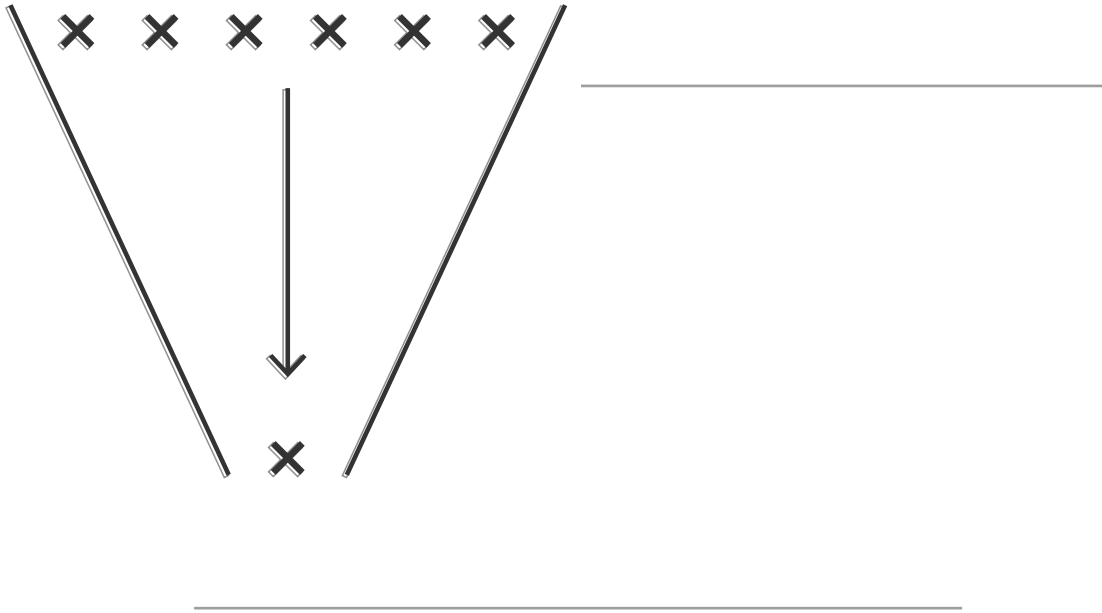
MY  
LIFE





## The Funnel Story

One Thing That Changes Everything



*“There are lots of things you **could do**. But there is only one thing you **must do**.  
Most opportunities are distractions in disguise.”*

— Howard Hendricks



**BIG THOUGHT:**

*“Freedom is not \_\_\_\_\_ you want to do.*

*Freedom is \_\_\_\_\_ who God has dreamed you to be.”*



**TEXT: EPHESIANS 2:1-10**

**Notes**

## Five Steps to Identify Your God-Given Purpose

1. My \_\_\_\_\_

2. My \_\_\_\_\_

3. My \_\_\_\_\_

4. My \_\_\_\_\_

5. My \_\_\_\_\_

## Table Questions

1. What are you looking forward to most in this process? Why?

2. What hopes and expectations do you have for our journey together?

3. What is one question that you hope to have answered?



**CHALLENGE - START FINDING YOUR ONE THING**



## Two Word Examples

YOUR NAME exists to  
honor God and help others by  
\_\_\_\_\_ing\_\_\_\_\_.

Two Word Worksheet on page 44

### 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

*Taken from the book "The On-Purpose Person: Making Your Life Make Sense" by Kevin W. McCarthy*

## Final Thought

You are more \_\_\_\_\_ than you \_\_\_\_\_.

### REFLECTION QUESTIONS:

1. What part of today's teaching and training inspired you most?
2. What part of today's teaching and training challenged you most?
3. What did you learn about God in this session?
4. What did you learn about yourself in this session?
5. Who are you most excited about walking through this journey with?
6. What did you learn about others in your group that you might want to explore more in the next several weeks together?

**Notes**

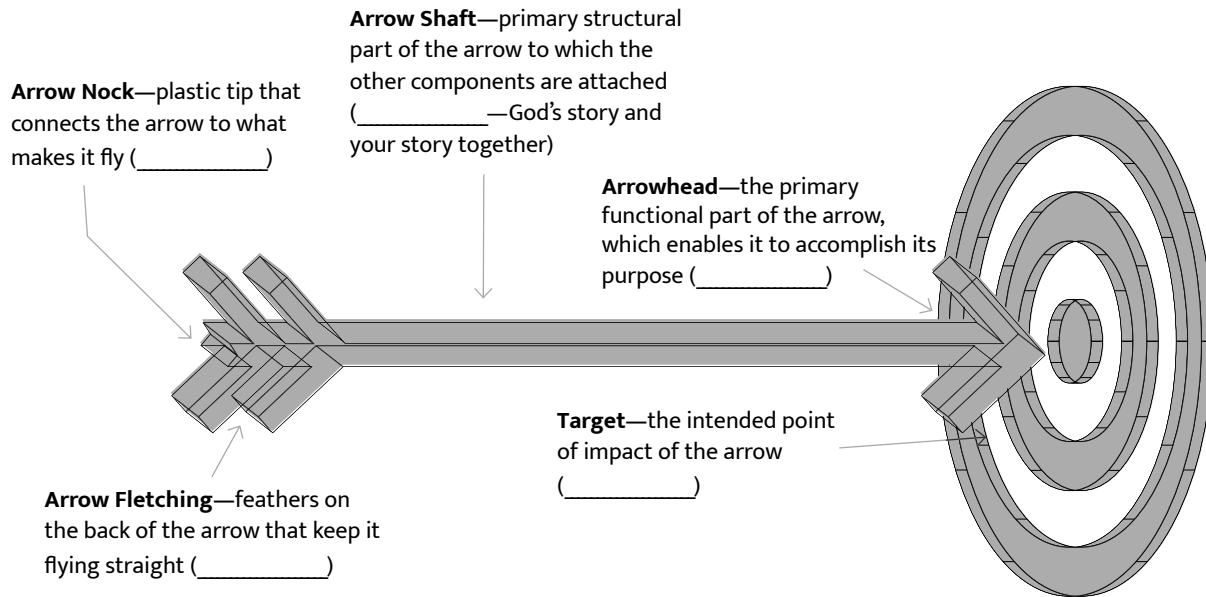
SESSION 02

# MY STORY





## The Arrow



**BIG THOUGHT:**

“Most people have \_\_\_\_\_ their story, but few have \_\_\_\_\_ their story. Even fewer can \_\_\_\_\_ their story in a way that helps them find their place in \_\_\_\_\_ story.”

