



YOUNIQUE COACHING

Flash Cards ^{v2.0}





Training for the Future

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Objective, Big Idea & Biblical Focus:

To set the direction and Biblical content for the entire journey. To illustrate many of us know how to be rescued from death yet not adjusted to life, creating the space to introduce the 4 Imperatives of the Clarity Spiral.

BIG IDEA: God has been having a dream about your life from the beginning of time. That dream is both knowable and nameable.

Ephesians 2:1-10: As believers we have been rescued and redeemed FROM sin/death FOR good works God has prepared for each of us — the dream He has been dreaming for us. This also highlights the WHO we are, in Christ, before we begin to answer What, Why, When, How and Where. This is a foundational truth to revisit throughout the journey.

How it Works:

Tell the Chilean miner story.

CNN headline: “Do the miners need a second rescue?”. Even though they were rescued from death, what they were having difficulty with was actually adjusting into life.

APPLICATION: Many of us have experienced rescue from death, but we’ve not adjusted to learning to live in the full freedom of Jesus and the good works he’s set aside for us to walk in.

Coaching Tips:

Establish buy-in. How is this process different than what they have experienced before. Confidence and likability will help you build trust - key to first session. Know the story like the back of your hand - eye contact and genuine delivery.



Reference:

Journey 1 Workbook, pg. 3



The Nature of True Freedom *Chilean Miners Story*



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By Hugo Infante/Government of Chile,
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"Freedom is not the ability to do anything you want to do. Freedom is the capability to become who you were always destined to be."
— *Dave Rhodes*



Objective & Big Idea:

Overview the 4 Imperatives before unpacking individually. Explain the process towards progress with the engagement of all 4 steps.

BIG IDEA: The journey to clarity is not a straight line.

How it Works:

Briefly walk through the 4 Imperatives of the Clarity Spiral.

Describe the spiral as either drilling down or walking up a mountain for increasing clarity.

Detail the 4 stages of progress, noting that many of us desire to move from Inventory right to Implementation. Our process purposes to slow down for Insight and Inscription for more meaningful progress.

Coaching Tips:

The Clarity Spiral will be used throughout the entire process. Cast forward vision of how the journey to clarity is not a straight line and will require each participant's patience with the process and a focus on imperatives. Continue to create credibility and trust.



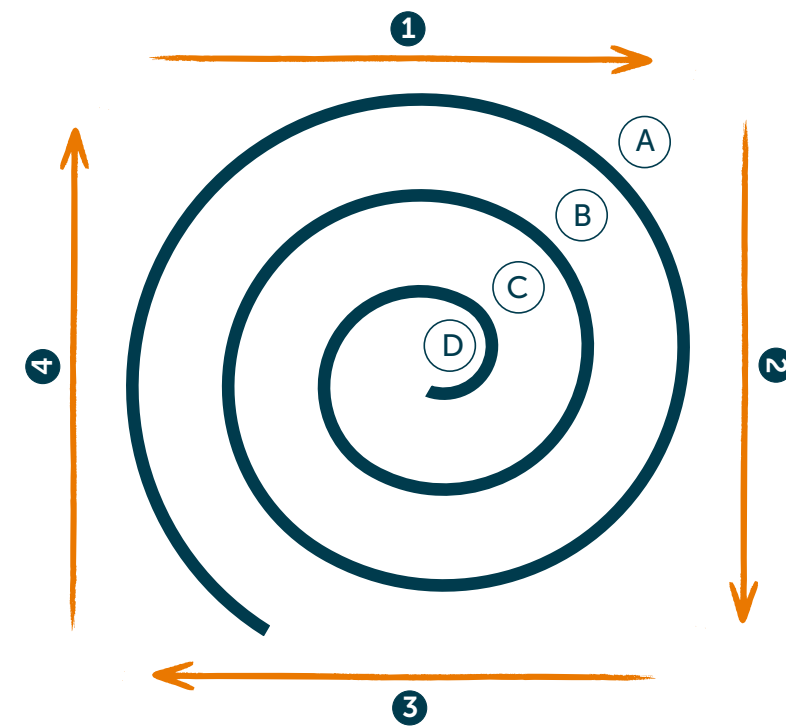
Reference:

Journey 1 Workbook, pg. 4

Younique Experience Notebook, pg. 4

Clarity Spiral

The Four Imperatives and Four Steps



FOUR IMPERATIVES

- 1 COURAGE TO KNOW
- 2 EXPERIENCE TO GROW
- 3 VALUE TO SHOW
- 4 RISK TO GO

FOUR STEPS

- A INVENTORY
- B INTERPRETATION
- C INSCRIPTION
- D IMPLEMENTATION





Objective, Big Idea & Biblical Focus:

Courage to Know comes from an honest look in the mirror as well as an awareness of the two common distractions we face. Demonstrate that the Younique journey is both a discovery of self and a discovery of God, and a surrendering of more of ourselves to more of who we discover God is.

BIG IDEA: If you don't know who God has called you to be, then you will settle for whatever people pay you to be.

Our understanding of our identity flows from our understanding of who God is. Likewise, the more self-awareness we pursue the greater the clarity we can have to co-create with God, honoring Him and helping others.
John 15:15-16

How it Works:

APPLICATION: the Ultimate Awareness Matrix is helping participants get a sense of “Courage to Know” for the Clarity Spiral.

Build out the Ultimate Awareness matrix, one quadrant at a time, using examples to explain each quadrant.

Have participants identify which quadrant they usually tip towards.

How did they get there? What forces might have been at work?

Coaching Tips:


Help people name the different ditches that they are prone to or have seen in their different Christian experiences.

Call people to co-creating with God. “You can only give as much as you know about yourself to as much as you know about God”. - Peter Barnes.



Reference:

Journey 1 Workbook, pg. 5-6

 YOUNIQUE
Session 1

Imperative One

Courage to Know


① Courage to Know

1. Two Primary Distractions:
 - The _____ Expectation _____ of Others
 - The _____ Projection _____ of Self
2. We need brutiful honesty.

Expectations	Projections	Surrender

"It's not about what you can do, it's about what only you can do."
— Jim Singleton

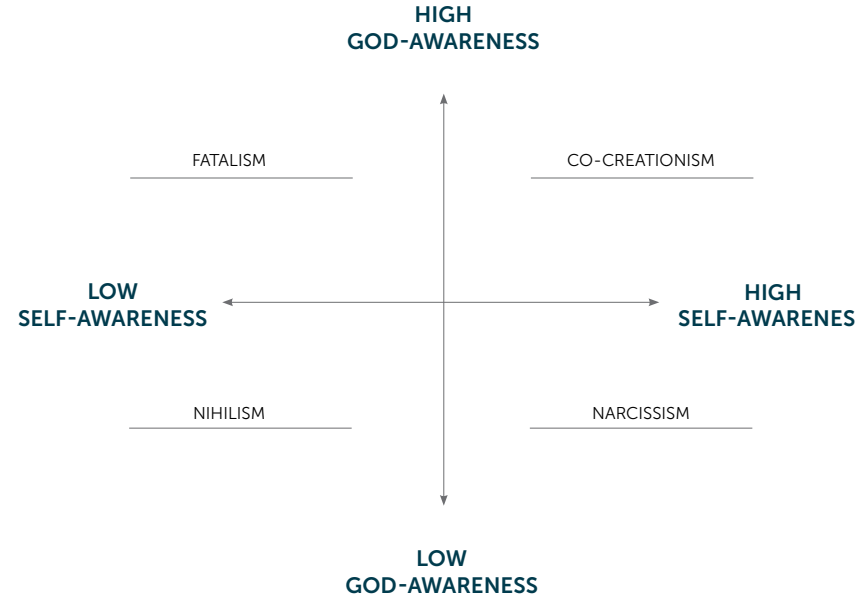
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Session 1

Imperative One

The Ultimate Awareness Matrix

"You can only give as much as you know about yourself to as much as you know about God." — Peter Barnes



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Objective, Big Idea & Biblical Focus:

Emphasize that every experience in life, good and bad, are opportunities to grow as we evaluate and learn from them. Illustrate the different crises/ opportunity points of human life, and how each crisis point represents a possible breakthrough in personal clarity and impact for their lives.

BIG IDEA: “Experience is not the best teacher; evaluated experience is.” – Howard Hendricks

Psalm 90: 9-12 - “Teach us to number our days that we may get a heart of wisdom”.

How it Works:

APPLICATION: these different lines are helping them understand the “Experience to Grow” aspect of the Clarity Spiral.

Sociologists have identified three crises points, known as the quarter life, mid-life and 3/4 life crises for average life expectancy.

The myth is your impact line coincides with your bio line.

Your body is on the diffusion curve after 40, but your impact line can exponentially increase, as you choose to grow from life experiences, meaning you could have the most impact in the last quarter.

Coaching Tips:

Recognize where people are at in your cohort. Quarter life? Mid Life? 3/4 life? Where are they tipping to and what’s the encouragement you can give them.

20-somethings: don’t be surprised when you have more identity crises in your life. Boomers: your greatest impact could still be in front of you.



Reference:

Journey 1 Workbook, pg. 7-8

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Imperative Two

Experience to Grow

2 Experience to Grow

1. Every experience in life is an opportunity to grow.
 - Positive Experiences deepen your _____ confidence _____.
 - Negative Experiences develop your _____ conviction _____.
2. "Experience is not the best teacher; evaluated experiences is." – Howard Hendricks


REFLECTIONS:

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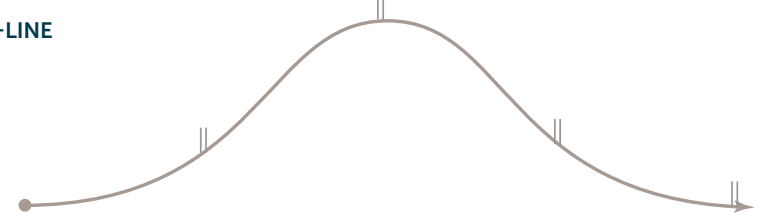
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Bio-Line vs. Impact-Line

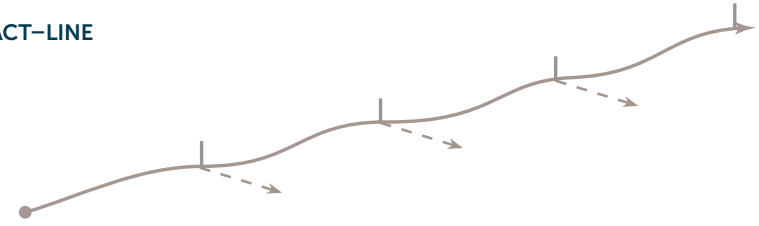
LIFE-LINE



BIO-LINE



IMPACT-LINE



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Objective & Big Idea:

Invite them to take ownership of the design of their own life as it happens day to day. Help participants recognize where they are stuck in their vocational progress and begin to hint toward a way towards vocational value and vitality. Encourage them that this process can help them get to at least 10% more convergence to their calling within their current context.

BIG IDEA: What next step can I take to move closer to both vitality and value?

How it Works:

APPLICATION: the Value/Vitality map is helping them understand the “Value to Show” aspect of the Clarity Spiral. Bottom line: Most of us live in the tension between the vitality/life we receive and the value it brings to others/the world. We want both but often have one more than the other.

Slowly build out Vitality and Value matrix, one zone at a time, using the definitions on the top of the tool.

Add the 1-9 positioning system to the tool.

Have the participants determine which circle best identifies where they are at now.

Have participants think about how they got to where they are at now, using the positioning system.

Have participants think through what their next step on their way towards 9 might look like.

Use examples from the Participant Guide to illustrate the movement in circles.

Coaching Tips:

Boomers: usually took 1 to 2 to 4 to 6 as their pathway (fill this out with examples).

Most Millennials are taking 1 to 3 to 5 to 7 (fill this out with examples). Key Question is: What is my Next Step from where I am today? This is not a scorecard of where you currently are. If life circumstances necessitate you being at 1 that is ok - you just don't want to stay stuck there.



Reference:

Journey 1 Workbook, pg. 9-13

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Imperative Three
Value to Show

3 Value to Show

- Stepping 10
- Non-negotiables:
 - Never pursue personal clarity to the neglect of the organization.
 - Never pursue personal clarity without working for the success of your supervisor.

REFLECTIONS:

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Imperative Three
Value - Vitality 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.

HI	HOBBY Zone	VOCATION Zone
LO	JOB Zone	CAREER Zone
	LO	HI

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The Vocational Positioning System
of the Value-Vitality Map

HI	Hobby Zone (5)	Vocation Zone (7)	(9)
Vitality	(3)	(8)	(6)
LO	Job Zone (1)	(2)	Career Zone (4)
	LO		HI

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The Vocational Positioning System *Example 1-Kent M.*

(5)	(7)	(9)
(3)	(8)	(6)
(1)	(2)	(4)

4 - President of a telecom company
8 - Strategic negotiator and analyst for enterprise level software company
7 - Franchise owner of C-12 Group Christian business round table

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The Vocational Positioning System *Example 2-Julie P.*

(5)	(7)	(9)
(3)	(8)	(6)
(1)	(2)	(4)

3 - Biology teacher and volleyball coach
8 - Homeschool mother of four
9 - Mother, home school co-op organizer and part-time, online kid fashion store

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Objective & Big Idea:

Call participants to radical pursuit of the ONE THING they must do with their life.

BIG IDEA: The biggest danger of our lives is to spend our lives doing everything we can do and missing out on the ONE THING we must do in ALL the areas of our life, not just in one particular area.

How it Works:

APPLICATION: the Funnel Story is helping them understand the “Risk to Go” aspect of the Clarity Spiral.

Tell the story of Professor Howard Hendricks and his compelling challenge to his students about his biggest fear for their lives.

Emphasize this quote: “Most opportunities are distractions in disguise.” - Howard Hendricks

Drive home the question: What must you do?

Coaching Tips:

Tell this story with some emotional energy and connect to the heart of what it’s calling out in people.

This is the emotional hook for the rest of the experience. They need to walk away and say, “I can’t go on living like this. I was created for so much more.”

Reference:

Journey 1 Workbook, pg. 14-15

YOUNIQUE *Session 1*

Imperative Four

Risk to Go

4 Risk to Go

"A ship is safe in harbor, but that is not what ships are made for."
— John A. Shedd

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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

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Objective & Big Idea:

To give an overview of the three component pieces to helping someone find their sweet spot of calling (Passion, Ability, Context), setting a trajectory for the rest of Journey 1.

BIG IDEA: “The goal of discipleship is to be like Jesus if he were you - with your family, community, 9 to 5, circumstances, strengths and limitations” - Dallas Willard.

How it Works:

Lay out the three components of Passion, Ability and Context, giving examples of each of them.

Passion: Fan it - What Fuels Me the Most?

Ability: Focus it - What can I do the Best?

Context: Find it - Where is my Impact the Greatest?

This tool is used to help us discover the one thing we must do and why we do it.

Give a quick overview of how they will be walking through each of the three circles throughout Journey 1 and discovering their unique design in the convergence of all 3.

Coaching Tips:

Don't spend a long time. The point is to do an overview and that's it.



Reference:

Journey 1 Workbook, pg. 19-20; 51; 93; 101-102
 Younique Experience Notebook, pg. 17

YOUNIQUE Session 2

Finding My Sweet Spot

Don't Be Just Like Jesus

PASSION CIRCLE INVENTORY

- Life Discovery Grid
- Life Lies + Truths
- Passion Funnel
- Offenders
- Passion 360
- Ultimate Contribution

ABILITY CIRCLE INVENTORY

- Name Meaning
- Personality Strength
- Spiritual Ability (A.P.E.S.T.)
- Staple (StrengthsFinder)
- Sense of Accomplishment
- Ability 360

CONTEXT CIRCLE INVENTORY

- Live Sent
- Activator & Advantage
- Workplace Motivators
- Work Style
- Organizational Preferences
- Life Stage

REFLECTIONS:

YOUNIQUE Session 2

Passion Circle Overview

PASSION CIRCLE INVENTORY

- Life Discovery Grid
- Life Lies + Truths
- Passion Funnel
- Offenders
- Passion 360
- Ultimate Contribution

YOUNIQUE Session 5

Ability Circle Overview

ABILITY CIRCLE INVENTORY

- Name Meaning
- Personality (Insights)
- Spiritual Ability (A.P.E.S.T.)
- Talent (StrengthsFinder)
- Sense of Accomplishment
- Ability 360

YOUNIQUE Session 10

Context Circle Overview

CONTEXT CIRCLE INVENTORY

- Live Sent
- Activator & Advantage
- Workplace Motivators
- Work Style
- Organizational Preferences
- Life Stage

YOUNIQUE Session 10

Naming Your Sweet Spot Example 1-Kelly K.

SIGNATURE SCRIPTURE
and you shall be like a well-watered garden, like a spring of water whose waters do not fail. Isaiah 58:11

BIG SENTENCE
 I am created to honor God and help others by leveraging my abilities to spot opportunities, mobilize others, inspire, sympathize

with a deep passion for
 inspiring people, self-discovery, releasing resources, and maximizing potential

in the ideal context of
 openness to discovery, challenging situations, motivated people, and lasting impact

TWO WORDS
 empower ing
 momentum

Please complete the Naming Your Sweet Spot worksheet on pg. 17 of your Younique Experience Notebook.

YOUNIQUE Session 10

Naming Your Sweet Spot Example 2-Will M.

SIGNATURE SCRIPTURE
 Psalm 126

BIG SENTENCE
 I am created to honor God and help others by leveraging my abilities to discern, synthesize, challenge & facilitate

with a deep passion for
 apostolic calling to church leaders, raising up other "strategic outsiders," toolmaking & continual learning

in the ideal context of
 small team, high flexibility, secondary leadership & adventure travel lifestyle

TWO WORDS
 apply ing
 essence

YOUNIQUE Session 10

Naming Your Sweet Spot

SIGNATURE SCRIPTURE

BIG SENTENCE
 I am created to honor God and help others by leveraging my abilities to

with a deep passion for

in the ideal context of

TWO WORDS
 ing



Objective & Big Idea:

To give an overview of the various components that will contribute to their Passion Circle, allowing them to see the steps they are about to take and how it connects to the whole.

BIG IDEA: Every passion can be found somewhere, at some point in their story. You don't randomly get a passion.

How it Works:

APPLICATION: We will be mining out the participants narrative to help them mine out their passions. Highlight the main question we are asking in Passion Circle: "What Fuels Me the Most?"

Coaching Tips:

Don't spend a long time. The point is to do an overview and that's it.



Reference:

Journey 1 Workbook, pg. 20
 Younique Experience Notebook, pg. 13 - inventory


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Session 2




PASSION CIRCLE INVENTORY

- Life Discovery Grid
- Life Lies + Truths
- Passion Funnel
- Offenders
- Passion 360
- Ultimate Contribution

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Session 4

 **Passion Circle Inventory**

Life Drifts Grid [page 12 from Notebook]

Chapter Titles

Primary (Core) Life Drift Secondary (Presenting) Life Drift

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Life Lies [page 21 from Notebook]	Life Truth [page 12 from Notebook]

Passion Funnel [page 43 from Workbook]

Offenders [page 44 from Workbook]

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Passion 360 (top 4 from others) [page 45 from Workbook]

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Ultimate Contribution [pages 46-47 from Workbook]

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Objective, Big Idea & Biblical Focus:

Help participants map out the high points and hard times over the course of their life in a visual manner, while beginning the process of breaking down their narrative into chapters.

BIG IDEA: If you don't interpret your story, your past will determine your future. If you DO interpret your story, your past can fuel your future.

John 15:15-16. "...I chose you, and appointed you so that you might go and bear fruit, fruit that will last". Your story is the testimony of how God has chosen you and His purpose is to bear fruit through you.

How it Works:

Give people 7 minutes to write out their list of top 10 high points and hard times on the Hinge Moments worksheet.

Once everyone has finished, have them score each hinge moment on a scale of 1 to 10, positive or negative, depending if it's a high point or hard time.

Participants circle the top 10 most defining hinge moments of their life (2 minutes).

Give participants 5 minutes to map out the top 10 hinge moments on the Life-Line worksheet. (It doesn't have to be even between hard/high.)

Have participants insert three break points into their Life-Line, creating four different chapters in their life (with the age range for each chapter - not naming yet)

Coaching Tips:

The purpose of the 7 minute deadline is to get their 'blink' responses. It doesn't need to capture every moment. Just the most important ones. Did that experience START as hard or high?

Demonstrate using your own hinge moments and Life-Line on the whiteboard as you go through the exercise. Be sensitive as a coach to those that will find it hard to travel back through parts of their story. Remind participants that their passions come out of their story.



Reference:

Journey 1 Workbook, pg. 21-23
 Younique Experience Notebook, pg. 9

YOUNIQUE *Session 2*

Hinge Moments

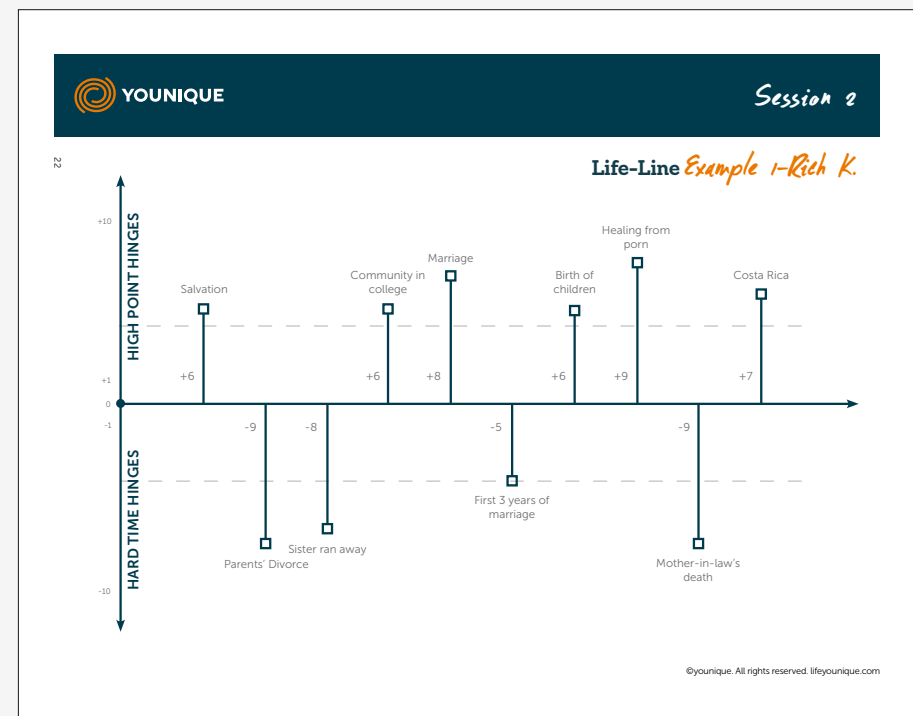
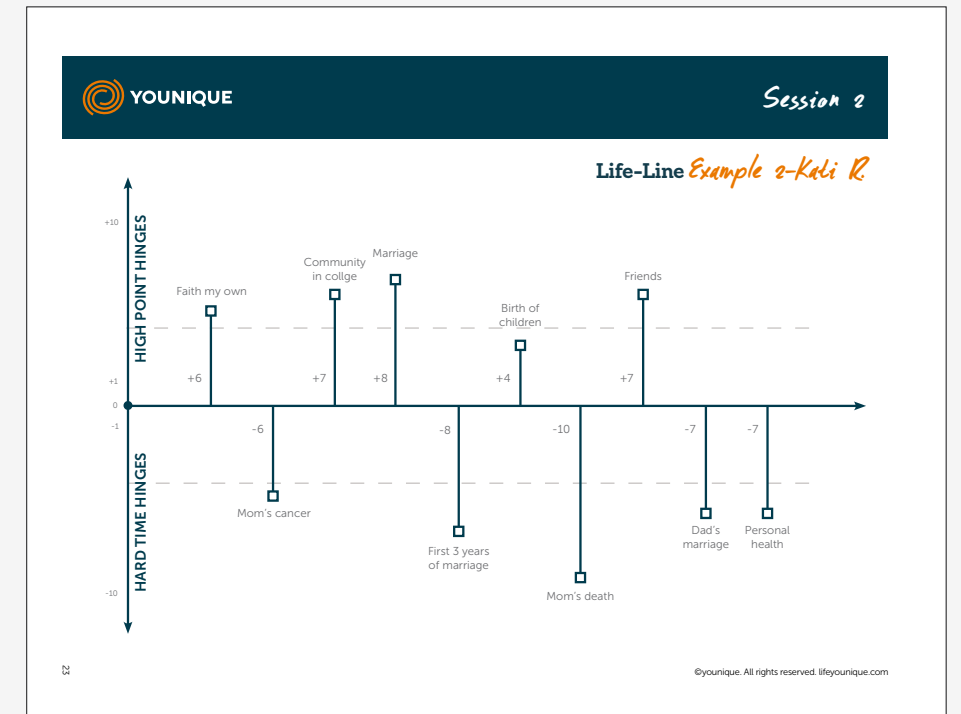
A hinge moment is when the trajectory of your life changed. Examples of hinge moments include: marriage, change in jobs, relocation, graduation, divorce, or death. Questions to reveal hinge moments include:

- How did relationships impact my life direction?
- What major life events sent me in a new direction?
- How did tragedy or loss mark a new chapter in my life?
- What recognitions, achievements or promotions created a new trajectory for my life?
- What spiritual awakenings (conversion) changed me?