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

Notes

## Table Questions

1. What new learning from today's teaching made you look at David's life differently?

2. Do you think most Christians live like David or like his brothers? Why do you think that is?

3. What hidden things might lie dormant in your past that if left uninterpreted might keep you from seeing what God has in store for you?



**CHALLENGE - SHARE YOUR STORY IN SIX PICTURES**

## Hinge Moments

### Example 1 - Cory

 LIST TOP TEN HIGH POINTS

1. FIRST DATE WITH KELLY

---

2. TU SCHOLARSHIP COMPETITION

---

3. 9TH GRADE RETREAT

---

4. GOING TO DTBC

---

5. LEARNING ABOUT M. FRENCH

---

6. WRITING VQ BOOK

---

7. VOICE OF GOD AT HH

---

8. MOVE TO H'BURG

---

9. STARTING AT FHS

---

10. GOING TO REDEEMER

---

 LIST TOP TEN HARD TIMES

1. DAVE'S DECISION

---

2. FIRST CHILD CONCEPTION

---

3. MOVE TO SYRACUSE

---

4. HITTING BOTTOM

---

5. RACISM CLASS

---

6. CMT'S PRESENTATION

---

7. SUZANNE'S BIRTHDAY PARTY

---

8. MOM'S ILLNESS

---

9. NORTH SHORE FALLING THROUGH

---

10. CONFLICT WITH MCPHEES

---



## Hinge Moments

### Example 2 - Emma

#### LIST TOP TEN HIGH POINTS

1. FAMILY DAYS

---

2. MAKING IT INTO GSLT

---

7TH GRADE SUMMER--FINDING

3. FRIENDS

---

MAKING IT INTO MUSICAL THEATER

4. SECOND TIME AROUND

---

5. ADOPTING FRANKIE

---

6. GRADUATION

---

#### LIST TOP TEN HARD TIMES

1. MOVING FROM GREENVILLE

---

2. MOVING FROM PAWLEY'S ISLAND

---

3. HAVING FEW FRIENDS IN 6TH GRADE

---

NOT MAKING IT INTO MUSICAL

4. THEATER

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5. INJURED FROM CROSSCOUNTRY

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6. DIFFICULT DAYS WITH COACH

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# Hinge Moments

 LIST TOP TEN HIGH POINTS

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 LIST TOP TEN HARD TIMES

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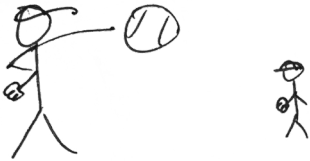
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## Six-Sketch Storyboard - EMMA EXAMPLE

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

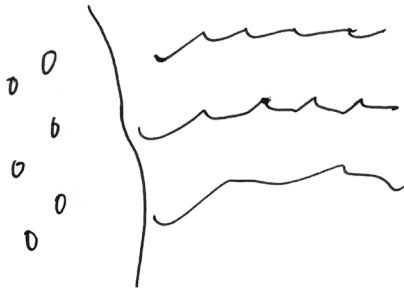
1. **PEACEFUL PAPA DAYS**



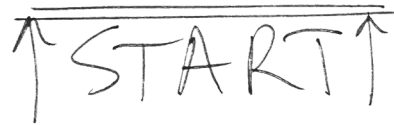
4. **WATERMELON SUGAR TIME**



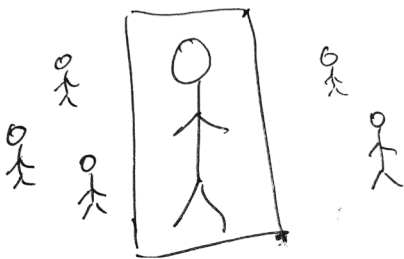
2. **IMPRINTS IN THE SAND**



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 your top six hinge moments of your life in the order they happened in the six boxes below:

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

Six-Sketch Storyboard Title: \_\_\_\_\_

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

## Final Thought

*An uninterpreted past \_\_\_\_\_ your future. An interpreted past  
\_\_\_\_\_ your future.*

### REFLECTION QUESTIONS:

1. What are my truly formative experiences in life—that is, what has made a lasting impact?
2. Is there any common thread to my Hand of God experiences?
3. Is there any common thread to my Hard Times?
4. What are the patterns of sin that emerge in my life? How have I dealt with those sin patterns?
5. What are the consistent gifts and abilities in my life?
6. Why do I do what I do vocationally? Did one person or event significantly determine this?
7. Who are my most meaningful friends?
8. Who taught me how to live? How am I learning to live like Christ?
9. How has God's grace been revealed in my life?
10. How does my unique story bring God glory?
11. What would my life be like without God's hand?
12. What may God be preparing me to do in future chapters of my life?
13. What one-word title would I give my Six-Sketch Storyboard?

**Notes**

SESSION 03

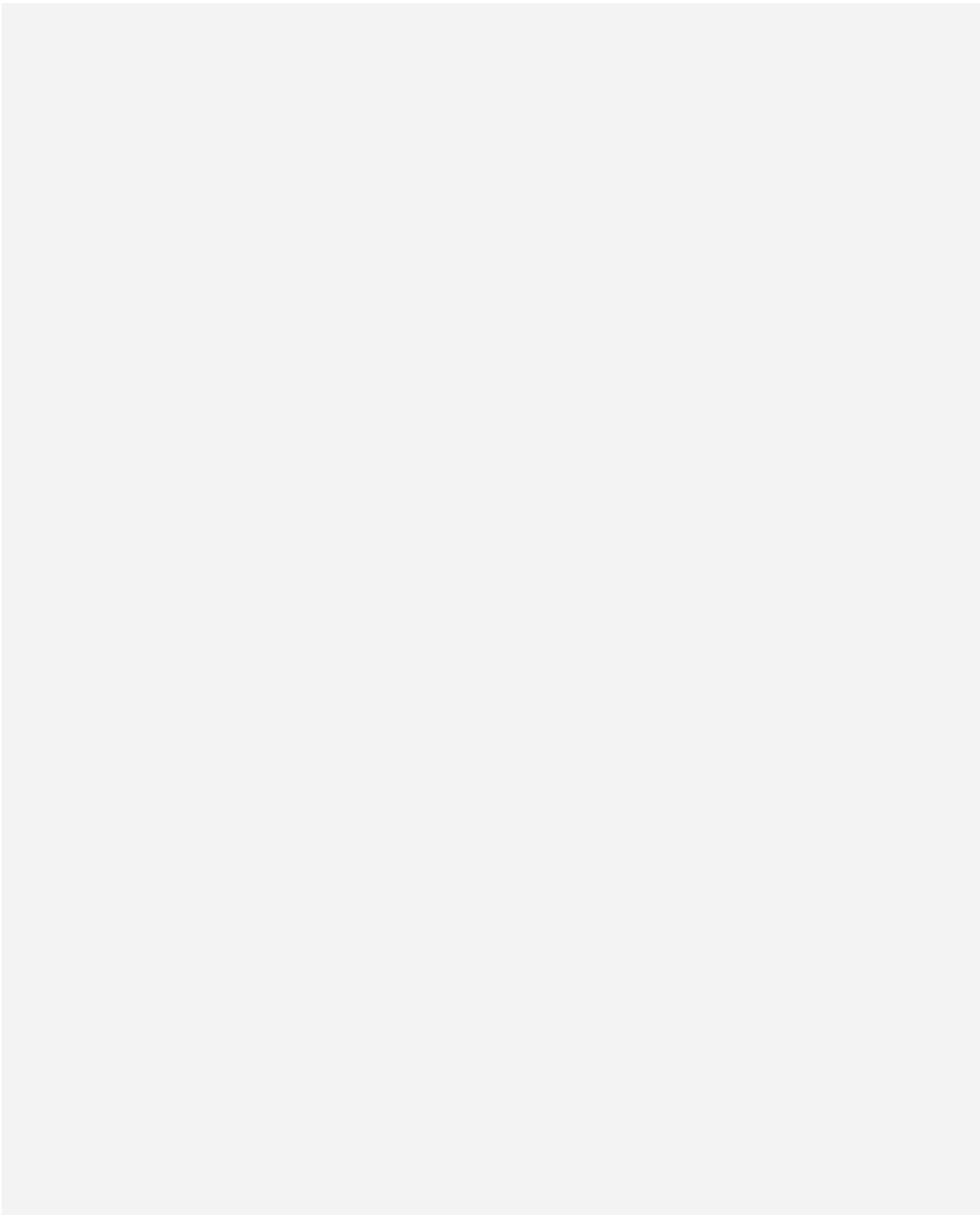
# MY GIFTING



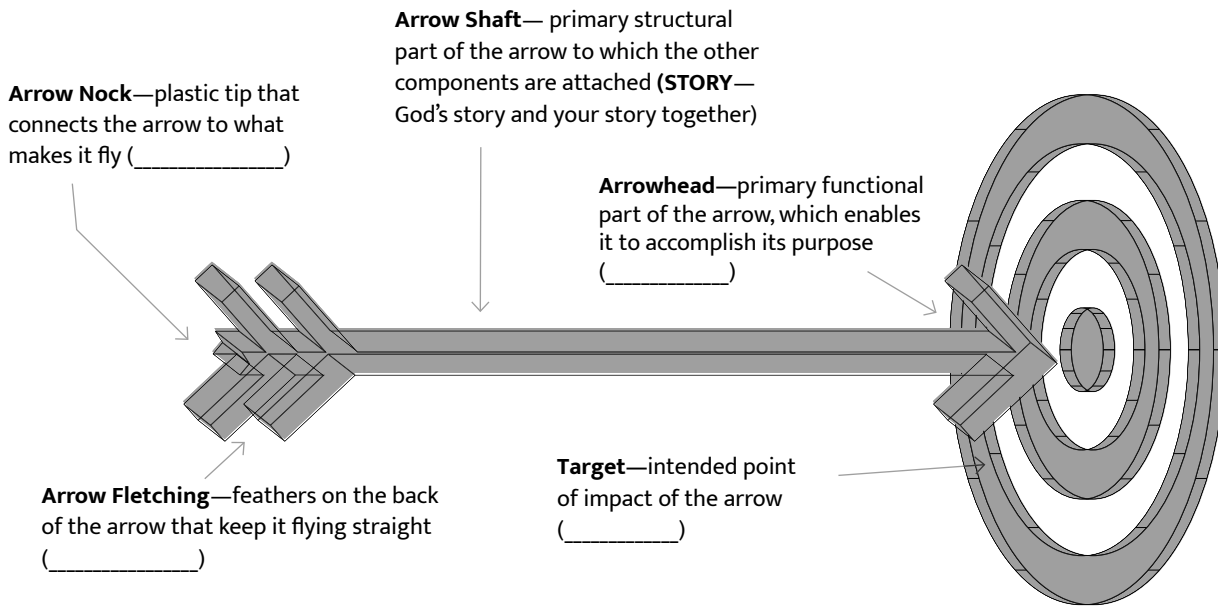




# Story Listening



## The Arrow



**BIG THOUGHT:**

“\_\_\_\_\_ connects our lives to God’s \_\_\_\_\_.  
\_\_\_\_\_ directs our lives with God’s \_\_\_\_\_.”

**TEXT: 1 SAMUEL 17:32-40**

Notes

## APEST

### APOSTLE:

**Key Question:** Are the people of God being \_\_\_\_\_ into their \_\_\_\_\_?

**Description:** The apostle in Scripture is literally the “sent one.” This role refers to the pioneering functions of the church: designing and deploying new manifestations of mission (principally churches) and protecting their gospel-DNA along the way. Generally, apostolic ability includes entrepreneurial, innovative, business-extension, and leadership abilities.