LIST TOP TEN HIGH POINTS	LIST TOP TEN HARD TIMES

Please complete the Life-Line worksheet on pg. 9 of your Younique Experience Notebook.

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YOUNIQUE *Life-Line*

Chart your top ten "hinge moments" ranking them 1-10 as either high points or hard times.

* Adapted from Donald Miller, Storyline

Session 2

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Objective & Big Idea:

To reveal important patterns in a participant's life by stimulating awareness and connection of significant life events and relationships. To initiate the journey of learning to understand their life story.

BIG IDEA: If you don't interpret your story, your past will determine your future. If you DO interpret your story, your past can fuel your future.

How it Works:

Bring the age range over to the Life Discovery Grid, initially serving in each of the top boxes to designate the four different chapters of their life

Have participants fill out a draft of the Life Discovery Grid by filling out 2-5 bullet points in each square of the grid (examples, instructions and questions also available in the Participant Guide).

Once the grid is complete, participants go back and name each of the chapters in a way that feels significant to each chapter

Give space for people to quietly reflect on God's hand in their life as they think through the Life Discovery Grid questions

After they've evaluated their 4 chapters, have them guess, "In light of what you've seen in your past, what do you think the next chapter of life will look like?"

Coaching Tips:

Encourage participants to have creativity in naming the chapters of their life. (For example, some people use movie titles, song titles, alliteration, etc.) Time for reflection, in and out of session, will give space for creativity.

Give 10 minutes and 5 minutes warnings as time winds down. If possible, place a timer of 25 minutes on the screen so people can see how much time is left in the exercise.

Make yourself available to those who are getting stuck. Typically, the biggest issue people have is identifying Heritage, so be prepared to answer those types of questions. (i.e.: what is the beauty and brokenness in your family of origin and how that plays out throughout all chapters?)





Reference:

Journey 1 Workbook, pg. 24-32
 Younique Experience Notebook, pg. 10-11

YOUNIQUE Session 2

Life Discovery Grid Instructions

"Before I can tell my life what I want to do with it, I must listen to my life telling me who I am." —*Parker J. Palmer*

WHAT IS A LIFE DISCOVERY GRID?
 A Life Discovery Grid is a simple tool designed to reveal important patterns in your life. It does this by stimulating the awareness and connection of significant life events and relationships. Once the grid has been completed, it can be presented to others within the process group.

WHY DO A LIFE DISCOVERY GRID?
 The Life Discovery Grid is the first tool on the Personal Clarity Journey that connects to the "Courage to Know" imperative on the Clarity Spiral. The tool guides an individual through reflective work that will provide a context for other tools along the way. The Grid can also create a structured process for building community and inspiring worship within any small group setting. Every time you share your Life Discovery Grid, there is an incredible potential for fellowship, laughter, reflection and encouragement. Life Discovery Grids can bring people to a great awareness of what God is doing in life and a greater intimacy to follow Christ. The primary focus in a Life Discovery Grid is God, the process allows the group to reflect on God's goodness and grace as it reflects itself differently in every person. The secondary focus is you, what has God been doing through you and preparing for your life?

HOW IS A LIFE DISCOVERY GRID STRUCTURED?
 A Life Discovery Grid is a blank grid for you to record specific people and events. The grid allows you to divide your life into five chapters. These chapter divisions are completely up to you based on natural dividing points in your life experience. To help you think through the five life chapters, we start with the Life-Line tool. The grid includes 5 "H's" that help focus the people and events for you to record.

- Heritage
- High Points
- Hard Times
- Hand of God
- Heroes

YOUNIQUE Session 2

Life Discovery Grid Instructions (continued)

HOW TO PREPARE A LIFE DISCOVERY GRID

Step #1. Use the Life-Line tool to chart your top ten "hinge moments."

Each hinge moment can be scored on a scale of one to ten either as a hard time hinge moment or a high point hinge moment. Some hinge moments will have a mixture of both. Don't worry about a "right answer," simply use the tool to stimulate reflection.

Step #2. Identify the chapters of your life story.

- Think about natural divisions of your life after completing the Life-Line. Examples may include early childhood years, college, single, before children, preparation, Vermont years, My 30s, First Baptist years, multiplication, etc.
- Record these on the Discovery Grid and be as creative as you want with the titles.

Please complete the Life Discovery Grid worksheet on pg. 10 of your Younique Experience Notebook.

YOUNIQUE Session 2

Life Discovery Grid Instructions (continued)

What if the positive and negative turns in your life have prepared you for something great? —*Donald Miller*

Step #3. Identify the characters and events of your life story by filling in 2-5 bullet points in each square of your grid.

Heritage—that which comes or belongs to one by reason of birth; an inherited lot or portion. —*Random House Dictionary*

HERITAGE

- What qualities in my parents influenced me most?
- What was the atmosphere in my home as I grew up?
- What cultural or ethnic factors influenced me?
- What geographic factors influenced me?
- What financial factors influenced me?
- How did my parents define success?
- What were the types of brokenness in my home?
- How do heritage factors continue to influence me beyond childhood?

YOUNIQUE Session 2

Life Discovery Grid Instructions (continued)

Hero—a person who, in the opinion of others, has heroic qualities or has performed a heroic act and is regarded as a model or ideal. —*Random House Dictionary*

HIGH POINTS

- What experiences demonstrate my abilities?
- What successes have I enjoyed?
- What events have brought me great joy?
- What season of life has been my happiest?
- How have I made significant contribution to others?
- What memories do I dream about?

HARD TIMES

- Who or what has been a source of pain in my life?
- What do I tend to harbor bitterness toward?
- Where do my deepest disappointments lie?
- What injustices have I had to suffer?
- What addictions and abuse have I been exposed to?
- What incidents are hard to talk about with others?

HAND OF GOD

- What were the most life-changing moments in my life?
- When and how have I been awakened to God?
- What blessings have I received that I did not know were blessings at the time?
- What "God Moments" are forever etched in my mind?
- When did I first start thinking about God?
- How has God directed me through supernatural experiences, encounters or communication?

YOUNIQUE Session 2

Life Discovery Grid Instructions (continued)

HEROES

- Who have I looked up to or admired?
- Who has influenced me for good?
- Whose life would I like to model mine after?
- Who has given me inspiration, who has believed in me?
- Who has shaped my character and life direction?
- What parents, relatives, neighbors, teachers, coaches and friends could be heroes?

Make sure that for each of the 5 "H's", you write down specific words or phrases that will bring a character or event to your mind when you present your Life Discovery Grid.

Step #4. Name your chapter titles

Step #5. Discover God's authorship in your life.

After your Life Discovery Grid is complete, continue to reflect so that you can identify and record patterns. Use the questions on the following page as a guide.

YOUNIQUE Session 2

Life Discovery Grid Instructions (continued)

DISCOVERY GRID QUESTIONS

1. What are my truly formative experiences in life, that is, what has made 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 Life Discovery Grid?

YOUNIQUE Session 2

Life Discovery Grid Example 1-Dave R.

	Blue Print	Foundation	Structure	Design	Remodel
Heritage	Family hard work, Frugal	Community, Fellowship, Mission, Identity	Overwhelming Community, Shared Resources, Loyalty	Discs, Military Growth	Loneliness, Starting Over
High Points	Summer trips to OH Sports, Saving my sister	College Soccer, Dating, Friendships, Dams, Insecurities, Fishing, Camps, Marriage	Marriage, Kids, Fall House, Lottery, Friends, Moving near Life Group work	Living near the ocean, New Home, Vacation, Job, Trip with Son to Montana, 420's (Joking)	Sisters Wedding, move to KY
Hard Times	Bad Choices, Relationships, Being Fights, Jr year of High School	Score Ending, College Ending	Shawn Dying, Marriage Struggles, Youngest Child with HIV, Financial	Discovery of learning disabilities with Daughter, Traveling and being on the road away from family	Sisters Wedding, Our move to KY
Hand of God	Protection, Farming	Joy, Love	Provision, Guidance, Faithfulness	Faith	Guidance
Heroes	Coach, Coachman Mr. Hulford, Uncle Ben	Courtesy R, Dan B, Chris B, Dr. Meyer	Mom and Dad, Inties	Mia B, Steve C	Clan B
Life Drifts					

YOUNIQUE Session 2

Life Discovery Grid Example 2-Kelly R.

	Happy	Hurt	Health	Hope	Hacked
Heritage	Pastors Kid, Westwood, Conversion, Conversion of family, Being part of a small church, Getting Saved in 2nd grade, Being a kid.	Legation in the Church, Personal Frustration, Isolation and Frustration, Getting outside the US.	Independence, freedom, ability to choose, Discovery of the faith and becoming personal.	Extended Family in Mission, Press to Discover, a deep sense of mission and purpose	Conventional, Establishment, Business, People Learning, Loss
High Points	Summer trips to OH Sports, Saving my sister	First love relationship, Sports, church, art, trip to Italy	College, Meeting my husband, Working sports camps, Gaining independence	Married, Having children, Working at great organizations, Family moved closer	Adoption of our son, 9 month and sobriety
Hard Times	1st/2nd Mean Girls, Moving 10 every 4 years, Eyes opened to ch. dysfunction and abuse	Mean Girls, Name called on event bridge, Being a pastors kid, Mom hurt by church, Small Town	Being in College in FL, while family lived in NY, Moving to IL, my Senior year of college	Working and always financially just getting by, Inertility	Relationships w/Ministry Partners, rejection, called to cross, family business not family
Hand of God	Grounded Family, Pastor Henna, 1978, Getting Saved	Mission trip to Haiti B	College, Meeting husband	My Mom able to watch the son, Living in Community, Our shared daughter	Leaving FL (Growth in leadership), being delivered out of strong idolatry, The courage to be brave
Heroes	Grandparents, Bill and Ethel O. Mum and Dad, Mrs. Hoff (Machos)	High School, Coaches, Mr. Campbell	Anna, husband, Community of Friends, Grandparents	Mom and Dad, Grandparents, husband	David and Courtney, Obed CHM, husband
Life Drifts					

YOUNIQUE Session 2

Please complete the Life Discovery Grid Reporting worksheet on pg. 11 of your Younique Experience Notebook.

YOUNIQUE Life Discovery Grid

Heritage					
High Points					
Hard Times					
Hand of God					
Heroes					
Life Drifts					

Session 2

YOUNIQUE Life Discovery Grid Reporting

CHAPTER TITLES					
Insight 1 To Share					
Insight 2 To Share					
Insight 3 To Share					

Session 2





Objective, Big Idea & Biblical Focus:

Participants are able to tell their story succinctly and listen to other participants' stories for greater clarity in interpreting their own.

BIG IDEA: We will practice Three-Way Listening throughout this journey: 1. To the Holy Spirit for counsel and conviction; 2. To one another for encouragement and insight; and 3. To ourselves for awareness and response.

Encourage participants that this exercise has given them another way to “always be prepared to give an answer to the hope that you have” (1 Peter 3:15.) - in a concise and compelling way that encapsulates their story as is has been written thus far. As we become fluent with our story as well as our understanding of the gospel, we grow in a relatable gospel fluency.

How it Works:

Give participants time to write down 3 insights from each chapter.

Explain how the sharing time will work, walking through how people will take notes in their participation guide.

Facilitate sharing: Give each person 7-8 minutes to share their story and allow the group 2 minutes to ask questions once they are done sharing.

Coaching Tips:

As people are sharing and being vulnerable, it's important to acknowledge and celebrate this; thanking them and emphasizing the gift they've given to the group.

Stick to the 7-8 minutes per story so everyone gets a chance to share.

You will have to prompt some people to land the plane and keep moving on their story. Giving a two minute warning is helpful.

Depending on the number of people in your group, you may be able to give longer than 8 minutes.



Objective, Big Idea & Biblical Focus:

To help participants see how the core temptations of the enemy are trying to sabotage their narrative, and how the power of the Gospel helps redeem their story.

BIG IDEA: A Life Drift is when we tend to multiply our brokenness by medicating our primary issues with secondary issues, instead of going to the cross with our brokenness.

Luke 4:1-14 - Have a participant read this aloud before you teach this.

How it Works:

Introduce Appetite, Approval and Ambition as the life drifts through Luke 4:1-14.

Demonstrate how we often multiply our own brokenness by moving from one to the other.

Show how 'at the cross' Jesus addresses each of these drifts (Gospel). Highlight that He was led into the desert full of the Holy Spirit and on the other side of temptations is empowered by the Spirit - the same empowerment Christ followers have today.

Identify core issues for each of the three A's and the lie behind each core issue. Reiterate that Satan contextualizes these lies to each person (not everyone hears them the same way).

Show, and give examples, of how the three A's become Celebrity, Consumerism and Competition in American Culture.

Coaching Tips:

As you are teaching, make sure to use your own life stories, giving appropriate vulnerability of your own tendencies to multiply brokenness rather than going to the cross. Be genuine. Be you.

Share how this tool has helped you identify broken patterns in your own life.

This tool helps us see we all WILL drift and the key is how we grow in our recognition and recovery rate which is the two marks of spiritual maturity.



Reference:

Journey 1 Workbook, pg. 35-40
 Younique Experience Notebook, pg. 12

YOUNIQUE Session 3

The Three Life Drifts

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YOUNIQUE Session 3

The Three Life Drifts (continued)

Read Luke 4:1-14

THE 3 TEMPTATIONS OF JESUS*

- The Temptation of Appetite
 The issue of Appetite is need and satisfaction .
- The Temptation of Ambition
 The issue of Ambition is weakness and strength .
- The Temptation of Approval
 The issue of Approval is rejection and acceptance .

*Mike J. Breen https://disciplingculture.com

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YOUNIQUE Session 3

The Three Life Drifts (continued)

"But if I am to let my life speak things I want to hear, things I would gladly tell others, I must also let it speak things I do not want to hear and would never tell anyone else! My life is not only about my strengths and virtues; it is also about my liabilities and my limits, my trespasses and my shadow. An inevitable though often ignored dimension of the question for 'wholeness' is that we must embrace what we dislike or find shameful about ourselves as well as what we are confident and proud of."

—Parker J. Palmer

THE POWER OF THE CROSS

- What Jesus resisted personally in the desert determined the power with which He lived.
- What Jesus defeated permanently at the cross determines the power in which we can live.
- At the cross, Jesus becomes everything that too often plagues us.

AT THE CROSS

- In regard to Appetite:
 Jesus becomes needy so we can be satisfied .
- In regard to Ambition:
 Jesus becomes weak so we can be strong .
- In regard to Approval:
 Jesus becomes rejected so we can be accepted .

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YOUNIQUE Session 3

The Three Life Drifts (continued)

"What Jesus resisted in the desert personally, he defeated at the cross permanently." —Dave Rhodes

Life Drift: Instead of going to the cross with our brokenness we tend to multiply our brokenness by medicating our primary issues with secondary issues.

CORE ISSUES OF THE 3 A'S:

- The Core Issue of Appetite is Fear .
 Fear says: "I'll never have enough!"
- The Core Issue of Ambition is Guilt .
 Guilt says: "I'll never accomplish enough!"
- The Core Issue of Approval is Shame .
 Shame says: "I'll never be enough!"

INSTRUCTIONS:

- Go back into each chapter of your life story and identify which Life Drift (temptation) you struggled with in each chapter.
- Think through how you multiplied that brokenness or took it to the cross.
- Identify directly the lies you were tempted to believe in light of this in each chapter.
- Identify the gospel truth that you now believe or should believe in light of this lie.

Please complete the Life Drifts Grid worksheet on pg. 12 of your Younique Experience Notebook.

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YOUNIQUE Session 3

Life Drifts Grid Example 1—Chad P.

CHAPTER TITLES	Trying Out	Getting Cut	Making the Team	Starting Line-Up
Primary Drift (Core)	Ambition	Appetite	Ambition	Ambition
Secondary Drift (Presenting)	Approval	Approval	Approval	Approval
Life Lie #1 (God)	God was confined to organized church	God would protect me no matter what and God is dependent on me	God did not care if I enjoy in in the church	God would protect all of us fighting for discipleship
Life Lie #2 (Life)	Actions don't have consequences	My actions were not negatively affecting others	Life in church would be boring. I would always have to sacrifice my family.	Tragedy won't come my way. People I trust and look up to will never let me down.
Life Lie #3 (Yourself)	I was invincible. I could play and excel in sports and athletics would carry me.	I had found enlightenment. I was making a positive difference in the world.	I had to be a pastor like my dad. I was savior of the church.	I would never get my chance. I'm better than other leaders around me.
Life Truth	God has called me	Community and relationships are what. How you treat others really does matter.	God really does love me and has my best interest at heart	Don't have to compete against others/sinners. Learn to love wife, parent, children are important.

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YOUNIQUE Session 3

Life Drifts Grid Example 2—Kathy R.

CHAPTER TITLES	Happy	Hurt	Health	Hope	Hacked
Primary Drift (Core)	Appetite	Approval	Ambition	Appetite	Approval
Secondary Drift (Presenting)	Ambition	Ambition	Appetite	Approval	Ambition
Life Lie #1 (God)	God is not stable	God Does not care about Me.	Was God who he said he is? I should feel guilty for not living fully for him.	God gives us just enough but will always keep you on the verge of breakthrough	God wants me to sacrifice and to die to everything.
Life Lie #2 (Life)	People are always mean and self serving	That people are cruel. There are no real friendships in life.	That in an isolated bubble everything is perfect.	Our perfect life would never change and we would always be one big happy family	That we need to submit to and serve others and never question things.
Life Lie #3 (Yourself)	Were not likeable enough as a family/person to have long lasting relationships. Fear I was not enough.	I was messed up. Was not good enough for someone to like. If you came around me you would leave.	God wants me to thrive in relationships with him and others.	That I had to work really hard in managing relationships	That I was not a good leader. I would never be worthy of being adopted into someone else's family
Life Truth	You can't control others but you can control yourself and your response to things.	God was always there.	God wants me to thrive in relationships with him and others.	Life is meant to live in Community and doing life that way is worth everything.	God is a god of Freedom. He wants us to LIVE Fully, in community where you can fully be your true self.

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YOUNIQUE Life Drifts Grid

CHAPTER TITLES					
Primary Drift (Core)					
Secondary Drift (Presenting)					
Life Lie #1 (God)					
Life Lie #2 (Life)					
Life Lie #3 (Yourself)					
Life Truth					

Session 3

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Objective, Big Idea & Biblical Focus:

In identifying key moments in their life where they multiplied brokenness or took it to the cross, participants will take the first step in seeing more breakthrough in the future (identification of patterns in the past is always step #1).

BIG IDEA: Knowing our drift patterns can become transformational. Being a disciple is about recognition and recovery - do we see our brokenness and turn to the cross? Growth happens when the time gap between recognition and recovery decreases.

Reiterate that while we're looking at some of these negative things, we are doing it to show the Gospel truths that are the actual drivers of our life that we get to live into each and every day. These are creating the major "why's" of your life, becoming the fertile soil from which to identify your Core Values.

How it Works:

Have participants go back to their life story and identify which Life Drift they struggled with in each chapter, thinking through how they either multiplied brokenness or took it to the cross, writing it down on the 'My Life Drifts' worksheet.

Have them spend time filling out the Life Drifts Grid: Directly identify the lies they were tempted to believe about God, life and themselves. Then, identify the Gospel truth they now believe or should in light of each lie (Life Truth).

Coaching Tips:

Let people know this is the deepest, toughest part of the process in Journey 1 while also being "the best news" session. There is no good news without the bad news of our brokenness and it is a shared reality for us all. A certain percentage of people will need more help, even counseling, as they are working through some of their life drifts. Make that recommendation to them in an appropriate manner, but don't let the whole cohort get hung up on the one person. Create space towards the end of session, through prayer, inviting the Spirit of God to bring His healing presence and seal His truth upon each person's heart.





Reference:

Journey 1 Workbook, pg. 39-40
 Younique Experience Notebook pg. 12

YOUNIQUE
Session 3

Life Drifts Grid Example 1-Chad P.

CHAPTER TITLES	Trying Out	Getting Cut	Making the Team	Starting Line-Up
Primary Drift (Core)	Ambition	Appetite	Ambition	Ambition
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Life Lie #3 (Yourself)	I was invincible. I could party and excel in sports and athletics would carry me.	I had found enlightenment. I was making a positive difference in the world.	I had to be a pastor like my dad. I was savior of the church.	I would never get my chance. I'm better than other leaders around me.
Life Truth	God has called me	Community and relationships are vital. How you treat others really does matter.	God really does love me and has my best interest at heart	Don't have to compete against others/churches. Learn to love wife, parent, children are important

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YOUNIQUE
Session 3

Life Drifts Grid Example 2-Kathy R.

CHAPTER TITLES	Happy	Hurt	Health	Hope	Hacked
Primary Drift (Core)	Appetite	Approval	Ambition	Appetite	Approval
Secondary Drift (Presenting)	Ambition	Ambition	Appetite	Approval	Ambition
Life Lie #1 (God)	God is not stable	God Does not care about Me.	Was God who he said he is? I should feel guilty for not living fully for him.	God gives us just enough but will always keep you on the verge of breakthrough	God wants me to sacrifice and to die to everything.
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Life Lie #3 (Yourself)	Were not likeable enough as a family/person to have long lasting relationships. Fear I was not enough	I was messed up. Was not good enough for someone to like. If you came around me you would leave.	If you run away from your past it will never find you.	That I had to work really hard in managing relationships	That I was not a good leader. I would never be worthy of being adopted into someone else's family
Life Truth	You can't control others but you can control yourself and your response to things.	God was always there.	God wants me to thrive in relationships with him and others.	Life is meant to live in Community and doing life that way is worth everything.	God is a god of Freedom. He wants us to LIVE Fully, in community where you can fully be your true self

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YOUNIQUE
Life Drifts Grid

CHAPTER TITLES					
Primary Drift (Core)					
Secondary Drift (Presenting)					
Life Lie #1 (God)					
Life Lie #2 (Life)					
Life Lie #3 (Yourself)					
Life Truth					

Session 3

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Objective, Big Idea & Biblical Focus:

By sharing and listening to life drifts, we not only step into the opportunity for the healing of some of our wounds, but in the future we learn to apply Gospel truth to situations before we multiply brokenness. In addition, through listening to others, it continues to help us identify drifts that we were not originally able to see for ourselves because of mutual blind spots.