### PROPHET:

**Key Question:** Are the people of God \_\_\_\_\_ from God and \_\_\_\_\_ to him?

**Description:** The prophet is the “guardian of the covenant relationship with God,” helping a community to stay faithful to God above any other allegiance. In the performing of this role, truth must be spoken forth at times with urgency and boldness. Prophets call for justice and reform. Broadly applied, prophetic ability spans abilities from activist to artist.

### EVANGELIST:

**Key Question:** Are the people of God seeing \_\_\_\_\_ step into the kingdom?

**Description:** The evangelist proclaims the good news of Jesus Christ by promoting the faith and inviting others into the family of God. Evangelistic ability broadly applied includes the functions of sales, storytelling, and recruiting.

### SHEPHERD:

**Key Question:** Are the people of God \_\_\_\_\_ for each other well?

**Description:** The shepherd represents the dominant role of church leadership as we’re traditionally familiar with it—we call our leaders “pastors.” Shepherding roles ensure healthy relationships for faith formation in a local community. Broadly applied, the role can be expanded to various forms of counseling, caregiving, and coaching.

### TEACHER:

**Key Question:** Are the people of God \_\_\_\_\_ and \_\_\_\_\_ the truth of God in ways that are leading to \_\_\_\_\_?

**Description:** The teacher is the one who transfers knowledge, wisdom, understanding, and skill. Teachers keep the saints learning and growing in all areas of faith by keeping people rooted in God’s word. Broadly applied, the teacher’s role includes disciplines of specialized knowledge such as scientific, legal, and engineering roles as well as others.



### CHALLENGE—NAME YOUR GIFTING

## APEST Assessment

[www.lifeyouunique.com/APEST](http://www.lifeyouunique.com/APEST)

### TOP 3 GIFTINGS:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### REFLECTION QUESTIONS:

Use the questions below as a starting point for a conversation with someone you trust who knows you well.

1. What gifts do you see in me as a person?

2. In your opinion, what ability do I have that I am not fully aware of or that I have not fully maximized yet?

3. In your opinion, what do I think I am better at than I really am?

4. What's the most important thing I need to hear about myself, to gain clarity about my ability, even though it may be hard for me to hear?

5. What do I do that best exhibits the power of God working through my life?

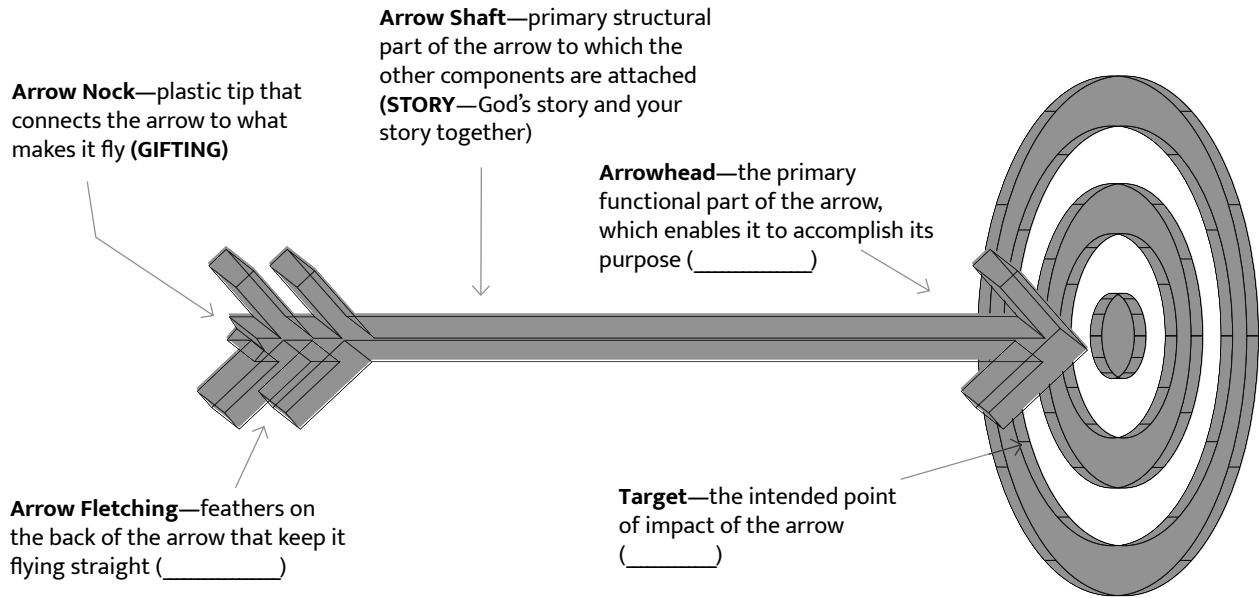
SESSION 04

# MY PASSION





# The Arrow



**BIG THOUGHT:**

“\_\_\_\_\_ connects our lives to God’s \_\_\_\_\_.  
\_\_\_\_\_ directs our lives with God’s \_\_\_\_\_.”

**TEXT: 1 SAMUEL 17:41-49**

Notes



## Offender Opposites

Offender	One-Word Summary	Opposite (Antonym)
People driving too slow	Obstruction	Progress

## Passion 360

For your Passion 360 interview, text something like the following statement below to 12 people:  
*(four family members, four coworkers and four others. Record their answers in the boxes below.)*

“I am currently participating in a Life Design process called Younique, and am seeking input from others. I am curious what three words you would use to describe what I am passionate about in general. Please reply with three words only. Thanks for your help.”

### FAMILY

NAME	NAME	NAME	NAME

### CO-WORKERS

NAME	NAME	NAME	NAME

### OTHERS

NAME	NAME	NAME	NAME

## Final Thought

**Passion** is part \_\_\_\_\_ and part \_\_\_\_\_.

### REFLECTION QUESTIONS:

1. Take a fresh look at your Six-Sketch Storyboard from Session 2. Where in your story did your passion come from—what events, circumstances, or relationships?
2. What pain points in your story do you think are related to your passion? Why?
3. How have you lived out your passion in the past?
4. What has pursuing your passion cost you in your life? Was it worth it? Why or why not?