BIG IDEA: Three-Way Listening opportunity: 1. To the Holy Spirit for counsel and conviction; 2. To one another for encouragement and insight; and 3. To ourselves for awareness and response.

1 John 1:6-8: “If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us.”

How it Works:

Explain how the sharing time will work, walking through how people will take notes in their participation guide.

Facilitate sharing: Give each person 5 minutes to share their Primary/Secondary Drifts in each chapter and highlight a dominant lie and subsequent truth in their story.

Coaching Tips:

Thank each participant for their vulnerability and courage in sharing. Encourage them that this is an opportunity for deep level self awareness submitted to God awareness. Once again, create space towards the end of session, through prayer, inviting the Spirit of God to bring His healing presence and seal His truth upon each person's heart. If someone is dealing with deeper issues that emerge, be alert to how best to follow up with them or refer them to a pastor/professional who can come alongside them.





Objective & Big Idea:

Have participants identify and distinguish between their interest, passions and burdens.

BIG IDEA: Passion is conviction that becomes contagious because it withstands the test of pain”.

How it Works:

Give participants 10 minutes to answer the questions in the funnel, in a brainstorm manner, asking them to think through the things they are interested in, passionate about and burdened by. This is not an exhaustive list but enough that helps them narrow down to 5 words/themes at the bottom of the funnel.

Coaching Tips:


A helpful clarification: Passions are what get you up in the morning.

Burdens are what keep you up at night.



Reference:

Journey 1 Workbook, pg. 43

Session 4

Passion Funnel

INTERESTED IN:
What do I enjoy? What are my hobbies? Where do I spend my free time?

EXCITED ABOUT:
What gives me energy? What do I look forward to doing?

DRIVEN BY:
What must I do? What gets me up in the morning?
Where do I feel most alive?

BURDENED FOR:
What keeps me up at night?
What pain in the world do I sense
God wants me to step into?

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

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

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Objective & Big Idea:

Declaring a holy discontent with 4 things that frustrate participants most.

BIG IDEA: What offends you most will most likely be an “opposite indicator” of what you value most.

How it Works:

Participants name 4 offenders in no particular order. Offenders are what make you pound your fist or are highly irritating, whether it is a small pet peeve or something that is a deeper offense.

Coaching Tips:

Naming offenders can offer fertile soil for LifeCore values so encourage participants to dig deep. Referring to Life Discovery Grid experiences can be helpful if they are stuck.



Reference:

Journey 1 Workbook, pg. 44



Offenders

Declaring Your Holy Discontent

In the boxes below, record the four things that frustrate you the most.

Examples include:

- Inefficiency
- Doing things at the last minute
- Weeds in a garden
- Bullying
- Sex-trafficking
- Inability to forgive

OFFENDER #1:

OFFENDER #2:

OFFENDER #3:

OFFENDER #4:





Objective & Big Idea:

Participants get outside input on what they are most passionate about from the people they are closest to.

BIG IDEA: Are your passions evident to those who know you?

How it Works:

Participants text 12 people, asking for the top three words that best describe what they are most passionate about.

Write responses in the Passion 360 worksheet.

Have participants hone in on the 4 words that seem most frequent and/or best representative of the responses.

Make sure they are using copy-and-paste in their texting and not typing it out 12 times. Use individual texts and not a thread so responders are not influenced by others.

Coaching Tips:

People love this exercise and they love seeing how certain aspects of what they are passionate about are so often repeated. Encourage them to be open and humble to varied responses and not be offended if they don't receive feedback.



Reference:

Journey 1 Workbook, pg. 45


Session 4

Passion 360

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

"I am currently participating in a Life Design process called Yunique, 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



Objective & Big Idea:

Offers a long range perspective on current or desired trajectory of a participant's most desired contribution to the world.

BIG IDEA: Your contribution is discovered as you discover God's dream for you and design your life accordingly.

How it Works:

First have participants choose a category that best represents their current or desired trajectory of contribution to the world. Then within that category star or circle one (or two if difficult to decide) types that further articulate that trajectory. This does not mean it is the only thing they contribute but rather help to clarify what most satisfies them.

Coaching Tips:

This is another angle of helping the participant understand what stirs them most and what they are most motivated to offer to the world based on what matters to them and brings them life. If a participant is older they are looking back more reflectively, if younger they are looking ahead with anticipation.



Reference:

Journey 1 Workbook, pg. 46-47



Ultimate Contribution Types

Adapted and Expanded from the Original Work of Robert Clinton

According to Robert Clinton, a person's ultimate contribution is a lasting legacy of a Christian. One's Ultimate Contribution is for which he/she is remembered in service to furthering the Kingdom of God.

Below are twenty articulations of Ultimate Contribution in five broad categories. Indicate which one either most clearly reflects your current vocational trajectory or projects your preferred future.

Category	Type	Description
A COMMUNITY TO GROW	PARENT	Builds a family, as a parent or parental figure, whose successive generations and multiple branches model goodness with unusual effectiveness and reach. (Lyman Beecher)
	MENTOR	Coaches, counsels, or shepherds individuals in a way that has ongoing influence and impact in their lives, which in turn impacts others. (John Newton)
	FACILITATOR	Generates community and shapes outcomes among a group of people in a transformative way through team-building, peacemaking, and collaboration. (Nelson Mandela)
	PHILANTHROPIST	DISTRIBUTES a cache of wealth to supply a benefit to people over a long term. (Warren Buffett)
	DEVELOPER	Plans, funds, or builds a large structure or a collection or complex of structures for human use. (Andrew Carnegie)
A CULTURE TO ENRICH	INVENTOR	Creates a new device or tool that improves people's lives. (Thomas Edison)
	ARTIST	Creates a great work of art, music, literature, or film or a body of such work. (JANE AUSTEN)
	ARTISAN	Makes an artifact that is exceptionally pleasing and useful, or a body of such work, that requires highly developed skill. (Stradivarius)
	ENTERTAINER	Brings pleasure or meaning to a large audience in a memorable way through the performing arts as a performer, producer, or part of a team. (Ella Fitzgerald)
	CONSERVATOR	Saves a natural or cultural treasure or resource from destruction, often rehabilitating it for future enjoyment or use. (John Muir)



Session 4

Category	Type	Description
AN ORGANIZATION TO LEAD	FOUNDER	Starts a new organization to meet a need or capture the essence of a movement. (John Wesley)
	STABILIZER	Helps a fledgling organization MATURE IN STABILITY, efficiency, and effectiveness. (Alexander Hamilton)
	MULTIPLIER	Expands an organization or establishes an offshoot of it in a new territory or among a previously unreached group of people. (St. Patrick)
	PRESERVER	Defends an organization against forces that would unmake it and ADAPTS IT to survive to the next generation. (Abraham Lincoln)
	RENOVATOR	Turns around a failing or almost dead organization. (Lee Iacocca)
AN IDEA TO CONCEIVE	DISCOVERER	Makes a major discovery that permanently expands human knowledge. (Marie Curie)
	COMPILER	Gathers and organizes a large, even comprehensive collection of data or artifacts for others to study or reference. (Francis Collins)
	THINKER	Conceptualizes and describes reality in a way that revolutionizes how people view and understand the world or an aspect of it. (Isaac Newton)
	PRESENTER	Communicates knowledge, often conceived or discovered by others, as a writer or documentarian in a way that shapes how many people understand it. (Ken Burns)
	COMMUNICATOR	Speaks to large groups of people in a way that informs, persuades, and inspires to an exceptional degree. (Billy Graham)
A CHANGE TO ACTIVATE	ROLE MODEL	Lives a model life, not a perfect one, that others want to emulate, often displaying an unusual zealotness for God. (Mother Theresa)
	INNOVATOR	Creates a way of doing things in a particular field that sets a new standard of practice or technique for that field. (Henry Ford)
	CATALYST	Opens eyes in a community, institution, or society to a better way to live and function and inspires change in that direction. (Martin Luther King, Jr.)
	PROMOTER	Effectively distributes new ideas, artworks, or products that improve many people's lives. (Walt Disney)
	VICTOR	Leads people to defeat a formidable human, institutional, or national opponent, a social ill, or a disease in a contest with major consequences. (Dwight D. Eisenhower)



Please complete the Passion Circle Inventory on pg. 13 of your Youunique Experience Notebook.



Objective & Big Idea:

To create a reference tool that puts all of the participant's core Passion Circle inventory on one sheet of paper so they have easy access to it.

BIG IDEA: “Gifting connects our lives to God’s power. Passions direct our lives with God’s precision.” - Dave Rhodes

How it Works:

Have participants look through their work from all of the Passion Circle tools.

Using their notes, have participants hone in on each of the answers the Passion Circle Inventory Worksheet is requesting. Communicate that having this inventory on one sheet of paper will be very helpful as they continue in the process. After they've filled out the Passion Circle Inventory, they need to file it under the ‘Sweet Spot’ tab in Notebook.

Coaching Tips:

Remind participants that this is one of the “pause” moments to gain Insight from their Inventory.



Reference:

Younique Experience Workbook, pg. 13 - inventory



📄 Passion Circle Inventory

Life Drifts Grid [page 12 from Notebook]

Chapter Titles

Primary (Core) Life Drift Secondary (Presenting) Life Drift

--	--

Life Lies [page 21 from Notebook]

Life Truth [page 12 from Notebook]

Passion Funnel [page 43 from Workbook]

Offenders [page 44 from Workbook]

--	--	--	--

Passion 360 (top 4 from others) [page 45 from Workbook]

--	--	--	--

Ultimate Contribution [pages 46–47 from Workbook]

--

Objective, Big Idea & Biblical Focus:

Give an overview of what the Ability Circle is about and the practical components participants will walk through to understand their abilities more fully.

BIG IDEA: Everything in Ability Circle is being able to name where there is grace in your life.

Jesus did not put energy where He did not have grace from the Father. We want to learn how to follow the grace we have been given. Ability Circle gives us a lens for this. John 4:34 1 Timothy 4:12-15 “...do not neglect your gift...”

How it Works:

Give a brief overview again of how Ability fits into the wider Sweet Spot tool. We’ve done the Passion Circle, now we are doing Ability.

Talk through the core question that the Ability Circle is asking - “What can I do the best?”

Walk through the various items participants will walk through to help them see where they are going within the Ability Circle.

Everything in the Ability Circle is about being able to name where there is grace in participants’ lives.

Land the plane on how knowing their Abilities intersects with finding, understanding and living out their true unique calling.

Coaching Tips:

Naming is an important piece throughout the Bible, it’s often how God discharges authority. It’s critical that participants understand this.

Allow space for what people may have experienced before. Some people have had assessments or personality tests that were wonderfully powerful in naming them. Others had experiences that were negative and they felt labeled.



Reference:

Journey 1, pg. 51
Younique Experience Workbook, pg. 14-15

YOUNIQUE *Session 5*

Ability Circle Overview

WHAT CAN I DO
THE BEST?

ABILITY CIRCLE INVENTORY

- Name Meaning
- Personality (Insights)
- Spiritual Ability (A.P.E.S.T.)
- Talent (StrengthsFinder)
- Sense of Accomplishment
- Ability 360

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YOUNIQUE *Session 7*

Ability Circle Inventory

Name Meaning [page 54 from Workbook]

Name #1 Meaning

Name #2 Meaning

Name #3 Meaning

Personality (Insights) [page numbers listed below are from the Insights profile]

My 8 Type (Conscious Wheel Position) page 16

Colors above the midline page 17

Sentence that describes me most pages 5-6

Strengths (top 2) page 7

Value to the Team (top 2) page 9

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YOUNIQUE *Session 7*

Ability Circle Inventory (continued)

StrengthsFinder [page 69 from Workbook]

Spiritual Ability [page 73 from Workbook]

A.P.E.S.T. Top 2

Sentence that describes me most

Sense of Accomplishment—Top 3 [page 75 from Workbook]

Ability 360 [page 76 from Workbook]

Key Learning #1

Key Learning #2

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Objective, Big Idea & Biblical Focus:

Because so much of our life and purpose is connected to our name and what we're called, we need to more fully understand names that we've been given, and names we need to let go.

BIG IDEA: “When we learn to name reality, we release the power to change it. When I name it, I can change it.”

Genesis 32; John 1, Mark 1:24, Matthew 16, Acts 13, Judges 6

How it Works:

Talk through the importance of naming.

Biblical Pattern #1 in Naming: Sometimes we need a name change. (Biblical examples of name changes, focusing primarily on Jacob.)

Biblical Pattern #2 in Naming: Sometimes we need to live up to our name (Biblical examples of living up to the name, using Gideon as the primary example) Give examples from your own life.

Coaching Tips:

Demonstrate that this is a Biblical concept, but it's true even beyond the Bible. Use your own story and name meaning to demonstrate how this exercise has been helpful for you. Diffuse the sense that this is Jedi mind trick. Encourage patience with the tool and that it is not a make or break whether they find significant meaning for their lives.





Reference:

Journey 1, pg. 52



Session 5

The Power of a Name

WHAT'S IN A NAME?

Two Biblical Patterns in Naming

1. Sometimes we need a name _____ change _____.
 - Jacob becomes _____ Israel _____. (Genesis 32)
 - Simon becomes _____ Peter _____. (John 1, Matthew 16)
 - Saul becomes _____ Paul _____. (Acts 13)

Each of these name changes affected not who just each of these people were, but also the calling they were destined to fulfill.

2. Sometimes we need to _____ live _____ up _____ to _____ our name.
 - Gideon means _____ destroyer, mighty man of valor _____. (Judges 6)
 - In this case, it wasn't that Gideon was named wrongly, it was just that he needed the courage to live up to his name.

"Ask what makes you come alive and go do it. Because what the world needs is people who have come alive." —Howard Thurman





Objective, Big Idea & Biblical Focus:

Do an inventory and analysis of names participants have been called, good and bad, and spoken over them, so they can better understand the forces shaping them.

BIG IDEA: When I name it I can change it. Names sometimes have positive impact and other times negative.

Isaiah 43:1 “But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by name, you are mine.”

How it Works:

Give participants a few minutes to write down names people have spoken over them, good and bad, and write down on their worksheet.

Give participants 30 minutes to write down names that God might be giving them now, and has given them in the past, writing notes down on their worksheet.

Give participants a brief amount of time to scan their worksheet and written some reflective thoughts on the experience, as well as any insights or paradigm shifts they had.

Coaching Tips:

Emphasize this exercise as an opportunity to lean into the good, bad and ugly SO THAT God can heal, repair or affirm the “You are...” they have heard in different life chapters.



Reference:

Journey 1, pg. 53

 YOUNIQUE *Session 5*

My Names Reflection

Write the names that people have spoken over you—both good and bad:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Now take 30 minutes and in quiet and stillness ask God if there are any names He gives you. Think through all the names God calls his children throughout Scripture. Also, give time and pause for God to speak directly to you. Write down the names that come to your mind during this time alone:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____





Objective, Big Idea & Biblical Focus:

Help participants see how their various names are playing out in real time, even if they didn't know, while also giving them a window of insight into who God has uniquely created them to be.

BIG IDEA: Understanding the meaning of our given name leaves room for God to speak and can offer insight into our identity.

Naming is a spiritual practice that we see Biblically and that God uses. This is an opportunity to lean in and listen for potential insight while at the same time not fabricating or labeling.

How it Works:

Remind people that names actually mean things, when you understand the definition of each part of your name. Give a couple of examples, including your own.

Have people use websites you provide or others they are familiar with and fill out the 'Name calling' worksheet.

See if participants can construct a coherent sentence that incorporates various pieces of their name meanings that resonates with them.


Coaching Tips:

Have them stay away from the Urban Dictionary and Kaballah websites. If their name is connected to place encourage them to look up what the story of that place is and why it's unique. Likewise with an occupation. Encourage them to interpret their names. While they may not see significance in every name meaning, encourage them to take a complete inventory as clarity may come later in the process as dots connect.



Reference:

Journey 1, pg. 54

Session 5

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Name Calling

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		
Maiden Name		
Nick Name		
(Names spoken over you like Teacher, Leader)		

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Objective, Big Idea & Biblical Focus:

Help participants have a deeper understanding of themselves and how their personality and preferences influence their approach to life, work and relationships - the natural ways they navigate the world around them. These are helpful descriptions that contribute to naming, NOT labels.

BIG IDEA: A personality assessment can help describe us NOT define us. Insights describes HOW you like to work and interact in the world.

Highlight that the self awareness received from this assessment will provide insight and opportunity to better live out the many “one another” Biblical commands and principles for healthy community and servant leadership.

How it Works:

Have participants turn to page 16 on their insights profile.

Have participants locate themselves on the wheel.

Explain the matrix that makes up the wheel and its' 4 quadrants.

Label each quadrant, giving the following explanations:

- The color of each quadrant as it relates to the matrix
- The animal name and bird name for each quadrant
- The healthy and shadow side of each quadrant
- The ideal length of communication for each quadrant
- The way each quadrant deals with stress and conflict

Talk through the conscious and unconscious diagrams. Explain preference flow. See additional content section for helpful explanations of all the above.

Coaching Tips:

Each participant's Insights Report will be sent to you from Younique. You will want to share the pdf report with each person prior to this session. This should be a really fun exercise. Make sure to bring high energy and have fun with the participants as you go. Try to include the participants located in each quadrant as you're explaining each quadrant. Demonstrate how this assessment has helped you better understand yourself. Define energy as “what brings me life”. This is not about character, but natural preferences. Preference is a key word as it helps us understand we are capable of operating with all 4 colors but each of us have a unique combination of which colors are most natural for us to navigate the world through. This can help participants be intentional with balancing energy input and output based on their preferences. As a coach, honor, redeem and bring health to ALL colors.



Reference:

Journey 1, pg. 57-63

YOUNIQUE Session 6

Insights Behavioral Preference

Overview and Instructions

Insights Discovery is an in-depth personality preference assessment. This assessment includes an individual report that facilitates a deep understanding of how your personality influences your approach to life, work, and others. In addition to self-discovery, Insights will help you develop your interpersonal skills, improve your communication, and cultivate better relationships.

Insights Discovery Assessments are:

- Insightful, takes you places you never expected.
- Shared, practical language that shapes a conscious culture-gear for teamwork.
- Positive, supportive, engaging approach that empowers people to change.
- Simple, easy to understand so everyone can apply what they learn.
- Fun, memorable color energy system that really sticks.

The online Insights Discovery assessment is NOT a test! It captures your preferences for deeper self-understanding.



"Overcome the notion that you must be regular. It robs you of the chance to be extraordinary."
—Uta Hagen

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YOUNIQUE Session 6

The Four Insights Color Energies

On a Good Day



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YOUNIQUE Session 6

The Four Insights Color Energies

On a Bad Day

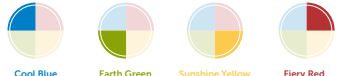


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YOUNIQUE Session 6

The Four Color Summary



	Cool Blue	Earth Green	Sunshine Yellow	Fiery Red
Personality preference	Indirect Non-Emotive	Indirect Emotive	Direct Emotive	Direct Non-Emotive
Appears	Formal Conservative	Casual Conforming	Fashionable Stylish	Businesslike Functional
Work preferences	Structured Organized Functional Formal	Personal Relaxed Friendly Informal	Stimulating Personal Clusters Friendly	Busy Formal Efficient Structured
Style	Slow/Systematic	Slow/Easy	Fast/Spontaneous	Fast/Decisive
Focus	The Task: the Process	Maintaining relationships	Interacting/ Relationships	The Task: the results
Likes	Accuracy	Attention	Recognition	Productivity
Seeks security in	Preparation	Close relationships	Flexibility	Control
Wants to maintain	Credibility	Relationships	Status	Success
Is irritated by	Surprises Unpredictability	Insensitivity Impatience	Boredom Routine	Inefficiency Indecision
When considering a purchase is concerned with	How they justify the purchase logically	How it will affect their personal circumstances	How it enhances their status	What it does By when What it costs

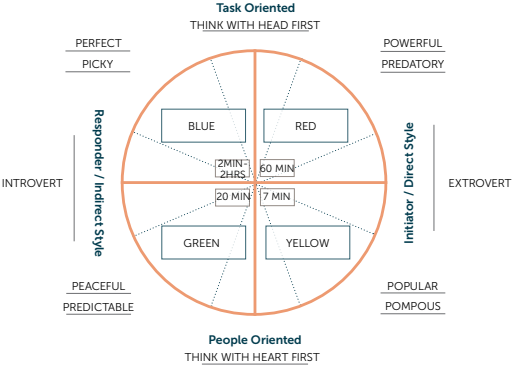
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YOUNIQUE Session 6

How to Interpret Insights

Training Overview



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Insights Reporting

My Color Energies
page 17 from your Insights profile

Possible Blind Spots: Key Discoveries
page 12 from your Insights profile

- _____
- _____
- _____
- _____

My 8-type (Conscious Wheel Position):
page 16 from your Insights profile

My Opposite type:
page 13 from your Insights profile

Top two from Strengths:
page 7 from your Insights profile

Top two from Value to Team:
page 9 from your Insights profile

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YOUNIQUE Session 6

One sentence that describes me most
pages 5–6 from your Insights profile

My Biggest Breakthrough Insight

Connections with my Life Drifts

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Objective & Big Idea:

Allow people to share the highlights after having processed and internalized some of the insights gained from their preference report.

BIG IDEA: Three-Way Listening opportunity: 1. To the Holy Spirit for counsel and conviction; 2. To one another for encouragement and insight; and 3. To ourselves for awareness and response.

How it Works:

Give participants 10 minutes to complete the Insights Reporting pages in their workbook.

Facilitate sharing: Give each person 3 minutes to share a few insights from the Reporting pages

Coaching Tips:

Overview is the goldmine of insight in the participant report. Encourage participants to highlight what resonates with them and place ?? next to to where there is a disconnect. Before they disregard the ??, encourage them to ask someone who knows them well as it may be a blind spot. There may be a few ?? that simply do not connect and that is normal.





Objective & Big Idea:

To highlight the participant's natural talent through use of the Strengths Finder Assessment so they may see what they can lean into to build into strengths.

BIG IDEA: Strength = Natural Talent + Knowledge + Skills + Experience. Our natural talents can be unexercised muscles if not combined with the other three ingredients.

How it Works:

Have participants print out report ahead of time and review themselves, highlighting what resonates most and come prepared to share.

Emphasize the Strength equation in the Big Idea as a teaching point of how our strengths require “exercise”.

Talk through the 4 larger categories each strength falls under and have participants circle their strengths on this chart.

Encourage participants to celebrate the strengths that God has given to them giving a few minutes to write them out and highlight what they appreciate most about how their Top 5 show up in their life.

Coaching Tips:

Read definitions of strengths to know how they are defined as a talent for the purposes of this assessment. Don't assume the Webster's dictionary definition. Share your own Top 5 strengths and illustrate how they work together as a unique combination in your own life.



Reference:

Journey 1, pg. 67-69

YOUNIQUE
Session 7

StrengthsFinder by Gallup

Overview and Instructions

Many years of research conducted by The Gallup Organization suggest that the most effective people are those who understand their strengths and behaviors. These people are best able to develop strategies to meet and exceed the demands of their daily lives, their careers, and their families.

A review of the knowledge and skills you have acquired can provide a basic sense of your abilities, as well as an awareness and understanding of your natural talents, this will provide true insight into the core reasons behind your consistent successes.

Your Signature Themes report presents your five most dominant themes of talent, in the rank order revealed by your responses to StrengthsFinder. Of the 34 themes measured, these are your "top five."

Your Signature Themes are very important in maximizing the talents that lead to your successes. By focusing on your Signature Themes, separately and in combination, you can identify your talents, build them into strengths, and enjoy personal and career success through consistent, near-perfect performance.

GALLUP
CliftonStrengths

Strengths Insight Report

"You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously."

—Steve Maraboli

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StrengthsFinder by Gallup (continued)

Four Domains of Team Strength taken from the book "Strengths Based Leadership: Great Leaders, Teams, and Why People Follow" by Tom Rath and Barry Conchie

Executing	Influencing	Relationship Building	Strategic Thinking
People with dominant Executing themes know how to make things happen.	People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.	People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts.	People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.
Achiever Arranger Belief Consistency Deliberative Discipline Focus Responsibility Restorative	Activator Command Communication Competition Maximizer Self-Assurance Significance Woo	Adaptability Connectedness Developer Empathy Harmony Includer Individualization Positivity Relator	Analytical Context Futuristic Ideation Input Intellection Learner Strategic

"There is nothing wrong with being aware of our weaknesses and managing them, but our greatest opportunity for success lies in building on our natural talents." —Don Clifton

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My Top Five Strengths

Strength #1

Strength #2

Strength #3

Strength #4

Strength #5

WHAT I APPRECIATE ABOUT MY TALENTS

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Objective, Big Idea & Biblical Focus:

Identify spiritual leadership gifting and how naming that gifting identifies grace for maximum Kingdom effectiveness.

BIG IDEA: “Everyone’s called to be unique, but no one is called to be independent.”

Ephesians 4:11-19 We are all called to represent Christ to the world. APEST helps highlight what comes most naturally but as believers what we don’t do naturally we should do intentionally to grow in looking more like Jesus. Paul goes to great lengths to identify how all of us are working together to manifest God’s dream in our world.

How it Works:

Have participants print out report ahead of time and review themselves, highlighting what resonates most and come prepared to share. • Read Ephesians 4:11-19.

Explain the purpose of APEST and how it helps the Church step into maturity. Our responsibility is to know what leadership gift we have and how we should partner with others in the Church to fully manifest Jesus.

Have them complete the APEST Summary reflection sheet and talk through insights (approximately 15 minutes on that)

Coaching Tips:

You’ll want to note your group’s familiarity with APEST and adjust your teaching appropriately. Regardless of the interpretation of this passage as it pertains to leaders and the church, depending on your church context, the value of this assessment stands as it relates to how we each uniquely reflect the ways that Jesus fully exemplifies APEST completely.



Reference:

Journey 1, pg. 70-73

Session 7

APEST by Alan Hirsch

Overview and Instructions

APEST is a ministry assessment emerging from the most comprehensive statement of ministry structure, that of Ephesians 4:7, 11-12. Within this passage we find the fivefold ministry of APEST: apostle, prophet, evangelist, shepherd and teacher. But to each one of us grace has been given as Christ apportioned it to us who are his apostles, some to be prophets, some to be evangelists, and some to be shepherds and teachers, to prepare God's people for works of service, so that the body of Christ may be built up.

All five ministries are needed to engender, call forth, and sustain a full ministry in the Jesus movement. In fact, all five ministries in dynamic relation to one another are absolutely essential to vigorous discipleship, healthy churches and growing movements. Ephesians 4:7, 11-12 assigns APEST ministries to the entire church, not just leadership. All are to be found somewhere in APEST, a leadership model characterized by a servant-inspired dynamic.

APEST Assessment Introduction

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Profile for Apostolic & Evangelistic

The Apostle/Evangelist is called to engage, call forth, and sustain a full ministry in the Jesus movement. In fact, all five ministries in dynamic relation to one another are absolutely essential to vigorous discipleship, healthy churches and growing movements. Ephesians 4:7, 11-12 assigns APEST ministries to the entire church, not just leadership. All are to be found somewhere in APEST, a leadership model characterized by a servant-inspired dynamic.

To place ourselves in range of God's choicest gifts, we have to walk with God, work with God, lean on God, cling to God, come to have the sense and feel of God, refer all things to God.

—Cornelius Plantinga

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Session 7

APEST Defined

FLOURISHING OR FRUSTRATED

Apostle
Flourishing | The healthy Apostle can easily get on-board with a compelling vision. They thrill to the challenge of taking part in creating a path to see that vision happen. They succeed by finding something new and exciting to learn about.
Frustrated | It's frustrating when the Devil seems to be taking ground that's already been won. They do not like to feel like they're just spinning their wheels without taking new ground, moving forward, or learning anything new.

Prophet
Flourishing | The healthy Prophet is able to access regular time alone with God. They love to see life-change based on revelation they have been given and faithfully shared with others. Communicating and praying with other prophets helps the Prophet to remember they are not odd-balls, but gifted individuals.
Frustrated | When a Prophet is frustrated they will sometimes not feel like trying very hard to hear from God. It saps their energy when they share revelation and people trivialize or ignore it. They will feel especially irritated if revelation does not eventually turn into action.

Evangelist
Flourishing | Evangelists find it irresistible to see the Kingdom coming alive in people. They revel in regular opportunities to bring good news to people outside the walls of the church, preferring to spend a majority of their time with non-Christians. It is particularly encouraging for them to share the gospel with a new friend and watch them respond to Jesus' invitation.
Frustrated | If the surrounding soil seems unfertile, they will experience frustration. They can get discouraged if they are expected to be in the walls of the church in order to have their life as a Christ-follower validated. Unresponsive people are heartbreaking to them.

Written by Brandon Schaefer

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Session 7

APEST Defined (continued)

Shepherd
Flourishing | The Shepherd longs for regular opportunities to bring wholeness to other lives. They desire to lead their flock in areas of protection and provision. They are flourishing when they have the opportunity to create safe places for others to share their inner feelings, deep struggles, and are more than ready to provide a listening ear.
Frustrated | Shepherds can find themselves feeling down when people are stuck too long and no apparent progress or healing is coming to their broken lives. They have a strong distaste for division, whether it is divisive behavior or a simple lack of harmony in relationships around them. They expect others to show compassion in the same way they do and can get frustrated when others do not respond to needs within the body.

Teacher
Flourishing | Teachers long to experience the transformation of their own life through truth. Then they enjoy sharing these truths with others. They are most content when people look to them for coaching and truth-telling. They enjoy upholding truth and see it as their responsibility to guard good doctrine.
Frustrated | Flagrant disregard of truth will push the Teacher over the edge. They are discontent when truth is planted in shallow soil and doesn't take root. If they are not given the opportunity to equip or coach others they will eventually spiral downward.

The Forgotten Ways, 2nd edition: Reactivating the Missional Church by Alan Hirsch

Written by Brandon Schaefer

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Session 7

APEST Summary

Apostolic Roles	Prophetic Roles	Evangelistic Roles	Shepherding Roles	Teaching Roles
Founder	Activist	Messenger	Caregiver	Sage
Designer	Politician	Salesman	Defender	Professor
Cultural architect	Advocate	Negotiator	Peacemaker	Philosopher
General	Aid worker	Journalist	Helper	Scientist
Agent-envoy	Poet	Recruiter	First-responder	Guide
Visionary	Reformer	Promoter	Servant	Debater
Pioneer	Iconoclast	Achiever	Healer	Engineer
Adventurer	Hacker	Believer	Coach	Researcher
Strategist	Liberator	Champion	Counselor	Legal worker
Innovator	Environmentalist	Storyteller	Human resources	Accountant
		Marketer		

Leading Spiritual Ability:

Sentence That Describes Me:

Secondary Spiritual Ability:

Sentence That Describes Me:

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Sweet Spot

Objective, Big Idea & Biblical Focus:

Helping to name the special grace of my life with the lens of three different assessments and how they uniquely come together.

BIG IDEA: This is an opportunity to pause within the Clarity Spiral for interpretation and inscription and to understand how our individual unique qualities work together.

Psalm 139:14 - "I praise you for I am fearfully and wonderfully made..."; Proverbs 20:27 "The human spirit is the lamp of the Lord, that sheds light on one's inmost being."

How it Works:

Give time for participants to populate the summary funnel with inventory from all 3 assessments and then pause to interpret how all 3 lenses help them understand their unique ability.


Coaching Tips:

Participants are moving from inventory to interpretation after looking through 3 different lenses. Insights: How do I move in the world? Strengths Finder: "What am I naturally inclined to do? APEST "What is the work of Christ that is most naturally in me?"



Reference:

Journey 1, pg. 74

Session 7

Assessments Summary

INSIGHTS
How I move in the world:

STRENGTHSFINDER
What I have a talent for:

APEST
The spiritual ability most natural in me:

What I Learned

74

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Objective & Big Idea:

Identifying the vital component of inherent satisfaction.

BIG IDEA: Some of our most “motivated moments” may not be seen or affirmed by others.

How it Works:

Have participants highlight 5 accomplishments in their life that were not based on reward or recognition but simply how satisfied they felt in that accomplishment.

Coaching Tips:

There are several qualities and questions on pages 73-75 in the Younique book that will be helpful to offer to participants as they unearth this less tangible idea of innate satisfaction.



Reference:

Journey 1, pg. 75

 YOUNIQUE Session 7

Sense of Accomplishment

Think reflectively about your current job or work experiences in the past. Anything in your work history is valid for this exercise. If you have limited work experience, think back to school projects, home chores or any environment where you were actively contributing.

Your job involves many tasks, functions, steps or situations in order to do what you do. Your goal is to identify and rank the kinds of activities that give you the deepest sense of satisfaction or accomplishment. One key perspective is not to be distracted by rewards. In other words, don't let the appreciation or accolades of others influence your decision. Don't take into consideration what most impresses your employer or your supervisor. Reflect only on what gives you a deep sense of accomplishment internally. These are things that give an overwhelming feeling of internal motivation, that no one else sees. You might call these tasks or situations your "motivated moments."

Rank the tasks, steps, functions or situations that give you the greatest sense of accomplishment internally, in the boxes below:

#1 Sense of Accomplishment

#2 Sense of Accomplishment

#3 Sense of Accomplishment

#4 Sense of Accomplishment

#5 Sense of Accomplishment

"You are never too old to set another goal or to dream a new dream."
—C.S. Lewis



Objective, Big Idea & Biblical Focus:

Participants get outside input on their abilities from the people they are closest to.

BIG IDEA: This is an opportunity for courageous awareness through brutal honesty.

How it Works:

The two questions that are asked in Ability 360 require trust and vulnerability. Encourage participants to ask a few trusted individuals who they know can be objective and honest. This is an exercise that will need to be initiated and completed outside of session.

Coaching Tips:

These questions might be better asked in a face to face conversation rather than over text so encourage participants to seek the best form of communication for them and others. Encourage them to surrender to the self-awareness potential of this exercise without a defensive posture.



Reference:

Journey 1, pg. 76



Ability 360

For this interview tool, take some time to talk with people that have worked closely with you. Consider interviewing co-workers or friends from previous work environments to enable more transparency in seeking objective feedback. Consider input from people who have worked "above you" or "below you" in the organization.

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

Person #1

Person #2

Person #3

In your opinion, what do I think I am better at than I really am? Why do you think I have a hard time with self-awareness in this area? What's the most important thing I need to hear about myself, to gain clarity about my ability, even though it will be hard for me to hear?

Person #1

Person #2

Person #3



Please complete the Ability Circle Inventory worksheet on pg. 14-15 of your Yunique Experience Notebook.



Objective, Big Idea & Biblical Focus:

Create a reference tool that puts all of their core Ability Circle inventory on one sheet of paper so they have easy access to it.

BIG IDEA: This is an opportunity to pause within the Clarity Spiral for interpretation and inscription regarding what you do the best.

How it Works:

Have participants go through their work from previous sessions related to their Abilities

Using their notes, have participants hone in on each of the answers the Ability Circle Inventory Worksheet is requesting.

Coaching Tips:

Have them file this inventory underneath the Sweet Spot tab of their Participant Guide. Celebrate that they have completed two of the Sweet Spot circles. Create anticipation for moving from complexity of inventory to the simplicity of a Two Word Life Call in just a few sessions.



Objective, Big Idea & Biblical Focus:

Help participants understand the concepts of LifeCall and LifeCore before they start to unpack it personally.

BIG IDEA: When we are clear on our convictions it enables us to move flexibly in the world without compromising.

How it Works:

Give the Coconut vs Peach metaphor by Erwin McManus.

Illustration point: When you don't know what is important to you, you won't let go of anything for fear that it may be important eventually.

This makes for a hard exterior (what people get from you) and a soft, uncertain interior (what you deal with internally).

If LifeCall is who you are and what you're called to do, LifeCore is the deepest motivations or values that guide your behavior. LifeCall is what you can't help but do and LifeCore is what you can't live without. Together they are the support beams of your Personal Vision Frame.

“If you don't know who you are called to be you will be whatever people pay you to be” - Dave Rhodes.

Coaching Tips:

Move through the illustration quickly while making the important connections to Vision Frame.



Reference:

Journey 1, pg. 79

 YOUNIQUE Session 8

Living from LifeCall and LifeCore

taken from the book *“Wide Awake: The Future is Waiting Within You”*
by Erwin McManus



REFLECTIONS:

“If you don’t know who you are created to be, you will become whatever people pay you to be.” – Dave Rhodes

Objective, Big Idea & Biblical Focus:

Turn Inventory and Interpretation into Inscription around the LifeCore statement of the personal Vision Frame.

BIG IDEA: Your values are what you love about what you love.

Daniel 1: Knowing what we value drives how we live and step into our call. There was much Daniel **COULD** do without violating his Core Value. Firm yet flexible.

How it Works:

Pause to pray before beginning this exercise. It is often the hardest out of the whole journey.

Have everyone pull out the following tools for easy access: Life Discovery Grid, Life Drifts Grid, Passion Circle Inventory, Ability Circle Inventory, Context Circle Inventory (if you have completed this circle in the delivery schedule you have chosen)

Invite one participant to populate their funnel step by step in front of the group, as you prompt them, as a

helpful example. You will want to use a whiteboard that it visible to the entire group.

At the same time, have each participant complete their own LifeCore Funnel in their workbook.

Funnel Population Components:

1. Name Meanings - from Passion Circle Inventory
2. Chapter titles & dates - from Life Discovery Grid
3. Life lies & truth - from Life Drifts Grid
4. Personality (colors & titles) - Ability Circle Inventory
5. Things that offend most - Passion Circle Inventory
6. Passions/Burdens from Passion Circle Inventory

Here are a few questions that may help unearth underlying motivators:

- What are three biggest pain points in your life? What came out on the other side of them and why is that important to you?
- What motivates you most deeply?
- Who are you when you are at your best?
- What convictions to you see appear consistently?
- What is always true about you no matter what you are doing, where you are and who you are with?

Mine out at least two LifeCore values with your volunteer participant in front of the rest of the group to

demonstrate to others how they can mine out their own LifeCore statements

Bring themes into the 4 boxes at the bottom of the funnel based on inventory and answers to above questions.

Ask volunteer participant if there is anything missing from what is represented in boxes.

Begin word smithing into One Word, Two Word or Short Phrase. Find rhythms and cadence that is consistent. Ask if this stirs excitement, meaning and passion. You will not most likely not be able to complete all 4 values in session. Try to get to 2 that are 60-80% articulated.

Coaching Tips:

The consistent questions you will ask is “Why is this important?” and “What is an experience in your life where you see this at play?” These help get to core motivations and convictions that are below the surface. You are helping them to see the overlaps within the inventory and help them to draw out insight and put into clear articulation.



Reference:

Journey 1, pg. 80-85

YOUNIQUE Session 1

LifeCore Funnel

Things That Offend You Most:

Human Meaning, Character, Truth

Personally Life Love and Truth

CORE VALUE #1

CORE VALUE #2

CORE VALUE #3

CORE VALUE #4

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YOUNIQUE Session 1

How to Write a LifeCore Statement

LifeCore: Your top four core values for guiding the rest of your life decisions.

Everyone is motivated by something. Everyone values something. By defining our life convictions we take a significant step toward aligning our life – thoughts, decisions, and behaviors – with the ideals that are most important to us. Given the dozens of things that matter to you, what are your core four?

GETTING STARTED

As you will do in several exercises in the Yunique Experience, create a long list from which you will narrow down your core four. Use any and all tools, conversation and reflection from this process.

- What motivates you most deeply in life?
- What convictions do your heroes model and stand for?
- Who are you when you are at your best?
- What is always true about you no matter what you are doing, where you are or who you are with?

Distill your life convictions by choosing one word, two words or a short phrase format to define them. Record the four life convictions on your Life Frame Worksheet.

FOR EXAMPLE:

One word	Two word	Short phrase
Learning	Carnivorous Learning	Asking questions before giving answers
Intimacy	Close relationships	Loving and being loved, deeply
Joy	Rooted Joyfulness	Happiness that transcends circumstance

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YOUNIQUE Session 1

LifeCore Worksheet

- Core Value = _____
...because _____
Demonstrated by: _____
- Core Value = _____
...because _____
Demonstrated by: _____
- Core Value = _____
...because _____
Demonstrated by: _____
- Core Value = _____
...because _____
Demonstrated by: _____

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YOUNIQUE Session 1

LifeCore Examples 1

Marci H.

FAMILY IS FREEDOM
...because together we can do more than we ever could apart.

BEAUTY IS BETTER
...because even though perfection might not be possible, order, function and healthy environments are.

HEALTHY IS WHOLE
...because brokenness should never be confused with normal.

LESS IS MORE
...because to truly say yes, I must say no.

Rebecca R.

TRUST THE SHEPHERD
...because the rod and staff comfort me.

SEE THE OUTCAST
...because everyone deserves to know they're valued.

MIND THE GAP
...because everyone needs an advocate.

OPEN THE DOOR
...because hospitality coupled with invitation changes lives.

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YOUNIQUE Session 1

LifeCore Examples 2

David L.

RELATIONAL GRACE
...because that's what God has given me & is in me.
Demonstrated by unconditional acceptance of everything & everyone.

RESTORATIVE IMPACT
...because I want to make an eternal difference in others.
Demonstrated by investing Kingdom restoration in others while leaving the outcomes to God.

RECONCILING CONTRADICTIONS
...because life has both wheat & weeds.
Demonstrated by including and transcending all the paradoxes of life.

REFRESHING FREEDOM
...because when I'm experiencing freedom, I feel joy.
Demonstrated by living in awareness of the freedom I have in every area.

Jay C.

LEAD STRATEGICALLY
...so that the priorities of God dictate my purpose and pace.

RELATE INTIMATELY
...so that deep connection with God impacts each engagement.

LISTEN INTENTLY
...so that the sounds of heaven chorus my daily rhythm.

SPEAK COURAGEOUSLY
...so that my unspoken voice gives voice to others.

BLAME CONTINUOUSLY
...so that truth and personal responsibility remain as far from me as possible.

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YOUNIQUE Session 1

LifeCore Examples 3

Debbie R.

Embrace CHANGE
...because progress happens through it.

Build TEAM
...because possibilities are enlarged by it.

Provide ORDER
...because pathways are cleared due to it.

Speak VALUE
...because people are motivated because of it.

Richard K.

PLAYFUL CURIOSITY
...because angels fly

INTELLECTUAL INTEGRITY
...because the mind is terrible thing to waste

LEADERSHIP VITALITY
...because the gospel is also for the up and in, not just for the down and out

"ALL OF LIFE" MINISTRY
...because there is no such thing as a division between the secular and the sacred

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Objective & Big Idea:

Help participants mine out and articulate the most important values and motivations that answer the big “why” question of their life.

BIG IDEA: Your values aren't what you do; your values are what characterize everything you do - the WHY that reveals the WHO in all that you do.

How it Works:

Explain to participants the three different forms that a LifeCore can take, Let them know they will have a few hours out of session to work through it on their own: 1 word, 2 words, Short phrase

Explain how the “because statements” and the “demonstrated by” statements work to make the value unique.

Because statement: the “why behind their why”, helping bring further language to why that value is important to them.

Demonstrated by: answers how value plays out and takes shape in the everyday of life. This is a helpful but not crucial component to the LifeCore articulation.

Offer examples for further guidance from the examples in the workbook and your own. Have participants record their final or “best I can say it today” articulation onto the Vision Frame Reporting Sheet in preparation for sharing with the group.

Coaching Tips:

This is the hardest part of Journey 1. Participants will need your help! Encourage them to be consistent with the pattern of LifeCore phrases. Consistent cadence will help their values be portable and memorable.





Reference:

Journey 1, pg. 82
Younique Experience Notebook, pg 19



LifeCore Worksheet

1. Core Value = _____
...because _____
Demonstrated by: _____
2. Core Value = _____
...because _____
Demonstrated by: _____
3. Core Value = _____
...because _____
Demonstrated by: _____
4. Core Value = _____
...because _____
Demonstrated by: _____



Vision Frame Reporting

NAME _____

Two Words:

_____ing _____

LifeCall:

_____ exists to:

LifeCore:

Value #1: _____

...because _____

...demonstrated by: _____

Value #2: _____

...because _____

...demonstrated by: _____

Value #3: _____

...because _____

...demonstrated by: _____

Value #4: _____

...because _____

...demonstrated by: _____



Objective & Big Idea:

Allow participants to not only share their core motivations and values, but to continue to learn the skill of spiritually listening to other people's interpretations and to gain further insight into their own LifeCore

BIG IDEA: Three-Way Listening opportunity: 1. To the Holy Spirit for counsel and conviction; 2. To one another for encouragement and insight; and 3. To ourselves for awareness and response.

How it Works:

Each participant shares their refined LifeCore.
Give each participant about 7 minutes to share (set a timer).

Remind them of three-way listening and how important it is in this moment.

Reiterate the commitment to being a safe space for one another.

Allow for a few minutes after each person shares for encouragement and coaching. This is an opportunity for the table group and coach or cohort and coach to provide helpful refinement for this stage of the process.

Coaching Tips:

Be prepared to help people who are struggling with their LifeCore gain insight and articulation. Remember this is activating the most difficult muscles of the whole process and participants may feel stuck within the Clarity Spiral. Name that and encourage them to take a deep breath with you as you continue to press forward together. You will all need that at this point. If they are squirming, remember as a coach it is not your job to rescue them but to be with them and call them forward - gently and confidently.



Reference:

Journey 1, pg. 82
Younique Experience Notebook, pg 19



LifeCore Worksheet

- Core Value = _____
...because _____
Demonstrated by: _____
- Core Value = _____
...because _____
Demonstrated by: _____
- Core Value = _____
...because _____
Demonstrated by: _____
- Core Value = _____
...because _____
Demonstrated by: _____



Vision Frame Reporting

NAME _____

Two Words:

_____ing _____

LifeCall:

_____ exists to:

LifeCore:

Value #1: _____
...because _____
...demonstrated by: _____

Value #2: _____
...because _____
...demonstrated by: _____

Value #3: _____
...because _____
...demonstrated by: _____

Value #4: _____
...because _____
...demonstrated by: _____



Objective, Big Idea & Biblical Focus:

Give an overview of what the Context Circle is about and the practical components participants will walk through to understand their context in answering the question, “Where is my Impact the Greatest?”

BIG IDEA: Context is often responsible for a person’s discontent because they may be operating outside of their best context.

How it Works:

Give a brief overview again of how Context fits into the wider Sweet Spot tool. We’ve done the Passion & Ability Circles, now we are doing Context.