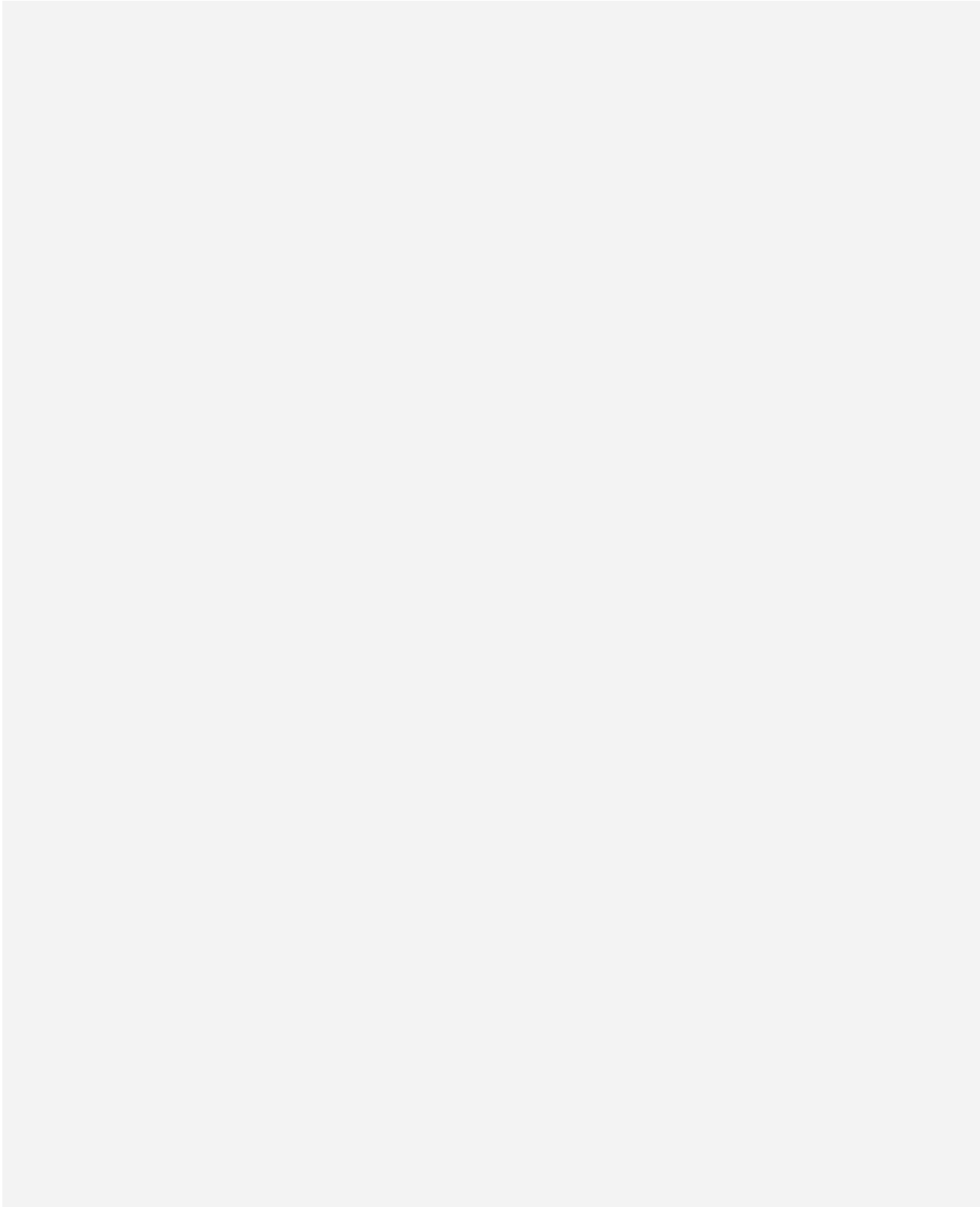
SESSION 05

# MY CALLING

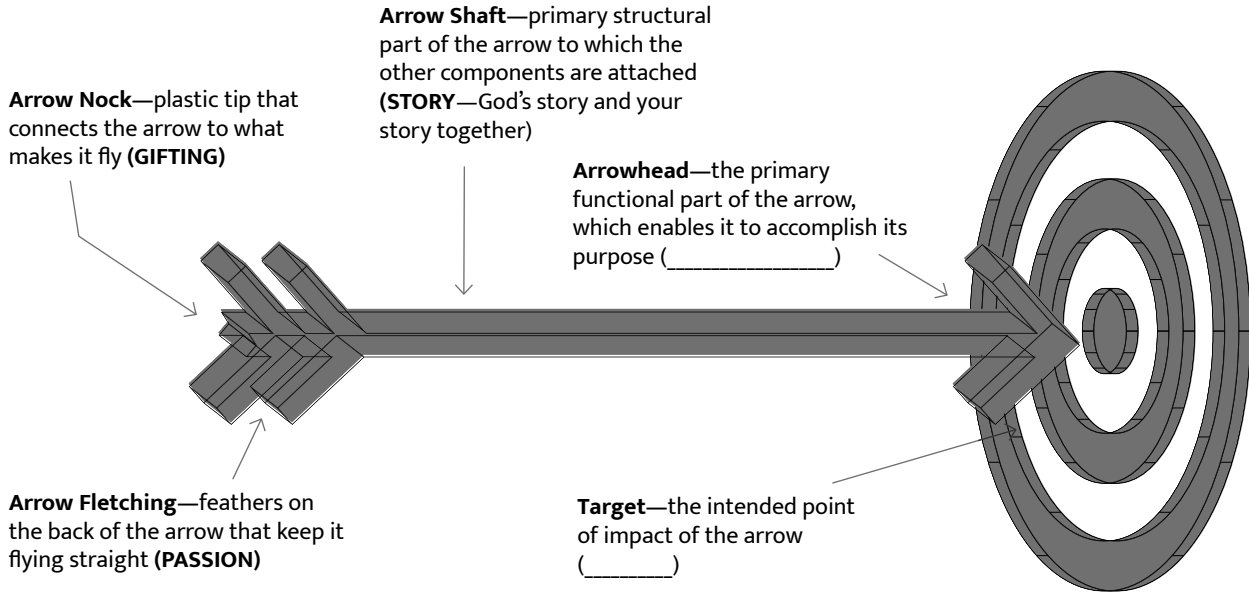




## Passion Listening



# The Arrow

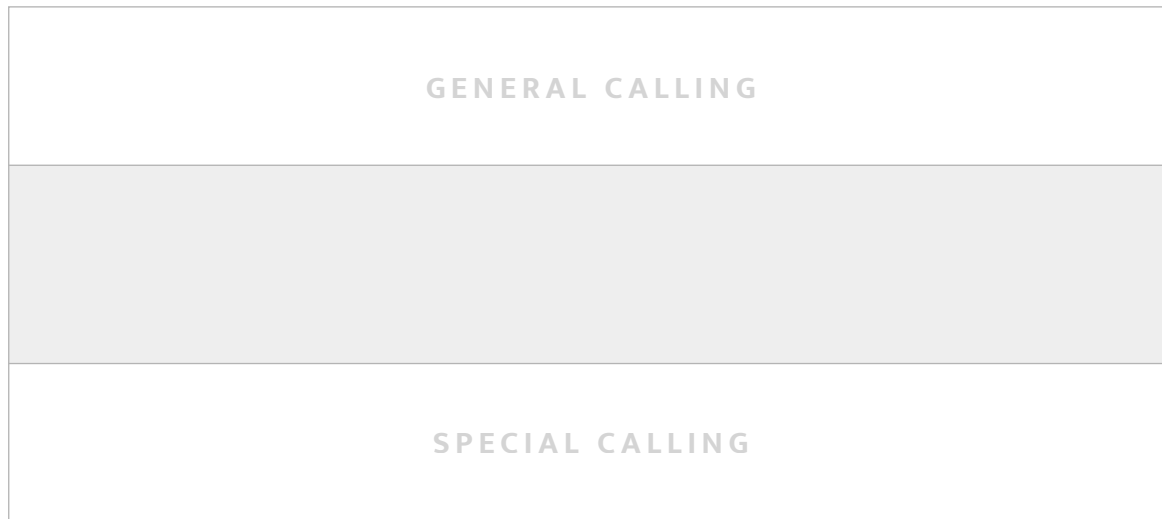


 **BIG THOUGHT:**

“\_\_\_\_\_ is what gives our story, passion, and gifting  
\_\_\_\_\_.”

Notes

## The Singularity Sandwich



 **TEXT: 1 SAMUEL 17:48-18:5**

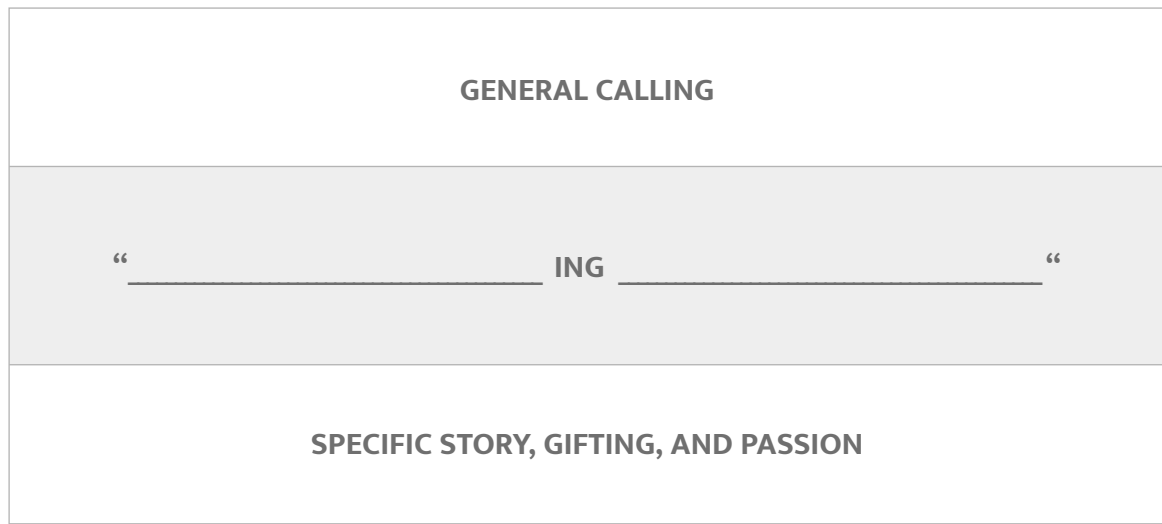
Notes

 **CHALLENGE—NAME YOUR CALLING**



## The Calling Singularity Sandwich Tool

David Example



## The Singularity Sandwich Tool

You

<b>GENERAL CALLING</b>
“ _____ ING _____ ”
<b>SPECIFIC STORY, GIFTING, AND PASSION</b>

## Two Word Examples

YOUR NAME exists to  
honor God and help others by  
\_\_\_\_\_ing\_\_\_\_\_.

Two Word Worksheet on page 44

### 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

*Taken from the book "The On-Purpose Person: Making Your Life Make Sense" by Kevin W. McCarthy*

## Two Word Worksheet

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. \_\_\_\_\_

24. \_\_\_\_\_

25. \_\_\_\_\_

26. \_\_\_\_\_

27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_

31. \_\_\_\_\_

32. \_\_\_\_\_

33. \_\_\_\_\_

34. \_\_\_\_\_

35. \_\_\_\_\_

36. \_\_\_\_\_

37. \_\_\_\_\_

38. \_\_\_\_\_

39. \_\_\_\_\_

40. \_\_\_\_\_

## Celebration

MY NAME:

---

MY SIX SKETCH STORYBOARD:

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---

MY TWO WORDS:

\_\_\_\_\_ing\_\_\_\_\_

**?** REFLECTION QUESTIONS:

1. How confident are you in your Two Words? Why?

2. How do your Two Words bring together your general calling and your specific story, gifting, and passion?

3. How have you seen these Two Words play out in your life?

4. How do these Two Words give you purpose in whatever position you find yourself in at present?

**Notes**

SESSION 06

MY  
GOAL







## Two Words Listening

Record your group's Two Words

**NAME**

**TWO WORDS**

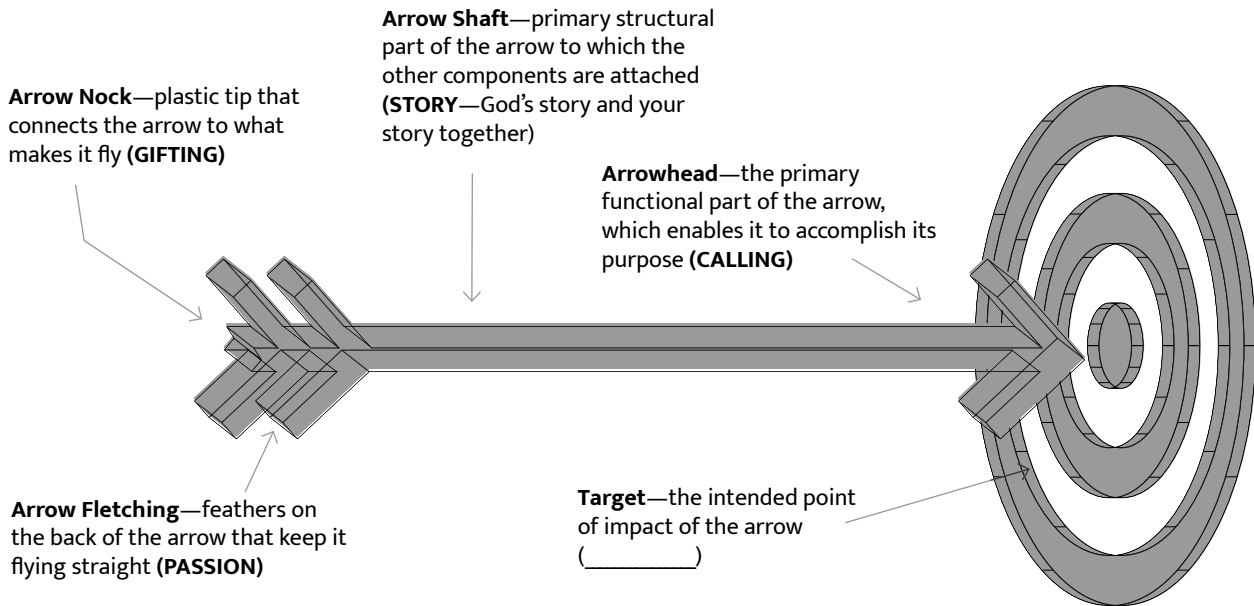
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_____	_____	_____



### TABLE QUESTIONS:

1. What do you like best about your Two Words?
  
  
  
  
  
  
  
  
  
  
2. How do your Two Words bring together your general calling and your specific story, gifting and passion?
  
  
  
  
  
  
  
  
  
  
3. How have you seen these Two Words play out in your life?
  
  
  
  
  
  
  
  
  
  
4. How do these Two Words give you purpose in whatever position you find yourself in at present?

## The Arrow



### **BIG THOUGHT:**

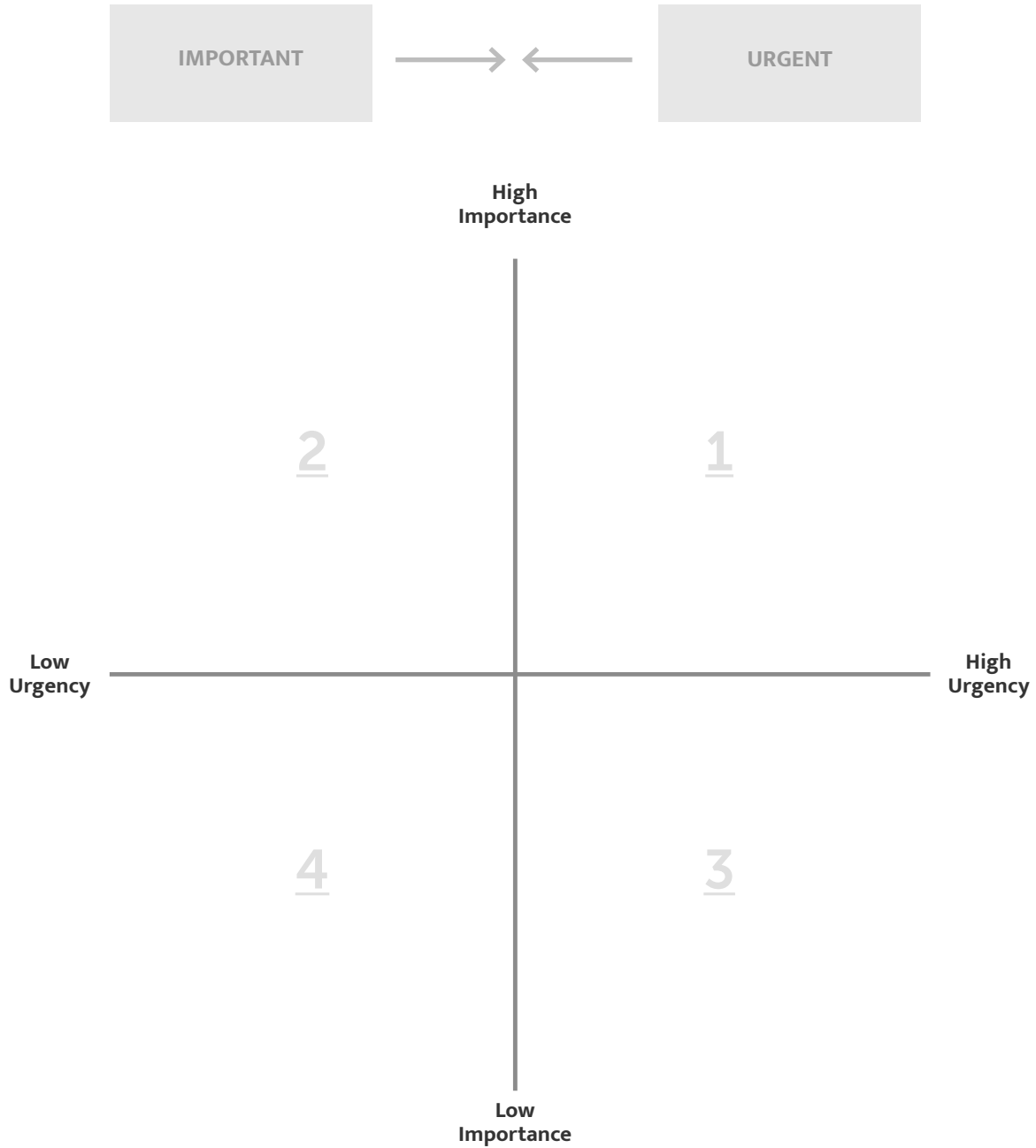
*“Your goal focuses your calling toward one point of \_\_\_\_\_  
in order to create exponential \_\_\_\_\_ in your life.”*