Work through the following assessments to help participants more fully discover their context:

- Live Sent
- Activator and Advantage
- Workplace Motivators
- Workstyle
- Organizational Preferences
- Life Stage Identification

Coaching Tips:

Encourage participants to give their first blinks in making their decisions. They are asking a crucial question to help them narrow in on their sweet spot but you don’t want them to get bogged down in the answering.





Reference:

Journey 1, pg. 93
Younique Experience Notebook, pg 16

YOUNIQUE *Session 10*

Context Circle Overview

WHERE IS MY IMPACT
THE GREATEST?

CONTEXT CIRCLE INVENTORY

- Live Sent
- Activator & Advantage
- Workplace Motivators
- Work Style
- Organizational Preferences
- Life Stage

SWEET SPOT

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YOUNIQUE *Session 10*

Context Circle Inventory

Live Sent [page 94 from Workbook]

People Sent To Places Sent To
 People Sent With Places Sent From

Activator & Advantage [page 95 from Workbook]

Activator
 Advantage

Workplace Motivators [page 96 from Workbook]

Work Style [page 97 from Workbook]

Decision
 Pace
 Schedule
 Receiving Info
 Reporting Info

Organizational Preferences [page 98 from Workbook]

Organizational Size
 Organizational Stage
 Organizational Mode
 Organizational Mix
 Organizational Scope
 Organizational Ministry

Life Stage [page 99 from Workbook]

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Objective, Big Idea & Biblical Focus:

Giving Biblical context to persons and places of peace as we see patterned by Jesus in the Gospels.

BIG IDEA: Our God is a sending God and we are uniquely positioned to be sent by Him to engage with particular people and places.

Luke 10:1-11 - Identifying people and places of peace as Jesus instructed his disciples to do. He models this in John 4 when his missional mandate sends him to Samaria and He finds a woman of peace at the well. She then brings the whole town to Him. Description of person of peace based on Luke: they like you, listen to you and welcome you. This is where to anchor ministry.

How it Works:

Have participants answer each of the 4 questions - both descriptions and specifics.

Who Brings Out My Best? These are the people that are our best match, sharpen us, life-giving relationships.

To Whom Should I Give My Best? These are the people we are uniquely wired to invest in based on our story, design and calling. People that are ready to receive our investment. People of Peace.

What Place Needs My Best? These are the places that we are drawn to invest in based on calling, circumstances, and connection. Places that are in need of and can receive our greatest impact.

What Place Brings out My Best? Where do you go for refreshment? Is it the place that receives your contribution or is it different? Do you regularly seek to “withdraw” to those places?


Coaching Tips:

This tool will take some thought for participants. You can work through step by step in session yet encourage follow up thought into each question. This can be encouraging and challenging simultaneously so be prepared to coach through both of those feelings.



Reference:

Journey 1, pg. 94

Session 10

94

Live Sent

Discover Your X-Factor

TO WHOM SHOULD I GIVE MY BEST?

Kind of Person: _____ Names of People: _____

WHO BRINGS OUT MY BEST?

Kind of Person: _____ Names of People: _____

PEOPLE

SENT TO? SENT TO?

SENT WITH? SENT FROM?

PLACE

WHAT PLACE NEEDS MY BEST?

Kind of Place: _____ Names of Places: _____

WHAT PLACE BRINGS OUT MY BEST?

Kind of Place: _____ Names of Places: _____

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Objective:

Ranking common workplace activators and places of “unfair advantage”.

How it Works:

Remember, quick blink answers will be most accurate in this circle. Have participants rank from 1 to 3 both what gets them going most each day and where they excel the most relative to others.

Coaching Tips:

Recognize the wide variety of contexts your participants may be operating in because of stage of life. Encourage them to consider the place where they are giving the Lord their work, not only traditional 9-5 jobs. For example: in the home, school, volunteering, etc.





Reference:

Journey 1, pg. 95



Session 10

Activator and Advantage Identification

ACTIVATOR AND ADVANTAGE

Activator:

What gets you going the most each day?

Contribution | Command | Creativity

#1

#2

#3

Advantage:

In what area do you excel the most relative to others?

People | Things | Ideas

#1

#2

#3

*Adapted from the work of Tom Paterson



Objective:

Narrowing down to five things that provide the most motivation in the workplace.

How it Works:

Remember, quick blink answers will be most accurate in this circle. Have participants circle the Top 5 things that motivate them within the workplace.

Coaching Tips:

Recognize the wide variety of contexts your participants may be operating in because of stage of life. Encourage them to consider the place where they are giving the Lord their work, not only traditional 9-5 jobs. For example: in the home, school, volunteering, etc.



Reference:

Journey 1, pg. 96



Session 10

Workplace Motivators Selection

taken from the book "What Motivates Me" by Gostick and Elton

(Circle your top 5)

- | | | |
|-------------------|------------|-----------------------|
| Autonomy | Friendship | Problem Solving |
| Challenge | Fun | Purpose |
| Creativity | Impact | Recognition |
| Developing Others | Learning | Service |
| Empathy | Money | Social Responsibility |
| Excelling | Ownership | Teamwork |
| Excitement | Pressure | Variety |
| Family | Prestige | |



Objective:

Determining the work style that is most natural and preferred.

How it Works:

Remember, quick blink answers will be most accurate in this circle. After each category, have participants circle their preferred style of work.

Coaching Tips:

Recognize the wide variety of contexts your participants may be operating in because of stage of life. Encourage them to consider the place where they are giving the Lord their work, not only traditional 9-5 jobs. For example: in the home, school, volunteering, etc.



Reference:

Journey 1, pg. 97



Session 10

Work Style Selection

WORK STYLE (circle 1 for each pair)

- Decision: Making or Advising
- Pace: Variable or Predictable
- Schedule: Flexible or Structured
- Receiving Info: Reading or Listening
- Reporting Info: Writing or Speaking

“Company cultures are like country cultures. Never try to change one. Try, instead, to work with what you’ve got.” – Peter Drucker



Objective:

Recognizing the variations in organizational structures and highlighting preferences.

How it Works:

Remember, quick blink answers will be most accurate in this circle. Under each organizational category, have participants circle their preference. This does not mean they are unable to work in other places but this helps them see where they are most comfortable.

Coaching Tips:

Recognize the wide variety of contexts your participants may be operating in because of stage of life. Encourage them to consider the place where they are giving the Lord their work, not only traditional 9-5 jobs. For example: in the home, school, volunteering, etc.



Reference:

Journey 1, pg. 98



Session 10

Organizational Preferences Selection

ORGANIZATIONAL PREFERENCES

Organizational Size (circle 1)

- Solo/Technician (1-2)
- Small-Platoon (4-12)
- Small-Family (4-25)
- Medium (25-200)
- Large (200+)

Organizational Stage (circle 1)

- Entrepreneurial
- Growing
- Stable
- Turnaround

Organizational Mode (circle 1)

- Independent-virtual
- Social-virtual
- Independent-workplace
- Social-workplace

Organizational Mix (circle 1)

- One organization
- Two organizations
- Multiple organizations
- Freelance

Organizational Scope (circle 1)

- Local
- Regional
- National
- Global

Organizational Ministry (circle 1)

- Church
- Parachurch
- Non-profit
- For-profit
- Family/Home



Objective & Big Idea:

Emphasizing the benefits of understanding and navigating through life stages.

BIG IDEA: Life Stage Awareness frees us for greatest impact in every stage of life.

How it Works:

Talk through the benefits of life stage awareness while giving the fill in the blank answers.

Define the 5 Life Stages as written in provided chart.

Ask participants to identify their current life stage and also consider what may be keeping them from stepping successfully into the next.

Coaching Tips:

Recognize the wide variety of contexts your participants may be operating in because of stage of life. Encourage them to consider the place where they are giving the Lord their work, not only traditional 9-5 jobs. For example: in the home, school, volunteering, etc.



Reference:

Journey 1, pg. 99



Life Stage Identification

Five Benefits of Understanding and Using Life Stages

1. A life stage perspective _____ INCREASES _____ SENSITIVITY _____
to God's leadership at any given time.
Ask yourself: "What is God saying to me at this time based on my current life stage?"
2. A life stage perspective _____ ACCELERATES _____ MOVEMENT _____
toward God's next chapter by minimizing delays.
Ask yourself: What is keeping me from advancing to the next stage?"
3. A life stage perspective facilitates _____ BETTER _____ DECISION-MAKING _____
for personal development and vocational calling.
Ask yourself: Do I need a better fit in my existing vocational vehicle (right seat on the bus) or do I need a new vehicle?"
4. A life stage perspective _____ CREATES _____ STABILITY _____
during times of transition, trials, confusion and complexity in life.
Ask yourself: "How can I experience more peace and rest by trusting God in my life right now?"
5. A life stage perspective highlights _____ PRACTICES _____ AND BARRIERS _____
to finishing well throughout all stages of a lifetime.
Ask yourself: "What decisions today will help prepare me for for increased contribution at the end of life?"

5 Life Stages

Taken from Start by Jon Acuff

Age	Life Stage	Description
0-20	LEARNING	I am still actively seeking a sense of my life's vocational trajectory.
20s		
30s	EDITING	I am adding and deleting responsibilities in my life as a result of a growing understanding of my vocation.
40s	MASTERING	I know my life's vocation and I am getting better at it.
50s	HARVESTING	I am reaping the benefits of a certain degree of mastery in my vocation.
60s	GUIDING	I am helping others in a similar vocational journey.
70+		

Current Life Stage _____

Is there something keeping me from successfully moving to the next life stage?



Objective & Big Idea:

Create a reference tool that puts all of their core Context Circle inventory on one sheet of paper so they have easy access to it.

BIG IDEA: This is an opportunity to pause within the Clarity Spiral for interpretation and inscription regarding the best environments for your life's greatest impact.

How it Works:

Have participants go through their work from this session related to Context.

Using their notes, have participants hone in on each of the answers the Context Circle Inventory Worksheet is requesting.

Coaching Tips:

Gathering inventory is another way to navigate the clarity spiral by slowing down to interpret and inscribe. Encourage participants that this is intentional and not simply busy work. Have them file this inventory under the Sweet Spot tab when completed.





Objective, Big Idea & Biblical Focus:

Bring the Passion, Ability and Context Circles together as we begin to name the Sweet Spot.

BIG IDEA: There are many things you can do. What is the one thing you **MUST** do that **ONLY** you can do.

Psalm 139:14 - "I praise you for I am fearfully and wonderfully made..."; Ephesians 2:10 - "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

How it Works:

Demonstrate the overlap of the three circles and where they come together to form the Sweet Spot - this is where the shape of the tools comes from.

There are three ways to name your Sweet Spot in this tool.

First is the Signature Scripture which is a verse that has long held significance for the participant OR one that encapsulates well the overarching theme of their sweet spot.

Second, participants will take 4 big ideas that they synthesize from each of the 3 Circle inventories to create one long run-on sentence.

Lastly, are the Two Words that express their LifeCall. The work of mining out their two words is what comes next.

Coaching Tips:

Celebrate the fact that participants have made their way through all three circles of the Sweet Spot. Note the examples available in the workbook that will clarify what they are aiming for in this tool.



Reference:

Journey 1, pg. 101-102
Younique Experience Notebook, pg. 17

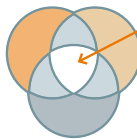
YOUNIQUE *Session 10*

Naming Your Sweet Spot *Example 1-Kelly K.*

SIGNATURE SCRIPTURE
and you shall be like a well-watered garden, like a spring of water whose waters do not fail. Isaiah 58:11

BIG SENTENCE
I am created to honor God and help others by leveraging my abilities to
spot opportunities, mobilize others, inspire, sympathize
with a deep passion for
inspiring people, self-discovery, releasing resources, and maximizing potential
in the ideal context of
openness to discovery, challenging situations, motivated people, and lasting impact

TWO WORDS
empower ing
momentum

 Please complete the Naming Your Sweet Spot worksheet on pg. 17 of your Younique Experience Notebook.

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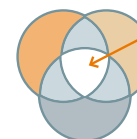
YOUNIQUE *Session 10*

Naming Your Sweet Spot *Example 2-Will M.*

SIGNATURE SCRIPTURE
Psalms 126

BIG SENTENCE
I am created to honor God and help others by leveraging my abilities to
discern, synthesize, challenge & facilitate
with a deep passion for
apostolic calling to church leaders, raising up other "strategic outsiders," toolmaking & continual learning
in the ideal context of
small team, high flexibility, secondary leadership & adventure travel lifestyle

TWO WORDS
apply ing
essence



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YOUNIQUE *Session 10*

Naming Your Sweet Spot

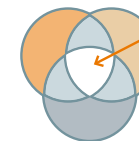
SIGNATURE SCRIPTURE

BIG SENTENCE
I am created to honor God and help others by leveraging my abilities to

with a deep passion for

in the ideal context of

TWO WORDS
_____ing



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Objective & Big Idea:

To express what they are doing when they are doing everything else, in two words; the one thing they must do.

BIG IDEA: What is the ONE thing you must do?

How it Works:

There are two different ways you can have participants complete the Two Word Worksheet:

1. Introduced early on in Journey 1 it can be a gradual population of expressing their LifeCall as they are in process of understanding their Sweet Spot. (Common practice for Accelerators)
2. After all 3 Circles are completed and Sweet Spot inventory is already populated creating a large language bank to pull from. (Common practice for Weekly Cohort)

Demonstrate the structure of their two word pairing as __(verb)__ing __noun__.

Objective is 100-200 word pairings. Quantity leaves room for creativity and clarity without disclaimers. 60% clarity is the goal at this point.

Coaching Tips:

This is where you can share your own Two Words, how you came to identify them as well as the journey of how to carry them around for a time even if you are not 100% with the language articulation.



Reference:

Younique Experience Notebook, pg. 18

 *Session 10*

 **“Two Words” 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. _____

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18     





Objective, Big Idea & Biblical Focus:

To see their Two Word Calling as the unique way they live out the common call we all have as followers of Jesus - to love God and love others.

BIG IDEA: Sweet spot helps you find the one thing-singularity of your SPECIAL calling, without being too general or too specific.

Romans 12:4-13 - We have different gifts according to the grace given to each of us. Be devoted to one another in love. Honor one another above yourselves.

How it Works:

Have participants add their “best way I say this today” Two Words to their Sweet Spot summary as the final way of expressing the clarity of their sweet spot that serves as an internal compass for them as an individual.

Encourage participants that their Two Words are a primary breakthrough component of the Younique process that will daily inform and clarify the most natural way that they can't help but step into the life God has given to them.

Coaching Tips:

If the process thus far has brought out feelings of incongruence for anyone in their current context, encourage them to press forward in the journey before they hit the eject button in that context. There is further clarity to come that is crucial towards any decision making in their future so invite them to set that discomfort aside for now and focus in on a clarified vision first.



Reference:

Journey 1, pg. 103



Two Word Sweet Spot

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

_____ [your name] _____ is created 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

REFLECTIONS:



Please complete the Two Words worksheet on pg. 18 of your Yunique Experience Notebook.





Objective, Big Idea & Biblical Focus:

Help participants turn the stunning clarity they have personally with the two words of their One Thing into a short phrase that they can use to articulate their calling to others.

BIG IDEA: Your LifeCall statement gives meaningful language to what you can't help but do in all that you do.

Philippians 3:12-14

How it Works:

Share the Ernest Hemingway illustration:

“For Sale: Baby’s shoes. Never worn.”

Give the Hemingway challenge to the participants:

- Each participant has 6 minutes to come up with 6 words that explain their One Thing as a calling statement. The goal is clarity with easy accessibility.

Coaching Tips:

Use the fabricated pressure of 6 minutes to stir creativity and fight for best language with every syllable. If needed, share the ‘Embrace the Shake’ TED talk video to show how embracing limitations stirs creativity.





Reference:

Journey 1, pg. 107



Session 11

Six Word Challenge

Legend has it that one day Ernest Hemingway was walking down the sidewalk when a woman came up to him and challenged him to write a compelling story in six words or less. Hemingway took the challenge and later emerged from his study with this six word story — For Sale: Baby's Shoes. Never Worn. In those six short words Hemingway stirred our emotions and stoked our imaginations. To think that so much could be said in such few words is absolutely remarkable.

As we think about our calling statements, we want to issue you a six word challenge. Based on your two words, how would you articulate with stunning clarity your two words to someone else in six words?

Six Word Calling Statement Examples

Dave R.

2 Words Fostering Congruence

6 Words "Making the church a change-agent again!"

Kim R.

2 Words Intentionalizing Integration

6 Words "Helping people make every moment matter"

Chad P.

2 Words: Igniting Passion

6 Words: "Coaching people everywhere with the gospel"





Objective, Big Idea & Biblical Focus:

Help participants fill out their six word calling statement with six more words, emphasizing the how of their Life Call.

BIG IDEA: Adding six more words can help you clarify your LifeCall with the: how, where, why or with whom.

Philippians 3:12-14

How it Works:

Give participants 6 minutes to find 6 more words that help fill out their LifeCall statement.

This is a continuation of limitation for the sake of creativity.

Remind participants they will be able to remove the time limitation after this exercise to give more thought and revision to their LifeCall statement.

After you finish this exercise offer the following coaching:

- Participants will now want to land on a completed LifeCall statement that is no longer than 15 words to maintain both clarity and portability.
- Direct participants to the examples given in the workbook for further guidance.
- Share your complete LifeCall statement and speak to how the concise clarity helps to inform and direct the everyday of your life. Ask participants to record their “best way I can say it today” articulation on the Vision Frame Reporting sheet, paper or digital form. This is the document that spells out the supporting beams of their Personal Vision Frame.

Coaching Tips:

For this exercise, keep time pressure on participants to stir up creativity while giving them more language to work with, still in a concise statement.



Reference:

Journey 1, pg. 108-111

YOUNIQUE *Session 11*

12 Word Challenge

Take your six word statement and now use your Sweet Spot Inventory to fill out your calling statement by adding six more words—to make a total of 12 words:

[Insert Your Name] exists to:

12 Word Examples

Dave R.
 2 Words: Fostering Congruence
 6 Words: "Making the church a change-agent again!"
 12 Word Calling Statement: "Making the church into a change-agent--training believers in wisdom and power."

Will M.
 2 Words: Applying Essence
 6 Words: "Helping people experience more meaningful progress."
 12 Word Calling Statement: "Will exists to help ministry leaders experience more meaningful progress for God's glory."

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YOUNIQUE *Session 11*

LifeCall Examples

Kim R. (Event Coordinator)
 Two Words: Intentionalizing Integration
 LifeCall: "Kim exists to help others maximize their journey by making every moment matter."

Rebecca R. (Hospitality Director)
 Two Words: Reconstructing Wholeness
 LifeCall: "Rebecca lives to turn reluctant strangers into resilient believers and families who live in truth."

Aaron F. (Optometrist)
 Two Words: Illuminating Clarity
 LifeCall: "Aaron lives to help people see both physically and spiritually"

Bonnie W. (Corporate Executive)
 Two Words: Cultivating Excellence
 LifeCall: "Leverage my abilities to cultivate excellence in people and organizations."

Shane S. (Executive Pastor)
 Two Words: Formulating Fruitfulness
 LifeCall: "Shane lives to help people and teams actualize tomorrow's dream by courageously ordering their steps today."

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YOUNIQUE *Session 11*

Vision Frame Example 1

Caleb P.
 Two Words: Cultivating Growth
 LifeCall: Caleb P. exists to:
 "Confidently create tomorrow by courageously confronting today"

LifeCore:
LISTEN CONFIDENTLY
 ...because I can't believe for others what I don't believe is true for myself.
 Demonstrated by: Championing Confident Vulnerability

LIVE COURAGEOUSLY
 ...because being wholehearted is more than half the battle.
 Demonstrated by: Championing Courageous Risks

LEARN CONTINUALLY
 ...because where I am today should not be where I am tomorrow.
 Demonstrated by: Championing Continual Growth

LOVE COMMUNITY
 ...because we is always better than me.
 Demonstrated by: Championing Contagious Connections

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YOUNIQUE *Session 11*

Vision Frame Example 2

Kim R.
 Two Words: Intentionalizing Integration
 LifeCall: Kim R. exists to:
 "Honor God and love others by helping others maximize their journey by making every moment matter."

LifeCore:
OPEN EYES
 ...because everyone has a journey and a story that needs to be seen.

OPEN HOME
 ...because everything we have is a missional tool that needs to be used.

OPEN TABLE
 ...because everyone has a contribution that needs to be celebrated and shared.

OPEN FUTURE
 ...because every moment is an opportunity that needs to be maximized.

Please complete the Vision Frame Reporting worksheet on pg. 19 of your Younique Experience Notebook.

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Objective & Big Idea:

To finalize their LifeCore and LifeCall statements.

BIG IDEA: This is the synthesis of Journey 1 that offers stunning clarity on one page.

How it Works:

As a reminder from LifeCall exercise, take the pressure off from the LifeCall statement to be exactly 12 words.

Encourage participants to use no more than 15 words to finalize their LifeCall statement so it is portable and memorable.

Give participants time as needed to finalize their LifeCall and LifeCore statements, whether they have already documented their “best way I say this today” statements here or still need to do so.

Break into smaller groups to be able to share with a few people and receive feedback prior to finalizing for the celebration next session.

Coaching Tips:

This is another moment to be available for coaching towards greater clarity in the support means of the Vision Frame. Refer to Vision Frame examples in the workbook. Offer them an example of exactly how you want them to share at the upcoming Celebration by reading your LifeCore and LifeCall statements. Create anticipation for the Journey 1 Celebration.



Reference:

Journey 1, pg. 110-111
Younique Experience Notebook, pg 19

YOUNIQUE *Session 11*

Vision Frame Example 1

Caleb P.

Two Words:
Cultivating Growth

LifeCall:
Caleb P. exists to:
"Confidently create tomorrow by courageously confronting today"

LifeCore:

LISTEN CONFIDENTLY
...because I can't believe for others what I don't believe is true for myself.
Demonstrated by: Championing Confident Vulnerability

LIVE COURAGEOUSLY
...because being wholehearted is more than half the battle.
Demonstrated by: Championing Courageous Risks

LEARN CONTINUALLY
...because where I am today should not be where I am tomorrow.
Demonstrated by: Championing Continual Growth

LOVE COMMUNITY
...because we is always better than me.
Demonstrated by: Championing Contagious Connections

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YOUNIQUE *Session 11*

Vision Frame Example 2

Kim R.

Two Words:
Intentionalizing Integration

LifeCall:
Kim R. exists to:
"Honor God and love others by helping others maximize their journey by making every moment matter."

LifeCore:

OPEN EYES
...because everyone has a journey and a story that needs to be seen.

OPEN HOME
...because everything we have is a missional tool that needs to be used.

OPEN TABLE
...because everyone has a contribution that needs to be celebrated and shared.

OPEN FUTURE
...because every moment is an opportunity that needs to be maximized.

Please complete the Vision Frame Reporting worksheet on pg. 19 of your Younique Experience Notebook.

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YOUNIQUE *Session 11*

Vision Frame Reporting

NAME _____

Two Words:
_____ing _____

LifeCall:
_____ exists to: _____

LifeCore:

Value #1: _____
...because _____
...demonstrated by: _____

Value #2: _____
...because _____
...demonstrated by: _____

Value #3: _____
...because _____
...demonstrated by: _____

Value #4: _____
...because _____
...demonstrated by: _____

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Objective, Big Idea & Biblical Focus:

Encourage participants to celebrate the clarity they have found throughout Journey 1 by sharing their LifeCall and LifeCore statements.

BIG IDEA: Your masterful design and purpose is worth celebrating!

Philippians 1:3-6, 9-11

How it Works:

Place each participant's name in a jar.

- Pull participants names out, one name at a time.
- Have the person you've pulled out come up and share their LifeCall and LifeCore.
- Have the group count down each person (from 5, 4, 3, 2, 1)...and clap for the person who is about to share, even before they say a word,
- Celebrate again after each person has shared their LifeCall and LifeCore.
- Let the person who shared pull out the next name.
- Continue the process until everyone has shared.

Coaching Tips:

You'll want to make this a festive and energetic time. Before you begin remind everyone this is not about perfection but direction, reiterating the safe environment that this is for them to take a step of being real with one another.

Your energy will set the environment for how the celebration goes. Use food and drink to set the tone for the sharing process. At the end of celebration you will want to anticipate and cast vision for Journey 2 and let them know there is more clarity to come that offers direction that flows from this clarified identity.



Objective & Big Idea:

To help participants connect the dots of where they've been so far in Journey 1 with where they are about to go in Journey 2.

BIG IDEA: The tendency we have as humans is to expand our call to fit our life. What God is asking us to do is to change our life to fit our call.

How it Works:

Share the John Scolinos illustration—“How wide is home plate? 17”

Demonstrate how inscribing the 4 parts of the Younique Vision Frame—LifeCall, LifeCore, LifeSteps and LifeScore helps us define the 17” of our personal home plate.

Review the components of the Vision Frame: LifeCall, LifeCore, LifeScore, LifeSteps, LifePlan

Differentiate the two Journeys with this analogy: In Journey 1 the Vision Frame was like a mirror to clarify identity. In Journey 2 the Vision Frame serves more as a window to envision the future.

Coaching Tips:


Drive home the importance of declaring a clear focus in our lives. Dreaming and Planning are two important skills that will help us “throw over the plate”.

Preview the path of Journey 2 by demonstrating how in Journey 2 we will be using our LifeCall and LifeCore from Journey 1— which answer the what and why questions of our lives—to now answer the how, when and where questions of our lives (Life Steps, LifeScore and LifePlan).

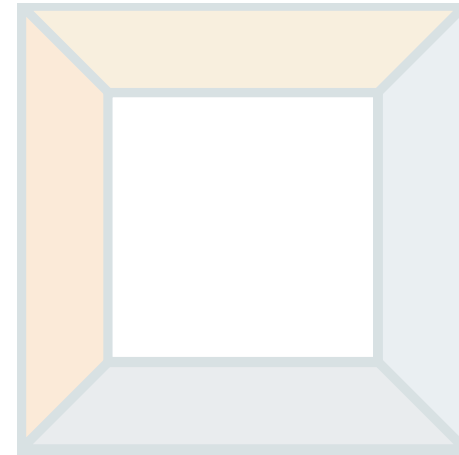


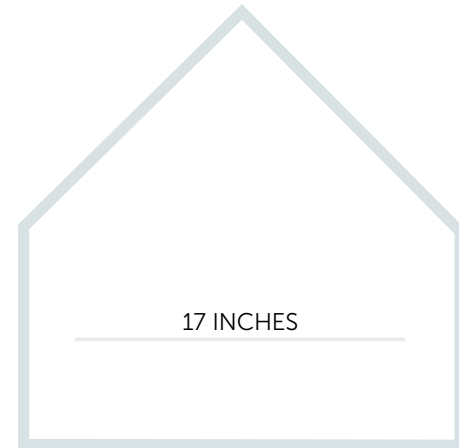
Reference:

Journey 2, pg. 3

 YOUNIQUE *Session 1*

Vision Frame Inside





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3





Objective, Big Idea & Biblical Focus:

To ground the experience of Journey 2 in a biblical framework that describes not only the possibility of the end destination but the emotional tension that lies in between now and then.

BIG IDEA: Most people confuse dreams with fantasy. Dreams are rooted in reality. Fantasies deny reality.

Jeremiah 29:4-14 God has both a dream and a plan for His people.

How it Works:

Read Jeremiah 29:4-14

- Set the passage in its context and tell the story behind it.
- Differentiate between dream and fantasy.
- Emphasize the fact that God has a dream and a plan for His people and that this Journey we will be working on identifying both of these things.
- Explain to the participants that this Journey of identifying God's Dream and plan for our lives will begin and end with a confession – a confession of “what is” (sin—where we are hitting and not hitting the mark) and a confession of “what will be” (faith—a plan).
- Reiterate that a plan is simply a confession of faith. In Journey 2 this confession of faith will be a 3 year LifePlan

Coaching Tips:

Use the biblical teaching to create a spiritual and emotional connection to Journey 2—driving home the tension between dreaming of Jerusalem while planning for Babylon and how that applies to today's life journey.





Reference:

Journey 2, pg. 4



Session 1

Live the Dream

Jeremiah 29:4-14, NIV

⁴This is what the Lord Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon: ⁵"Build houses and settle down; plant gardens and eat what they produce. ⁶Marry and have sons and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease. ⁷Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper." ⁸Yes, this is what the Lord Almighty, the God of Israel, says: "Do not let the prophets and diviners among you deceive you. Do not listen to the dreams you encourage them to have. ⁹They are prophesying lies to you in my name. I have not sent them," declares the Lord.

¹⁰This is what the Lord says: "When seventy years are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place. ¹¹For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. ¹²Then you will call on me and come and pray to me, and I will listen to you. ¹³You will seek me and find me when you seek me with all your heart. ¹⁴I will be found by you," declares the Lord, "and will bring you back from captivity. I will gather you from all the nations and places where I have banished you," declares the Lord, "and will bring you back to the place from which I carried you into exile."

BIG THOUGHT: "Most people confuse _____ dreams _____ with _____ fantasy _____".

1. Dreams _____ are rooted in _____ reality. Fantasies _____ deny _____ reality.
2. Dreams move _____ through _____ reality. Fantasies _____ escape _____ reality.
3. Dreams _____ become _____ reality. Fantasies leave you _____ stuck _____ in reality.





Objective, Big Idea & Biblical Focus:

To help participants assess and confess how the various domains of their life are going (Personal, Family, Faith, Vocation)—where they are hitting and not hitting the mark.

BIG IDEA: We need “brutiful” honesty AND a deep belief that in the end we will win. This is confession and faith.

Jeremiah 29:4-14. Confession is the first step to activating dreams.

How it Works:

Share the Stockdale Paradox Illustration. From John Collins’ book Good to Great - an interview with Admiral John Stockdale Stockdale was highest ranking military officer captured in Vietnam war, tortured for 20 years

Q: How did you survive? A: Never lost sight that I would survive and this would be defining life moment.

Q: Who didn’t make it out? A. Optimists who believed we would be out in the short term and as holidays came and went they lost heart.

Those that survived embraced the paradoxical reality: the discipline to embrace brutal facts of current reality yet never lost sight that in the end they would win. In the Christian worldview we call this confession (declaring what is) and faith (declaration of what is not but what will be)

Walk through the Life Domains Assessment (from Tom Patterson) worksheet with participants, giving examples as you go.

Participants have 20 minutes to work through the assessment. (Show them the two example pages in the Participant Guide if they need help)

Coaching Tips:

Encourage participants to be as honest as possible in confronting the current reality of their present situation. The more honest they are now the more traction they will get later. This is not about filling in all the boxes, only the ones that are appropriate to their life and reveal what is real.



Reference:

Journey 2, pg. 6-11

YOUNIQUE *Session 1*

Life Domains Assessment
Four Helpful Lists with Life Domains
 adapted from Tom Paterson's book *Living the Life You Were Meant to Live*

LIFE DOMAINS	What is Working? (celebrate)	What is Broken? (fix)	What is Confused? (clarify)	What is Missing? (add)
Personal				
Family				
Faith				
Vocation				
Community				

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YOUNIQUE *Session 1*

Life Domains Assessment Example 1 - Will
Four Helpful Lists with Life Domains
 adapted from Tom Paterson's book *Living the Life You Were Meant to Live*

LIFE DOMAINS	What is Working? (celebrate)	What is Broken? (fix)	What is Confused? (clarify)	What is Missing? (add)
Personal	-I know who I am	-I occasionally try to control myself		-I don't have a long-term financial plan at age 35
Family	-Relationship with the kids	-It's easy to spend the money "too quickly" to try out "things" they want to feel like they are making more meaningful life contributions	-The first year and a half in our marriage after 3 miscarriages	-I desire a deeper emotional connection with Eliza
Faith	-Identity in Christ			-Prayer for better personal and spiritual health
Vocation	-Assess and my impact personally -How will I follow		-It has a big "life point" in our world that I don't know -Understanding best use of my talents, energy, writing, teaching, and building	
Community		-Success of those around me will be a challenge at times		-Time with friends has been pushed out of life completely

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YOUNIQUE *Session 1*

Life Domains Assessment Example 1 - Mari
Four Helpful Lists with Life Domains
 adapted from Tom Paterson's book *Living the Life You Were Meant to Live*

LIFE DOMAINS	What is Working? (celebrate)	What is Broken? (fix)	What is Confused? (clarify)	What is Missing? (add)
Personal	-I am grateful for my life -Strong evidence with "later years"	-There are times when I feel like I have options, but I don't know what to do	-I struggle to connect with people I love	-I desire a deeper emotional connection with Eliza
Family	-Kids in good places -Relationship with the kids	-It's easy to spend the money "too quickly" to try out "things" they want to feel like they are making more meaningful life contributions	-The first year and a half in our marriage after 3 miscarriages	-I desire a deeper emotional connection with Eliza
Faith	-Identity in Christ			-Prayer for better personal and spiritual health
Vocation	-Assess and my impact personally -How will I follow		-It has a big "life point" in our world that I don't know -Understanding best use of my talents, energy, writing, teaching, and building	
Community		-Success of those around me will be a challenge at times		-Time with friends has been pushed out of life completely

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YOUNIQUE *Journey 2*

“The art of living lies less in eliminating our troubles than in growing with them.”

- Bernard Baruch

2 *Session*

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YOUNIQUE *Session 2*

Life Domains Assessment Reporting

3 BIGGEST REFLECTIONS:

Reflection #1

Reflection #2

Reflection #3

2 STRUGGLES THAT EMERGED:

Struggle #1

Struggle #2

2 PLACES TO CELEBRATE:

Celebration #1

Celebration #2

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Objective, Big Idea & Biblical Focus:

To help participants hone in on the most important reflections from the Life Domains Assessment through personal reflection, sharing and listening to the reflections of others.

BIG IDEA: Opportunity for three-way listening: to honor God, to honor each other and to learn more about ourselves.

Jeremiah 29:4-14. Confession is the first step to activating dreams.

How it Works:

Give participants 5 minutes to fill out the Reporting and Listening worksheet: 3 reflection, 2 struggles, 2 celebrations Have participants write down their three biggest reflections.

Use the remainder of the session for group sharing, giving everyone about 5 minutes.

Model the format and personal vulnerability for sharing ahead of time by sharing from your own life.

Remind participants that beginning in a place of reality in their life is the best way to design their life.

Coaching Tips:

Ensure that everyone gets a chance to share by managing the time appropriately.

Give each person a set time to share and the group a set time to ask questions after the person has shared. Time should be set according to the size of the group. Use a timer.

Encourage and celebrate the honesty and vulnerability of each individual after he or she has shared. This is a time for sharing not fixing so give time for everyone and know as a coach that the “working out” will happen in the sessions ahead.





Objective, Big Idea & Biblical Focus:

To introduce the LifeScore part of the Vision Frame, creating a personal dashboard for consistent evaluation of a wholistic life, based on Storylines instead of Domains.

BIG IDEA: In a fluid world, many people are still living DIS-Integrated lives. Our goal is to live integrated lives because we are more than one thing.

Luke 2:52. Luke describes the development of Jesus as integrated in wisdom, stature and favor with God and man. This is our pattern.

How it Works:

Explain that the LifeScore part of the vision Frame answers the question, “When am I successful?”

Use the teaching to pivot from Domains to Storylines. (Or highlight why we use Storylines if we do not begin with domains?)

Use the Categories of Health, Love, Work and Play to help participants begin thinking about their specific Storylines. Each of these are spiritual as they are all areas we can honor God and help others.

Share your 4 Storylines and how you arrived at naming them.

Explain the worksheet they’re going to work on.

Give participants 20 minutes to brainstorm the names of their storylines and to sketch out a picture of each one of them.

Coaching Tips:

Point the participants to the different examples of Storylines in their Participant Guide.

Encourage participants to be as creative as possible in naming their Storylines—the more creative and personal these Storylines are the more meaning they will have for them as they think about their life. Remember that the goal is to move from a compartmentalized life to a wholistic one that we are growing to intentionally live out our LifeCall within all 4 of these storylines at all times.



Reference:

Journey 2, pg. 16-20
 Younique Experience Notebook, pg. 20

YOUNIQUE Session 3

Moving to Storylines from Domains

A Giant Leap Forward in Life Design

Virtually all life planning methodologies use domains. Domains represent different areas or aspects of life that make life complete, such as family, career, social life, etc. We have already conducted a **Four Life Domains Assessment** that uses the five domains of Tom Paterson. The methodology may not use the term "domain" but there is always some type of category to assess and plan for life. For example, the personal productivity blogger Michael Hyatt uses the term "life accounts" instead of domains.

One example of domains from the Bible is Luke 2:52. Luke, the biblical writer who is also a doctor, reports on Jesus' development in regard to four domains: wisdom, stature, favor with God and favor with men. These correspond with mental, physical, spiritual and social domains.

Other example of domains include the highly adapted "Wheel of Life" that breaks life into 6-10 categories. The wheel emphasizes a holistic view and the importance of achieving balance. The wheel of life categories used by performance coach Tony Robbins are below. The book, *Designing Your Life*, by authors Burnett and Evans use four simple categories, also listed below.

Examples of Life Domain Categories			
The Bible (Luke 2:52)	Tom Paterson	"Wheel of Life" by Tony Robbins	Designing Your Life by Burnett and Evans
Wisdom	Personal	Health and Wellness	Health
Stature	Family	Mind and Meaning	Love
Favor with God	Faith	Love and Relationships	Work
Favor with Men	Vocational	Productivity and Performance	Play
	Community	Career and Business	
		Wealth and Lifestyle	
		Leadership and Impact	

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YOUNIQUE Session 3

Moving to Storylines from Domains (continued)

A Giant Leap Forward in Life Design

One improvement in the *Younique Experience* is the pivot away from domains to use storylines. A storyline is a major theme in your life's unfolding narrative. It's a sub-story of your *LifeCall* and one of the key developing plots of your life.

It's usually not hard to make the jump from a domain to a storyline. Why do we recommend a change?

The Five Benefits of Using Storylines

1. Storylines are not limited by physical time and space categories.
2. Storylines elevate the power of identity which is more fundamental than activity.
3. Storylines highlight God's authorship and sovereign goodness in my life.
4. Storylines are more personal and therefore they become more practical and powerful.
5. Storylines become the basis of a God-centered life assessment tool.

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YOUNIQUE Session 3

Storyline Brainstorming

NAME YOUR TOP FOUR STORYLINES AFTER REFLECTING ON THE FOUR HELPFUL LISTS AND STORYLINE TRAINING

Storyline 1 Storyline 2 Storyline 3 Storyline 4

Storyline Brainstorming

Please complete the My Storylines worksheet in your Younique Experience Notebook.

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YOUNIQUE Session 3

Storyline Creation Examples 1

Storyline 1 Storyline 2 Storyline 3 Storyline 4

Will

- Beloved Son
- Central Circle
- Olympic Contribution
- Epic Adventure

Tricie

- Passionate Presence
- Prescient Presence
- Persistent Presence
- Playful Presence

Caleb

- Bold Believer
- Contagious Connector
- Diverse Dreamer
- Eclectic Explorer

Luke

- Adopted Son
- Contributing Loved One
- Supporting Servant
- See the World

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YOUNIQUE Session 3

Storyline Creation Examples 2

Storyline 1 Storyline 2 Storyline 3 Storyline 4

David L

- Christ Carnator
- Engaging Hufagad
- Breakthrough Investor
- Joy Discoverer

Heather

- Sweet Reliance
- Intentional Intimacy
- Gracious Reconciliation
- Joyful Vitality

Kelby

- Committed Believer
- Passionate Family
- Beauty Bringer
- Joyful Neighbor

Chad

- MVP
- Almost Heaven
- Hanging Banners
- The Finer Things

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YOUNIQUE Session 3

My Storylines

NAME YOUR TOP FOUR STORYLINES AFTER REFLECTING ON THE FOUR HELPFUL LISTS AND STORYLINE TRAINING

Storyline 1 Storyline 2 Storyline 3 Storyline 4

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Objective & Big Idea:

To help participants continue to shape and concretize their Storylines as they share their 4 Storylines with the group and listen to the Storylines of others.

BIG IDEA: Opportunity for three-way listening: to honor God, to honor each other and to learn more about ourselves.

How it Works:

Give each participant time to share his or her Storylines.

- Each person should share their Storylines in 3-4 minutes.
- Give the group one minute to ask questions after each person shares his or her storylines.

Coaching Tips:

Keep this share time moving quickly. Appropriately provide affirmation and critique of the different Storylines as they are shared.





Objective, Big Idea & Biblical Focus:

To redefine success and create a Biblical framework for people to quickly assess what season each of their Storylines are currently in, within the great story that God is writing of their life, and press in to meet God in whatever season that is. This reminds us what we are doing best flows out of who we are becoming.

BIG IDEA; Spiritual maturity is not about how well you are doing or feeling; it's about GOING TO GOD despite how you are doing or feeling.

Emphasize this is a gospel-centered lens of looking at their life in how they orient themselves to God as they ask “How Am I?”. Story cycle reminds us redemption is coming. This is an intentional discipleship posture.

How it Works:

Use the Psalm Spirituality teaching to reframe a biblical understanding of success and faithfulness with our lives.

Use Walter Bruegemann’s interpretation of the Psalms— dividing the Psalms up into either Orientation, Disorientation or Reorientation to establish the different realities and seasons of our Storylines and how it is possible to be faithful in each season.

Transition Bruegemann’s language of Orientation, Disorientation and Reorientation to Thriving, Surviving and Reviving to help us assess where we are with each story line.

Demonstrate how it is possible to be thriving in one Storyline and just surviving in another—demonstrating the nuance of being able to describe and evaluate our lives in each area. Everybody wants a great story but not a struggle. Part of any growth story of any human being includes all three of these stages. Explain how collectively this creates a dashboard to see all 4 storylines at once and ask yourself regularly, “How am I?”

Invite the participants to evaluate where each Storyline in their life is currently using the language of Thriving, Surviving and Reviving. Emphasize this is a spiritual practice.

Coaching Tips:

Use your personal life and Storylines to demonstrate the nuance of assessing your life through Storylines. Encourage your group to be as honest as possible in evaluating their Storylines. Emphasize the benefit of this type of dashboard allows them to see all of their life at once while navigating the varying seasons they are in. We can be experiencing death and resurrection in different parts of our life at the same time. Storylines can initiate a more honest conversation with God, ourself and others.



Reference:

Journey 2, pg. 23-25

YOUNIQUE *Session 4*

Psalms Spirituality: A Biblical Approach to Life Assessment
Thriving, Surviving and Reviving

- The Psalms are a unique part of biblical revelation. All revelation is God speaking to humankind. But only the Psalms show how humankind should talk back to God.
- According to Walter Brueggemann, the best way to categorize the Psalms and to relate them to your life is to see each one as a God- directed moment in one of three life states:

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YOUNIQUE *Session 4*

Psalms Spirituality
Thriving, Surviving and Reviving

- These life states correlate with Scripture's broadest narrative and the individual lives of saints defining life as a gospel-centered, faith-accessed story cycle.
 - Thriving = Goodness at creation = Season of Summer
 - Surviving = Judgement through sin/brokenness = Season of Fall & Winter
 - Reviving = Restoration by Grace = Season of Spring
- The paramount observation is this: Spiritual maturity is not about how well you are doing or feeling, it's about going to God despite how you are doing or feeling.
- Using "Thriving, Reviving and Surviving" as categories of assessment for our Storylines keeps our weekly reflection:
 - Ultimately God - centered, not man - centered.
 - Reminds us of the hope of the gospel, temporally and eternally.
 - Builds an anticipation of the guaranteed and redemptive goodness of God.
 - Nurtures awareness with myself and with God.
 - Accounts for having highs and lows in different areas of life at the same time.
 - Gives permission for the wide range of emotion in life. It's okay not to be okay.

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YOUNIQUE *Session 4*

Storyline Assessment *Reporting*

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Objective, Big Idea & Biblical Focus:

To create space for participants to dream about “life long wins” in each of their Storylines.

BIG IDEA: Who gets to win with their life because we win with our life?

Psalm 1:1-3; Philippians 3:14. Also, emphasize the cycle of mutual blessing we see in Jeremiah.

How it Works:

Remind participants of the cycle of mutual blessing we see in Jeremiah 29. Give a quick explanation of what a ‘Bucket List’ is for participants who may not know what it is.

Reiterate the power of dreaming and explain how we are going to use the idea of a Bucket List to help participants dream about and name life-long wins in each Storyline of their life so that they are better able to orient their lives in that direction. Begin with the Worksheet and 5 suggested categories to get ideas going.

Walk through your Bucket List and through the examples in the Participant Guide to help your group dream about their own Bucket List. Offer helpful filters for discerning if a dream is self-indulgent:

1. Does this build intimacy/growth in my closest relationships?
2. Does this renew any part of me in any way?
3. Can this be multiplied to benefit/ bless others?
4. Does this increase my faith and advance the gospel?

Pray for your group as they enter a the time of brainstorming, inviting the Holy Spirit to help them identify life-long wins in each Storyline of their lives. Then give participants 20 minutes for an initial brainstorm on their worksheet.

If you have 3rd quarter life stage participants, encourage them to record and highlight life dreams that have already been fulfilled as a celebration of God dreams already realized. This will bring glory to God, affirm the life they have already lived as well as activate future dreaming. It also will be inspiring to the younger generations in the group.

Bring everyone back together and help them process their time.

Coaching Tips:

This is a place where participants often get stuck. So be available to help your group during this time. Be aware that some participants deal with guilt surrounding the idea that to create a Bucket List is a “selfish” activity. Reiterate filters to discern this.





Reference:

Journey 2, pg. 29-34
 Younique Experience Notebook, pg. 21-23

YOUNIQUE Session 5

Bucket List Worksheet

Storyline 1

Storyline 2

Storyline 3

Storyline 4

A thing to do				
A place to go				
A skill to learn				
An objective to achieve				
A possession to obtain				

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YOUNIQUE Session 5

Bucket List Listening

THINGS THAT I HEARD ON OTHER'S BUCKET LIST THAT MIGHT NEED TO GO ON MINE:

Storyline 1
Bucket List

Storyline 2
Bucket List

Storyline 3
Bucket List

Storyline 4
Bucket List

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

Please complete 20 bucket list items on the Storyline Bucket List worksheet in your Younique Experience Notebook.