### **TEXT: 1 SAMUEL 18:5-16**

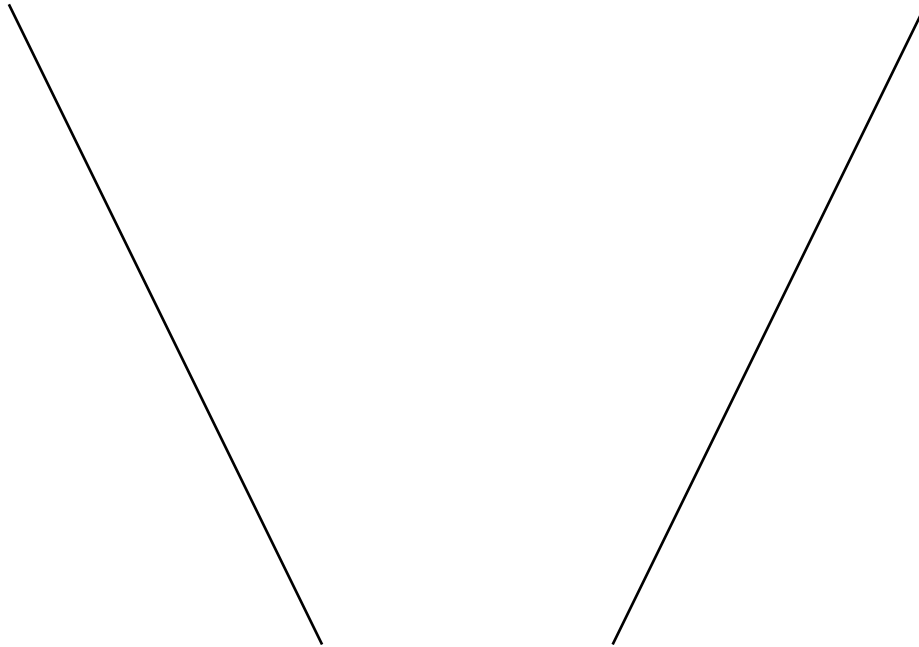
Notes

### **CHALLENGE—NAME YOUR GOAL**

# The Important/Urgent Matrix



## The 90-Day Goal Funnel



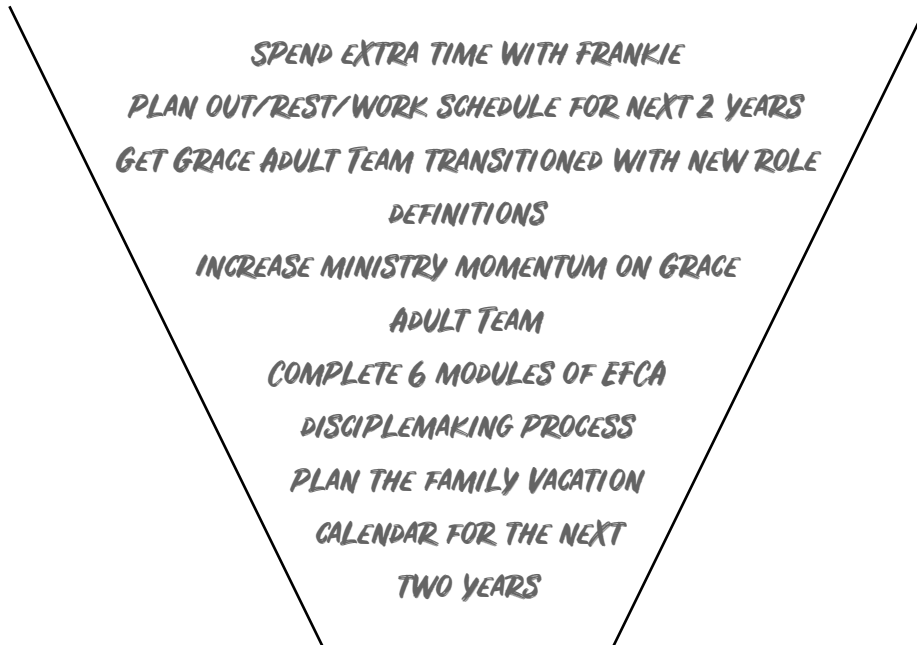
### My 90-Day Goal

### BRAINSTORMING QUESTIONS

- What goal would move me closer to living out my special calling fully?
- What might be a fitting next step from what God has been doing in my life to date?
- What am I most motivated to accomplish?
- What goal would still motivate me six weeks from now?
- What goal, if accomplished, would set me up for my next goal?

## The 90-Day Goal Funnel

### Example 1 - Dave



### My 90-Day Goal

**BY APRIL 1, 2017, THE GRACE ADULT TEAM OF SIX LEADERS WILL BE BUILT, RESTRUCTURED, AND EMPOWERED WITH NEW ROLE DESCRIPTIONS.**

## The 90-Day Goal Funnel

### Example 2 - Lori



### My 90-Day Goal

BY JULY 1, 2016 I WILL MEET AND REMEMBER THE NAMES OF 12 NEIGHBORS: 3 HOUSES IN FRONT OF US, 3 HOUSES ON EACH SIDE OF US, AND 3 HOUSES IN BACK OF US.

# TAKE YOUR NEXT BEST STEP

This Younique 6-Week Primer is part of something much 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.













T  
DESIGN WHAT'S  
NEXT  

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**T** FUTURE CHURCH CO.

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