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YOUNIQUE Session 5

Storyline Bucket List Example 1 - Dave

Storyline 1
Faithful Follower
Bucket List

Storyline 2
Full House
Bucket List

Storyline 3
Catalytic Impact
Bucket List

Storyline 4
Recreational Traveler
Bucket List

1. Finish the well-Acts 13:36 1. Marriage that gets better/year 1. Preach in 50 countries 1. Visit every state
2. Read the Bible 20 times 2. Write many study guides 2. Preach to 100 leaders 2. Go to 50 countries
3. Known as a Sage 3. Buy 10,000 people lunch 3. Younique as prominent as PPU 3. Become a 3 handicap in golf
4. Read 10 books/year 4. No debt 4. Release 100 Movements 4. Friends know me as CH-CH
5. Remain faithful to Kim 5. Give away \$1000 1000 times 5. Write 5 books 5. Gift 20 courses the past's play
6. Die without grievances 6. Kids love God 6. Produce 1,000 communications 6. Fly 1,000,000 miles
7. Live without regrets 7. 5,000 leaders in home 7. My church becomes training cp 7. Drive the left coast to coast
8. Forgive those who wrong me 8. Pay for kids car and college 8. Speak in 45 states 8. Run a marathon
9. Passion for God increases/year 9. Kim dies having fulfilled dreams 9. Help Orphan plant 100 churches 9. Have a 4 park

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YOUNIQUE Session 5

Storyline Bucket List Example 1 - Dave

Storyline 1
Faithful Follower
Bucket List

Storyline 2
Full House
Bucket List

Storyline 3
Catalytic Impact
Bucket List

Storyline 4
Recreational Traveler
Bucket List

10. Live it 10. Share 1,000,000 laughs 10. Reach to 1,000,000 people 10. Own a convertible
11. Read well 11. Tell kids I love them 10K times 11. Drive bus to conferences 11. Join a country club
12. Never stop referring 12. Take 20 trips we never forget 12. Do ministry with best friendship 12. Play for advanced trip vacations
13. Grow in APOST when I'm weak 13. All inclusive trip with Kristyann 13. Have all neighbors in home 13. Play in 8th Norris golf tournament
14. Defeat ambition 14. Play kids gas when they visit 14. Surrender every talk to HSI 14. Take trip with each child/year
15. Be able to trust desires of heart 15. Move in extended family 15. Die off dreaming 15. Vacation about friends 2 years

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YOUNIQUE Session 5

Storyline Bucket List Example 2 - Joy

Storyline 1
Intimate Connection
Bucket List

Storyline 2
Open Table
Bucket List

Storyline 3
World Mobilizer
Bucket List

Storyline 4
Playful Adventurer
Bucket List

1. Train 100 people to hear God 1. Spend significant time each child 1. Write 5 books 1. Hire a 1.f.
2. Leave journals for kids 2. Kids reproduce FCM 2. Start a "Gir" School 2. Sit on 4 continents
3. Read the Bible 25 times 3. Live close to friends 3. Mentor 100 Exponential leaders 3. Sit when I'm 75
4. Play like it's my only Purpose 4. Do on 3 family vacations/year 4. Coaching business 4. Annual trip with friends
5. Finish up 50 ministries 5. Vacation in 14 with kids 5. Invest Younique in 100 churches 5. Take a comedy tour
6. Give 20K a year 6. Vacation to Scotland with kids 6. Help start churches in 20 cities 6. Surf EC coast, W Coast, Hawaii
7. Walk in the Spirit daily 7. Kids always have room 7. Plant 5 churches personally 7. Own 2 jet skis
8. Play guitar - lead worship 8. Give 100K to each child 8. Start City Gospel Coalition 8. Own 4th boat
9. Pray with Melba weekly 9. 1000 people say "I loved home" 9. Help plant 500 MCs 9. Own a mountain home

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YOUNIQUE Session 5

Storyline Bucket List Example 2 - Joy

Storyline 1
Intimate Connection
Bucket List

Storyline 2
Open Table
Bucket List

Storyline 3
World Mobilizer
Bucket List

Storyline 4
Playful Adventurer
Bucket List

10. Annual prayer retreat 10. Kids friends sleep over 10. Read 10 start-ups 10. Flirt the Colorado
11. Engage 10 Prayer Rhythms 11. Neighbors want more 11. Make 500/year 11. Camp in Yellowstone
12. Start a Solid Care School 12. Feed 10,000 people at our table 12. Become a Lead Pastor 12. Learn golf
13. Prayer movement in 10 cities 13. Release kid's dreams 13. Prayer Walk 50 cities 13. Lead 25 Mountain Excursions
14. Train 100 people to heal 14. Multiply 10 MCs 14. Write practical MC guide 14. Hire the Great Canyon
15. Read 10 books/year 15. Buy a fishing home 15. Start 3 businesses 15. Be sunbather in 25 countries

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YOUNIQUE Storyline Bucket List

Storyline 1
Bucket List

Storyline 2
Bucket List

Storyline 3
Bucket List

Storyline 4
Bucket List

1. _____ 1. _____ 1. _____ 1. _____
2. _____ 2. _____ 2. _____ 2. _____
3. _____ 3. _____ 3. _____ 3. _____
4. _____ 4. _____ 4. _____ 4. _____
5. _____ 5. _____ 5. _____ 5. _____
6. _____ 6. _____ 6. _____ 6. _____
7. _____ 7. _____ 7. _____ 7. _____
8. _____ 8. _____ 8. _____ 8. _____
9. _____ 9. _____ 9. _____ 9. _____

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YOUNIQUE Storyline Bucket List (continued)

Storyline 1
Bucket List

Storyline 2
Bucket List

Storyline 3
Bucket List

Storyline 4
Bucket List

10. _____ 10. _____ 10. _____ 10. _____
11. _____ 11. _____ 11. _____ 11. _____
12. _____ 12. _____ 12. _____ 12. _____
13. _____ 13. _____ 13. _____ 13. _____
14. _____ 14. _____ 14. _____ 14. _____
15. _____ 15. _____ 15. _____ 15. _____
16. _____ 16. _____ 16. _____ 16. _____
17. _____ 17. _____ 17. _____ 17. _____

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YOUNIQUE Storyline Bucket List (continued)

Storyline 1
Bucket List

Storyline 2
Bucket List

Storyline 3
Bucket List

Storyline 4
Bucket List

18. _____ 18. _____ 18. _____ 18. _____
19. _____ 19. _____ 19. _____ 19. _____
20. _____ 20. _____ 20. _____ 20. _____
21. _____ 21. _____ 21. _____ 21. _____
22. _____ 22. _____ 22. _____ 22. _____
23. _____ 23. _____ 23. _____ 23. _____
24. _____ 24. _____ 24. _____ 24. _____
25. _____ 25. _____ 25. _____ 25. _____

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Objective & Big Idea:

To help participants develop and concretize their Bucket Lists by sharing their Bucket Lists with each other.

BIG IDEA: Opportunity for three-way listening: to honor God, to honor each other and to learn more about ourselves.

How it Works:

Have each participants share their bucket list dreaming lists OR the top few favorite bucket list dreams from each storyline, whichever works better for your context.

Invite listening participants to engage in active listening by sharing the things that stood out to them after each participant has shared.

Coaching Tips:

Encourage participants to use their Bucket List Listening Worksheet to record ideas from others that they might want to use on their own Bucket List.

Encourage and Celebrate appropriately after each person has shared their Bucket List.

Recognize that many people have never spent much time at all thinking about what it would mean to win with their lives. Be patient with those who are sharing.





Objective, Big Idea & Biblical Focus:

To transition from the LifeScore part of the Vision Frame to the LifeSteps portion of the Vision Frame.

BIG IDEA: Life Steps are the one area of focus in each storyline, based on a current assessment of your roles, resources, replenishment rhythms in your life.

Psalm 18:20-36. David's under attack at the beginning of the Psalm. At the end he is taking an offensive posture. We can live our life under attack, in a defense only posture, or move forward in offense with God, taking small steps where he has shined light on our steps. God will shine the light & David's response is to step where God has shined the light and where God has made its beam wide enough for David to step into it.

How it Works:

Use the LifeSteps teaching to introduce the way LifeSteps articulate question “How do I do what God has called me to do?”

Define LifeSteps

Explain that LifeSteps come from focusing on the following three areas:

- Roles—Role Map
- Resources—Resource Assessment
- Replenishment— Replenishment Rhythms

Coaching Tips:

Move quickly through this overview without getting hung up in all of the details. Pull out the principles we can learn from the Psalmist. LifeSteps is an opportunity to step intentionally where God has given us grace to step in our lives and way for us to go on offense with our life.



Reference:

Journey 2, pg. 38

YOUNIQUE
Session 6

LifeSteps

Roles, Resources and Replenishment

Read Psalm 18:20-36

David moves from playing _____ defense _____ to playing _____ offense _____ in his life.

Most people are only playing _____ defense _____ with their life.

David gains confidence in his life by _____ stepping _____ where God has given him light to _____ step _____.

Confidence is based on identifying _____ God's _____ grace _____.

BIG THOUGHT: *LifeSteps*: the _____ one _____ area of _____ focus _____ in each Storyline based on a current _____ assessment _____ of your _____ roles _____ resources _____ and _____ replenishment _____ in your life.

LifeSteps form the _____ strategy _____ part of the **Personal Vision Frame.**"

Focus Your LifeSteps

Focus	Younique Tool	
1. Role	Role _____	Map _____
2. Resource	Resource _____	Assessment _____
3. Replenishment	Replenishment _____	Rhythm _____



Objective, Big Idea & Biblical Focus:

To help participants identify and evaluate the different roles that they are currently stepping into inside their 4 Storylines.

BIG IDEA: Most of us take time to think about WHAT we are doing. Few take time to think about HOW we are doing it and how well.

Naming the unique roles we step into in each of our storylines is one of the ways we can highlight where God has given us grace to step in our life.

How it Works:

Explain the importance of identifying the different roles that we are stepping into in our lives.

Walk the participants through their Role Map worksheet one Step at a time.

Have the participants place their Storylines in the first part of the Role Map.

Have participants identify their 4 primary roles in each Storyline - taking one storyline at a time.

Have participants identify their 3 secondary roles for each primary role of their Storylines. This is the double click into each primary role asking, “How do I uniquely step into/posture within this role?”

Give illustrations around each development of the Role Map from your personal Role Map as well as the examples in the Participant Guide.

Coaching Tips:

The primary breakthrough of this tool comes from identifying the secondary roles in each Storyline. This is also the most difficult part of the exercise.

Make sure participants are identifying true roles and not simply activities.

The most difficult Storylines to identify primary and secondary roles in are the Health and Play Storylines—so give plenty of examples especially in these Storylines for participants to imitate.



Reference:

Journey 2, pg. 39-43
 Younique Experience Notebook, pg. 24

YOUNIQUE Session 6

Role Mapping

Most people take time to think about what they are doing. Few people take time to think about how they are doing it. The truth is that we all have many different roles that we play in our lives. But are we in the right roles and are the roles that we find ourselves playing the kind of roles that maximize our LifeCall? One of the exercises that will help you determine the appropriate LifeSteps in your life, is to complete a Role Map. This Role Map will help you identify the different roles that you are currently playing in each Storyline and help you determine if these are the right roles and what changes might need to be made for you to maximize your LifeCall.

Instructions: One of the most effective strategies you can use to develop your LifeSteps is to identify and clarify the different roles that you are playing in your life.

Step #1 Fill in your Storylines in each of the Storyline Circles on your Role Map Sheet.

Step #2 Identify the 4 Primary Roles that you are playing in each Storyline. Primary Roles create a general sense of how you function in that Storyline.

Step #3 Identify the 3 Secondary Roles that best describe the way you accomplish your Primary Roles. Secondary roles provide a specific sense of how you function in your Primary Roles.

Step #4 After completing your secondary roles, ask yourself these questions:

1. What role(s) needs to change?
2. What role(s) do I need to add or subtract?
3. What role(s) needs my attention the most?
4. What role(s) needs to be emphasized?

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YOUNIQUE Session 6

My Role Map Worksheet

Please complete the My Role Map worksheet in your Younique Experience Notebook.

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YOUNIQUE Session 6

My Role Map Example 1 - Luke

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YOUNIQUE Session 6

My Role Map Example 2 - David L

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YOUNIQUE Session 6

Role Mapping Reporting

Which areas of your Role Map were hardest for you to fill out? Why?

Which roles on your Role Map do you feel you are stepping into well?

Which roles on your Role Map have you been unintentionally neglecting?

Are there any Storylines where the roles that you are currently playing might need to be shifted?

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YOUNIQUE Session 6

My Role Map

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Objective, Big Idea & Biblical Focus:

Help participants see that when it comes to living a life of impact, it's more about their investment than their environment; and the Bible has a lot to say about investment.

BIG IDEA: Most people are asking God to change their environment when God is asking them to change their investment.

Matthew 25:14-30.

How it Works:

Communicate that this is the second emphasis of the LifeSteps portion of the Vision Frame

Read the passage from Matthew 25:14-30.

Exegete text and land the three things that keep us from investing:

- Insecurity: We undervalue what we have been given.
- Fear: We overvalue what we could lose.
- Deception: We misvalue who God is.
- Optional Reflections: Highlight a few disturbing realities in this passage:

People get different amounts - the justice is in what is given but in the reward.

The guy who plays it safe is the Villain in this parable. Jesus eliminates neutral ground.

Greatest danger in the kingdom is NOT people who fail but who do nothing.

Explain the 5 Capitals and define their Currencies. The listed order of Capitals on the worksheet is intentional as it reflects kingdom principles. Reverse the order and you will see the priorities of our culture/world.

Coaching Tips:

Make sure to locate this teaching under the LifeSteps portion of the Vision Frame.

Reiterate that if participants can genuinely do the heavy lifting of their Role Map, Resource Assessment and Replenishment Rhythms, they will always have a consistent place to mine out strategies for their life. No more starting with a blank piece of paper.





Reference:

Journey 2, pg. 47-50

Younique Experience Notebook, pg. 25

YOUNIQUE Session 7

The Five Capitals

Read Matthew 25:14-30

3 Things that Keep Us from Investing:

1. Insecurity: We UNDERVALUE what we have been GIVEN.
2. Fear: We OVERVALUE what we could LOSE.
3. Misperception: We MISVALUE who God IS.

Currency of the Five Capitals

Spiritual Capital: WISDOM POWER and AUTHORITY
 Relational Capital: FRIENDS FOLLOWERS and FAMILY
 Physical Capital: TIME ENERGY and HEALTH
 Intellectual Capital: CREATIVITY CONTENT and CREDENTIALS
 Financial Capital: DOLLARS CENTS and ASSETS

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YOUNIQUE Session 7

Gold Bars Exercise

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital		
Relational Capital		
Physical Capital		
Intellectual Capital		
Financial Capital		

Priority and Pivot Point:
 Capital that Needs to Increase Most: _____
 Investment that Needs to be Made to Increase that Capital:

Please complete the Gold Bars Resource Assessment worksheet in your Younique Experience Notebook.

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YOUNIQUE Session 7

Gold Bars Exercise Example 1 - Karen

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital	1	9
Relational Capital	5	7
Physical Capital	4	5
Intellectual Capital	2	7
Financial Capital	5	6

Priority and Pivot Point:
 Capital that Needs to Increase Most: Spiritual Capital
 Investment that Needs to be Made to Increase that Capital:

I need to get into an intentional disciplinmaking relationship w/ mentor

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YOUNIQUE Session 7

Gold Bars Exercise Example 2 - Terry

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital	6	10
Relational Capital	4	7
Physical Capital	1	7
Intellectual Capital	4	5
Financial Capital	2	5

Priority and Pivot Point:
 Capital that Needs to Increase Most: Physical Capital
 Investment that Needs to be Made to Increase that Capital:

I need to get a trainer and work out on a regular basis.

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YOUNIQUE Session 7

My 5 Gold Bars Resource Assessment

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital		
Relational Capital		
Physical Capital		
Intellectual Capital		
Financial Capital		

Priority and Pivot Point:
 Capital that Needs to Increase Most: _____
 Investment that Needs to be Made to Increase that Capital:

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Objective & Big Idea:

Help participants analyze, evaluate and reflect on their current resources and to bring greater alignment between their resources and their calling.

BIG IDEA: What resources have you been given today that can be invested for tomorrow's purpose? Recognize some of those resources may be in seed form.

How it Works:

Give participants 17 hypothetical gold bars to list in their inventory worksheet, demonstrating the disbursement of their current capital, assessing where they have more and less capital in their lives. (5 minutes to do this)

Have participants assume they are all "Good Servants", meaning they will double their investments in the next 3 years. Now they have 34 bars. Where would they place them to best resource the LifeCall they identified in Journey 1?

Have participants identify where the biggest gaps are located

Have participants finish the worksheet where they identify the capital they need to increase the most, as well as the investment that needs to be made to increase it.

Coaching Tips:

The reason we chose 17 gold bars is that it's a prime number and doesn't divide by 5. Meaning, participants have to make a decision around what they have more of and what they have less of.

The key to the exercise is not about the number of gold bars, but the difference between the increase of gold bars and where they are placed in the second half of the exercise.

The primary takeaway for participants is to see where the gaps are in their resource allocation, and to begin to identify a strategy to make up those gaps.





Reference:

Journey 2, pg. 48-50

Younique Experience Notebook, pg. 25

YOUNIQUE Session 7

Gold Bars Exercise

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital		
Relational Capital		
Physical Capital		
Intellectual Capital		
Financial Capital		

Priority and Pivot Point:
 Capital that Needs to Increase Most: _____
 Investment that Needs to be Made to Increase that Capital:

Please complete the Gold Bars Resource Assessment worksheet in your Younique Experience Notebook.

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YOUNIQUE Session 7

Gold Bars Exercise Example 1 - Karen

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital	1	9
Relational Capital	5	7
Physical Capital	4	5
Intellectual Capital	2	7
Financial Capital	5	6

Priority and Pivot Point:
 Capital that Needs to Increase Most: Spiritual Capital
 Investment that Needs to be Made to Increase that Capital:

I need to get into an intentional disciplinering relationship w/ mentor

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YOUNIQUE Session 7

Gold Bars Exercise Example 2 - Terry

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital	6	10
Relational Capital	4	7
Physical Capital	1	7
Intellectual Capital	4	5
Financial Capital	2	5

Priority and Pivot Point:
 Capital that Needs to Increase Most: Physical Capital
 Investment that Needs to be Made to Increase that Capital:

I need to get a trainer and work out on a regular basis.

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YOUNIQUE Session 7

My 5 Gold Bars Resource Assessment

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital		
Relational Capital		
Physical Capital		
Intellectual Capital		
Financial Capital		

Priority and Pivot Point:
 Capital that Needs to Increase Most: _____
 Investment that Needs to be Made to Increase that Capital:

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Objective & Big Idea:

Help participants hone in on their own investment strategy for the future not only in reflecting and sharing, but in actively listening to the strategies of others.

BIG IDEA: Opportunity for three-way listening: to honor God, to honor each other and to learn more about ourselves

How it Works:

Have each participant share their reflections from the gold bars exercise, sharing their biggest gaps, how they might want to bridge that gap and what possible strategies they can concentrate on going forward.

Coaching Tips:

It's very important that people leave Session 7 starting to believe that God has already given them everything they need to live the life God has called them to live. It's just in seed-form, not tree-form. This is the key for any strategy moving forward. How they choose to handle that seed will determine the resources they have to fulfill their calling.





Reference:

Journey 2, pg. 48
 Younique Experience Notebook, pg. 25

Session 7

Gold Bars Exercise

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital		
Relational Capital		
Physical Capital		
Intellectual Capital		
Financial Capital		

Priority and Pivot Point:

Capital that Needs to Increase Most: _____

Investment that Needs to be Made to Increase that Capital:



Please complete the Gold Bars Resource Assessment worksheet in your Younique Experience Notebook.

Session 7

My 5 Gold Bars Resource Assessment

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital		
Relational Capital		
Physical Capital		
Intellectual Capital		
Financial Capital		

Priority and Pivot Point:

Capital that Needs to Increase Most: _____

Investment that Needs to be Made to Increase that Capital:





Objective, Big Idea & Biblical Focus:

Help participants see the Biblical pattern of working from a place of rest.

BIG IDEA: Productivity is about seeing what God is doing in our rest and joining Him in our work. The secret to productivity is to rest, and out of rest to work.

Genesis 1 & 2; John 15 also Matthew 11:28-30 in the MSG version

How it Works:

Teaching Points:

1. Recognize the pace of your life. Matt. 11:28-30 (Read in MSG translation)
2. Recognize the pace of creation's life. Gen. 1:3-5, 28, 31, 2:1-3. Part of the grace of Eden is the pace of Eden - each day beginning in rest.
3. Recognize the pace of Jesus' life - most productive person ever, what were his rhythms? Do you recover like Jesus? John 15.
4. Participate in the replenishing rhythms of grace in your life.

Coaching Tips:

This will be a major 'aha' moment in many of the participants lives. Know the content well enough and deliver it strongly enough so that can happen easily for them.

It's important to redeem both Rest and Work in this teaching. Some will struggle with rest. Some will struggle with work.





Reference:

Journey 2, pg. 53-56
 Younique Experience Notebook, pg. 26

YOUNIQUE Session 1

Replenishment Rhythms

Genesis 1:1-13, NIV


¹ In the beginning God created the heavens and the earth. ² Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

³ And God said, "Let there be light," and there was light. ⁴ God saw that the light was good, and he separated the light from the darkness. ⁵ God called the light "day," and the darkness he called "night." **And there was evening, and there was morning—the first day.**

⁶ And God said, "Let there be a vault between the waters to separate water from water." ⁷ So God made the vault and separated the water under the vault from the water above it. And it was so. ⁸ God called the vault "sky." **And there was evening, and there was morning—the second day.**

⁹ And God said, "Let the water under the sky be gathered to one place, and let dry ground appear." And it was so. ¹⁰ God called the dry ground "land," and the gathered waters he called "seas." And God saw that it was good.

¹¹ Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. ¹² The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good. ¹³ **And there was evening, and there was morning—the third day.**

Rest  Work

Please complete the My Replenishment Rhythms worksheet in your Younique Experience Notebook.

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YOUNIQUE Session 1

Replenishment Rhythms Worksheet

What Rhythms do I need to focus on Daily?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Weekly?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Quarterly?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Yearly?

REST	WORK
------	------

Biblical ideas discussed: _____

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YOUNIQUE Session 1

Replenishment Rhythms Worksheet Example 1 - Chad

What Rhythms do I need to focus on Daily?

REST	WORK
• Bed by 10pm • Exercise	• Open Bible

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

REST	WORK
• Take my day off • Date night with Amanda	

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

REST	WORK
• 2 day unplug • Daddy daughter dates	

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

REST	WORK
• Guys Trip • Get-away with just Amanda	• Maintain what I have

Biblical ideas discussed: Seasons

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YOUNIQUE Session 1

Replenishment Rhythms Worksheet Example 2 - Luke

What Rhythms do I need to focus on Daily?

REST	WORK
• Starting my day from a place of rest and margin. (don't work at night, work in the AM) • Pausing to reflect and get perspective on the day so far	• Planning to eat lunch • Mid-day check-in with Taylor

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

REST	WORK
• Consistent uninterrupted dates with Taylor • Time to play music for fun	• More intentional wrap up the week convo with David • Block time on Friday for work beyond work

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

REST	WORK
• Look more out at trips and travel opportunity for fun	• Reviewing personal budget performance against goals • Spending time to review my journal notes

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

REST	WORK
• Seizing opportunity with parents and in-laws to travel • Spending a dedicated day in silence and solitude	• Planning to go to a new places with our community group

Biblical ideas discussed: Seasons

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YOUNIQUE Session 1

My Replenishment Rhythms

What Rhythms do I need to focus on Daily?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Weekly?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Quarterly?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Yearly?

REST	WORK
------	------

Biblical ideas discussed: _____

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Objective, Big Idea & Biblical Focus:

To help participants identify some key areas of Work and Rest that they may need to emphasize in a daily, weekly, quarterly and annually rhythm.

BIG IDEA: Most of us need to have either rest or work redeemed in our life. Which is it for you? Where are our life rhythms out of line with rhythms of Eden?

Mark 6:31, Luke 4:40-44

How it Works:

Individually, participants use the Rest-Work assessment worksheet to analyze, evaluate and reflect on their current Rest/Work patterns on a daily, weekly, quarterly and annual basis.

Connect the rhythms here with Biblical ideas of day/night, Sabbath, Seasons and Feasts.

Reiterate that we are designed for BOTH rest and work and that both allow us to fulfill our God-given purpose. Our greatest challenge is usually in the imbalance of these replenishment rhythms for a variety of reasons, one being our own life drifts. Great opportunity to connect back to J1 self awareness here.

A point of differentiation: What feels like work to one person may feel like rest to another and vice versa.

Encourage participants to have self awareness in what feels like rest and what feels like work to them. Have individuals quickly share their insights with one other person.

Coaching Tips:

Help participants through this exercise by using your own person examples, as well as examples in Participant Guide. Helpful questions: What new rhythms do you need to look at establishing in order to have a healthy soul that is getting BOTH the kinds of rest needed as well as work needed? We have been given grace to step into both rest and work as a way to replenish ourselves. Rhythms keep us in balance with regular patterns.





Reference:

Journey 2, pg. 54-56
 Younique Experience Notebook, pg. 26

YOUNIQUE *Session 8*

Replenishment Rhythms Worksheet

What Rhythms do I need to focus on Daily?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Weekly?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Quarterly?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Yearly?

REST	WORK
------	------

Biblical ideas discussed: _____

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YOUNIQUE *Session 8*

Replenishment Rhythms Worksheet *Example 1 - Chad*

What Rhythms do I need to focus on Daily?

REST	WORK
<ul style="list-style-type: none"> • Bed by 10pm • Exercise 	<ul style="list-style-type: none"> • Open Bible

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

REST	WORK
<ul style="list-style-type: none"> • Take my day off • Date night with Amanda 	

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

REST	WORK
<ul style="list-style-type: none"> • 2 day unplug • Daddy daughter dates 	

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

REST	WORK
<ul style="list-style-type: none"> • Guys Trip • Get-away with just Amanda 	<ul style="list-style-type: none"> • Maintain what I have

Biblical ideas discussed: Seasons

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YOUNIQUE *Session 8*

Replenishment Rhythms Worksheet *Example 2 - Luke*

What Rhythms do I need to focus on Daily?

REST	WORK
<ul style="list-style-type: none"> • Starting my day from a place of rest and margin. (don't work at night, work in the AM) • Pausing to reflect and get perspective on the day so far 	<ul style="list-style-type: none"> • Planning to eat lunch • Mid-day check-in with Taylor

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

REST	WORK
<ul style="list-style-type: none"> • Consistent uninterrupted dates with Taylor • Time to play music for fun 	<ul style="list-style-type: none"> • More intentional wrap up the week convo with David • Block time on Friday for work beyond work

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

REST	WORK
<ul style="list-style-type: none"> • Look more out at trips and travel opportunity for fun 	<ul style="list-style-type: none"> • Reviewing personal budget performance against goals • Spending time to review my journal notes

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

REST	WORK
<ul style="list-style-type: none"> • Seizing opportunity with parents and in-laws to travel • Spending a dedicated day in silence and solitude 	<ul style="list-style-type: none"> • Planning to go to a new places with our community group

Biblical ideas discussed: Seasons

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YOUNIQUE *Session 8*

My Replenishment Rhythms

What Rhythms do I need to focus on Daily?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Weekly?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Quarterly?

REST	WORK
------	------

Biblical ideas discussed: _____

What Rhythms do I need to focus on Yearly?

REST	WORK
------	------

Biblical ideas discussed: _____

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Objective & Big Idea:

To help participants bring together the things that they have learned in each LifeSteps focus, and to bring those things to bear into each Storyline of their life.

BIG IDEA: The grace God gives us forms the strategy for how we step into the dream He has been dreaming for us.

How it Works:

Ask participants to take out their Role Map, their Resource Assessment and their Replenishment Rhythm worksheets.

Have participants make general notes of places that stick out to them and where God has nudged them (ie: roles they need to step into, resources they need to re-allocate or increase, rhythms they need to emphasize). This step is an analysis of current conditions.

Have participants use the LifeSteps Top Four Emphasis worksheet to either choose a role they want to step into, a resource they want to increase, or a rhythm they need to emphasize in each Storyline of their life, based on that current condition assessment. This one area of focus for each storyline is the first step. It will help to circle or use a different pen color when they write it in the appropriate box, so it will not be confusing in the next steps.

Then show the connection of how choosing one major focus point in each Storyline will affect the other two “Rs” in that same Storyline, depending on how they are choosing to step into the one point of focus. • Give participants time to fill out the entire worksheet. Preview that this one area of focus is something that will change every 90 Days in their Life Plan.

Invite participants to share their insights and reflection with one or two others.

Coaching Tips:

Use your own personal life and the example in the Participant Guide to help the participants grasp the connection in relationship between each focal point of the LifeSteps.

Emphasize that it should raise a red flag if all of their Replenishment Rhythms are Work-related or Rest-related and not a mixture of the two. Be prepared that you will need to walk through this exercise slowly and explain it well as it can be confusing. Make a point to highlight the sense of accomplishment of finishing the 4th side of the Vision Frame before we move on to the next Master Tool.





Reference:

Journey 2, pg. 57-59

Younique Experience Notebook, pg. 28

YOUNIQUE *Session 8*

LifeStep
One Area of Focus in each Storyline

Select your area of focus by using Role OR Resource OR Replenishment as a starting point. Think of these as three different lenses from which you decide on one. Then you can complete the grid by thinking through how the Role, Resource and Replenishment are related.

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)				
Resource (Capital you are trying to increase)				
Replenishment (Rest or Work)				

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YOUNIQUE *Session 8*

LifeStep Example 1 - Steve
One Area of Focus in each Storyline

Select your area of focus by using Role OR Resource OR Replenishment as a starting point. Think of these as three different lenses from which you decide on one. Then you can complete the grid by thinking through how the Role, Resource and Replenishment are related.

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)	Listener	Mentor	Entrepreneur	Competitive Golfer
Resource (Capital you are trying to increase)	Spiritual	Spiritual	Financial	Relational
Replenishment (Rest or Work)	Rest	Work	Work	Rest

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YOUNIQUE *Session 8*

LifeStep Example 2 - Cindy
One Area of Focus in each Storyline

Select your area of focus by using Role OR Resource OR Replenishment as a starting point. Think of these as three different lenses from which you decide on one. Then you can complete the grid by thinking through how the Role, Resource and Replenishment are related.

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)	Reader	Host	Saleswoman	Exerciser
Resource (Capital you are trying to increase)	Intellectual	Relational	Relational	Physical
Replenishment (Rest or Work)	Work	Rest	Work	Rest

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YOUNIQUE **Foreground Horizon NOW Rhythms**

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)				
Resource (Capital you are trying to increase)				
Replenishment (Rest or Work)				
NOW Rhythms Action Step				
NOW Rhythms Rhythm				

Session 10

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Objective, Big Idea & Biblical Focus:

To help participants engage the LifePlan part of their journey by beginning with the end in mind.

BIG IDEA: An end of life vision gives us a clearer perspective for today's living.

Psalm 90: 9-12 - "Teach us to number our days that we may get a heart of wisdom".

How it Works:

Explain the Tombstone Tweet funnel to help participants picture their funeral, by engaging the following questions:

- Who's at your funeral?
- What kinds of things are happening at your funeral?
- What does your epitaph read?
- What kind of things do you hope are happening after your funeral?

Now that participants have placed themselves at their funeral, encourage them to come up with a tweet (no longer than 140 characters) that they hope would be the major contribution of their life. In other words, what are people saying about their life?

Have participants write this out in the box on their worksheet.

Encourage a couple of participants to share their tweet with the group.

Coaching Tips:

Keep this light and fun. It's meant to be used to help participants begin engaging with the future. Celebrate as participants read their Tombstone Tweets aloud.



Reference:

Journey 2, pg. 63-65

YOUNIQUE Session 9

Tombstone Tweet (#tombstonetweet)

Begin with the End in Mind

My Funeral

My Epitaph

My tombstone tweet (no more than 280 characters):

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YOUNIQUE Session 9

Tombstone Tweet Example 1 - Dave (#tombstonetweet)

Begin with the End in Mind

Best Friends
Kim and Kids
Pastors from around the country
People I don't know but my life impacted
Social Media Tribute (Rhodesisms)
Foundation - (\$1000 gifts)

"He completed his task"
"He maximized God's Investment"

My Funeral

My Epitaph

My tombstone tweet (no more than 280 characters):

Welcome to the New Normal:
Where churches are training centers - not just teaching centers &
ordinary believers are living extraordinary lives.

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YOUNIQUE Session 9

Tombstone Tweet Example 2 - Kelly (#tombstonetweet)

Begin with the End in Mind

Kelly was a playful and optimistic guide
Celebration
Kelly was her family's biggest champion
Kelly created different storyboards
for people and organizations

My Funeral

My Epitaph

My tombstone tweet (no more than 280 characters):

Kelly helped me see myself through God's eyes and discover
my part in His eternal story.

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Objective, Big Idea & Biblical Focus:

To explain to participants the Horizon Storyline master tool, and invite them to begin the journey of creating their 3-year LifePlan.

BIG IDEA: The Horizon Storyline is the right amount of vision content and the right amount of time as we look into the future, which provides the break-thru you need to take the next step in your life.

Ephesians 3:20 and 2:10 are twin engines of the HS. Ephesians 3:20 - Where is our hope? In Him who can do more than we can fathom and whose power is at work within us. Ephesians 2:10 - We partner with God in walking where He has led and in what He has prepared. It is these twin engines of hopeful dependence and faithful living that propel the entirety of our LifePlan.

How it Works:

Redraw the Vision Frame and label the different parts of the frame, alongside the primary question that each part of the frame is answering:

- LifeCall: the WHAT question
- LifeCore: the WHY question
- LifeSteps: the HOW question
- LifeScore: the WHEN (win) question

Place the WHERE question in the middle of the frame to demonstrate that the Horizon Storyline tool helps us answer this dynamic question in creating our future (“Where is God taking me?”)

Draw the picture of the mountains, path and sign inside the frame and demonstrate the three horizons that our literal eyes focus on (background, midground and foreground)

Briefly describe the four parts of the Horizon Storyline and how they correlate to the picture. Beyond the Horizon= (1) three-year vision of the future

- Background Horizon= (4) one-year objectives
- Midground Horizon= (1) ninety day goal
- Foreground Horizon= (4) weekly action steps

Coaching Tips:

Remember that you are simply overviewing the tool here and can jump into each part of the tool as you go through each step of it. Do encourage them that they are drawing from the clarity and perspective of the past many weeks as they continue to dream with God about the next chapter of their life, and they may have even titled that 5th chapter in their Life Discovery Grid. This is a continuation and culmination of all of that hard work and you will want to help them connect those dots.



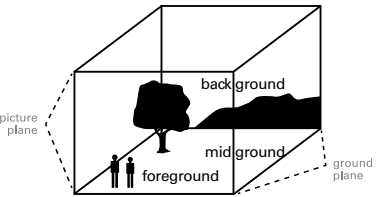
Reference:

Journey 2, pg. 66
 Younique Experience Notebook, pg. 27

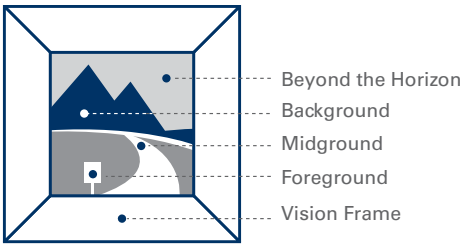
Session 9

Horizon Storyline Overview

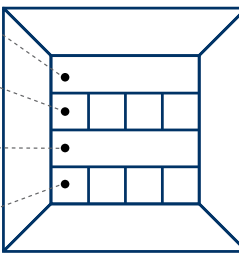
EVERY PICTURE CONTAINS THREE HORIZONS OF VISION



VISION AS FUTURE PICTURE



HORIZON NAME/TIMELINE



Please complete the Beyond the Horizon box on the Horizon Storyline worksheet in your Younique Experience notebook by summarizing the work on this page.

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Session 10

Horizon Storyline

Beyond-the-Horizon: 3 Years

Background Horizon: 1 Year

--	--	--	--

Midground Horizon: 90 Days

Foreground Horizon: "NOW"

--	--	--	--

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Objective, Big Idea & Biblical Focus:

To help participants identify their three year vision.

BIG IDEA: God uses His design of our ability to envision to propel us forward into the places He is calling us.

Ephesians 3:20 and 2:10 are twin engines of the HS. Ephesians 3:20 - Where is our hope? In Him who can do more than we can fathom and whose power is at work within us. Ephesians 2:10 - We partner with God in walking where He has led and in what He has prepared. It is these twin engines of hopeful dependence and faithful living that propel the entirety of our LifePlan.

How it Works:

Encourage the participants to place themselves three years into the future, thinking through what they hope their life will look like. This imaginative exercise should include how old their kids will be, what life stage they will be in, where they will be living and a number of other questions about the future.

Having done this, participants come up with an image or metaphor for what they hope their life will be like three years from now

Once participants have identified a guiding metaphor or image, have them come up with a short phrase to describe that metaphor in action

Now having the short phrase, participants identify up to nine vivid bullet-point descriptions of what their life will look like three years from now. Have participants share their metaphors, short phrases and vivid bullet-point descriptions with each other

Coaching Tips:

Use your personal 'Beyond the Horizon' three year vision, and the examples in the participant guide, to bring color and clarity to this exercise. Encourage participants to begin with whatever portion of this worksheet comes most readily to them. This can be the metaphor picture, short phrase OR bullet points. There is no one right way to imagine their future.

Be available to participants who might get stuck trying to think about their future.



Reference:

Journey 2, pg. 67-71
 Younique Experience Notebook, pg. 27

YOUNIQUE *Session 9*

Beyond the Horizon

Declaring One 3-Year Vision

BEYOND THE HORIZON (3 YEARS)

The beyond the horizon vision is a vivid picture of your life 3 years into the future. It is an aspirational sense of destination that clarifies what you hope to accomplish in this time window. It should build from a singular idea that can be stated as a sentence, anchored with a helpful image or metaphor, and as a vivid description paragraph. It is primarily qualitative and is designed to be a personal tool that you revisit for inspiration and focus.

- Shapes your life legacy and your largest sense of ultimate contribution.
- Creates deeper meaning for your life as you look ahead.
- Cultivates a life of deeper sacrifice for the things that matter most.
- Guides the development of one-year planning.

QUESTIONS FOR DEVELOPING BEYOND THE HORIZON

- When you picture your life 3 years from now, what do you see? What do you see that excites you the most?
- Articulate what you see as if it is complete. "I envision..." or "I will have..."
- Based on the journey you have been on during *Life Younique*, what has God been preparing you to do in the next 3 years?
- What will be the dominant theme in your life 3 years from now?
- What is the most important thing that should be different your life 3 years from now?
- How do you hope your family will be different?
- How do you hope your vocation will be different?

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YOUNIQUE *Session 9*

Beyond the Horizon (continued)

Declaring One 3-Year Vision

- What are the obvious thresholds in your life or turning points that will occur in the next 3 years? (graduations, retirement, financials, births, weddings, promotions, empty nest, relocations, etc.)
- If you are anticipating several thresholds in the next three years, how do you relate them together? Can you capture the meaning of these thresholds in one idea, theme or picture?
- Write down multiple bullet points of what you hope your life looks like. Think of images or metaphors to help you paint a picture.

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YOUNIQUE *Session 9*

Beyond the Horizon Worksheet

ONE PICTURE IDEA:

Image or Metaphor: _____ Space to Draw: _____

SHORT PHRASE DESCRIPTION:

Vivid Description Bullets:

- _____
- _____
- _____
- _____
- _____
- _____

Please complete the Beyond the Horizon box on the Horizon Storyline worksheet in your Younique Experience Notebook.

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YOUNIQUE *Session 9*

Beyond the Horizon *Example 1 - Dave*

ONE PICTURE IDEA:

Image or Metaphor: _____ Space to Draw: _____

A Fast Moving Stream

SHORT PHRASE DESCRIPTION:

By August 1, 2019 I will be a fast moving stream defined as much by my highs as my flow - knowing how to embrace my limitation for maximum kingdom impact.

Vivid Description Bullets:

- Saying "No" more than I say "Yes"
- Local Impact - Invested in the local church (part-time)
- Global Influence - Younique and 100M are established organizations
- Loving family well with both presence and proclamation
- Financially free
- Relationally thriving - marked by working with those I like to play with
- Physically fit - regularly testing BMI in the Healthy Category
- Regular Rhythms of Rest - protecting my rest time as much as I protect my work time
- Known as a sage

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YOUNIQUE *Session 9*

Beyond the Horizon *Example 2 - Will*

ONE PICTURE IDEA:

Image or Metaphor: _____ Space to Draw: _____

A Deep Well

SHORT PHRASE DESCRIPTION:

My life will be a deep well of blessing free of overflow to those around it.

Vivid Description Bullets:

- I see a giant pendulum swinging towards depth of identity from scope of activity.
- My rally cry is "Being more accomplishes more than doing more."
- I will be closing out an extended "warrior" life stage and fully entering a "king" one.
- I see a freer man with more margin, spontaneity, and flexibility.
- I see a day when I am not in a rush, with more time between phone calls, and relaxation at meals.
- I want to be known as much for my joy as I am for my tenacity.
- I will focus on relational and spiritual capital by investing in four groups of people: my central circle (Romy, Poems, Jacob, Joel and Abby), the Auxano team, the Younique team and my neighbors.
- When I arrive three years from now, I will be prepared for the next chapter of new initiatives with the strength of an established platform for Younique, including a Younique trade book, financial freedom and replenished energy in my personal life domain.
- I see more adventure travel for both personal and vocational time, to at least four locations at year that create energy and anticipation every day.

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YOUNIQUE *Session 10*

Horizon Storyline

Beyond-the-Horizon: 3 Years			
Background Horizon: 1 Year			
Midground Horizon: 90 Days			
Foreground Horizon: "NOW"			

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Objective, Big Idea & Biblical Focus:

Help participants identify their four, one year objectives.

BIG IDEA: One-Year Objectives bridge the gap between your favored future and your particular present.” - Will Mancini

Ephesians 3:20 and 2:10 are twin engines of the HS. Ephesians 3:20 - Where is our hope? In Him who can do more than we can fathom and whose power is at work within us. Ephesians 2:10 - We partner with God in walking where He has led and in what He has prepared. It is these twin engines of hopeful dependence and faithful living that propel the entirety of our LifePlan.

How it Works:

Use the Background Horizons worksheet to help participants answer the questions:

- Where are they at? (Exercise done on pg 4)
- Where are they going? (Exercise done on pg 74)
- How are they going to get there?

Participants have already answered the first two columns on the worksheet in previous exercises. Have them look at the completed exercises on page 6 and 74 in their Participant Guide and ask the question, “How do I get from here to there? And what all has to happen?”

Have them write that list of things in the third column.

Remind the participants that the third column represents everything that has to happen over three years. Encourage participants to group and prioritize the most important things that must happen this year, into four, one-year objectives.

Coaching Tips:

Grouping and prioritizing the things that must happen this year is a difficult step for many people. Demonstrate personally and using the examples in the Participant Guide, what clarity looks like so that participants can make that journey with you.



Reference:

Journey 2, pg. 72-76
 Younique Experience Notebook, pg. 27

YOUNIQUE Session 9

Background Horizon

Declaring Four 1-Year Objectives

BACKGROUND HORIZON (1 YEAR)

The background vision contains four ideas, primarily qualitative, that clarify the four most strategic emphases in the next years in order to fulfill your beyond the horizon vision. Each emphasis can be stated in a short phrase with two or three explanatory sentences. The background vision is not designed to inspire, but to clarify. As such, the background horizon:

- Clarifies a broad-level roadmap to approach the next year
- Directs long-term allocation of your life resources
- Limits blind spots that would inhibit progress
- Provides context for short-term goal setting (the next shorter horizon)

DEVELOPING THE BACKGROUND HORIZON

Use the Background Horizon Worksheet:

- All steps with the Background Horizon Worksheet work together with your beyond the horizon vivid description paragraph. While it is not essential to do this first, it is preferable.
- Brainstorm a list of observations about your life both qualitatively and quantitatively and record them in the "Where am I now" column. Anything goes. Do your best to create a current picture of your life as is. For example:
 - o Work is satisfying, but not paying the bills.
 - o Kids are starting to need more time from me.
 - o House remodeling is underway and going slow.
 - o \$7,000 of credit card debt.

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YOUNIQUE Session 9

Background Horizon (continued)

Declaring Four 1-Year Objectives

- Brainstorm a list of observations about where you want your life to be one year from now and record them on the "Where am I headed?" column.
 - o Saving an additional \$200 per month.
 - o I am coming home from work earlier.
 - o Kitchen remodeling completed.
 - o No credit card debt.
- Brainstorm ideas on the third column for "How am I getting there." Don't think in detail, but in broad approach. For example, to reduce debt are you going to get a raise, a second job, or are you going to spend less.
- Finally, look for common themes in this third column. Group themes together and look for four. These four will inform the four ideas of your background horizon.
- Refine these by evaluating them in light of your beyond the horizon paragraph. What minor changes would you add? Do these clarify the four most important things to pay attention to this next year? What must happen in this next year of my life?

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YOUNIQUE Session 9

Background Horizon Worksheet

Where am I now?	Where am I headed?	How am I getting there?
(Reflections from Life Domains Assessment- page 6)	(Reflections from Beyond the Horizon Worksheet - page 69)	

Group and prioritize the third column above into your four background objectives

Please complete the Background Horizon 4 boxes on the Horizon Storyline worksheet in your Younique Experience Notebook.

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YOUNIQUE Session 9

Background Horizon Example 1-Luke

Where am I now?	Where am I headed?	How am I getting there?
(Reflections from Life Domains Assessment- page 6) -More money at work via 401k -Spending more on health -Good communication with Taylor around day-to-day and marriage health -Intentional time with family and friends has increased and feels more like a priority -Spiritual health and vitality is in a better place than last year -Want closer working relationship with Taylor but still God keeping us here	(Reflections from Beyond the Horizon Worksheet - page 69) -Lots of travel this fall, stay connected while away -New staff onboarding this fall at work -Taylor is staying at B&B -Focus is focusing B&B and then applying to W&W -Learning why they fell (finding my professional and fun of fields) -Taylor and I are trying to meet our own savings goal -Looking into starting foundation to fund education for minority first time college students in southern Ohio	-Meditate more often to be calm and reflection work -Engage when the weather changes I keep my exercise routine from October -Dedicate time to write and edit during the week for both B&B and W&W -Monthly budget and spending slightly during travel season -Talk with B&B on setting up account for foundation money -Meditate Zoom and group texts with health while away

Group and prioritize the third column above into your four background objectives

Find the Future: meet our end-of-year savings goal

Start small: launch blog and test posting rhythm and content

Meet the Horizon: submit final project paper for 700 approval

Add a new layer: install exercise pattern in fall travel season

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YOUNIQUE Session 9

Background Horizon Example 2-Emma

Where am I now?	Where am I headed?	How am I getting there?
(Reflections from Life Domains Assessment- page 6) -Family needs rest -Wish I was transitioning to school, have the opportunity to get a job that will re-evaluate a part of my life that has been on hold -We haven't gotten to know our neighbors very well -Parents may be moving in with us soon -Where can my investment be the greatest?	(Reflections from Beyond the Horizon Worksheet - page 69) -Financial Multiples & Minimum Tree (what I want my money to do) -I will be a busybody, love, characterized by steady work, and getting off from an off-balance -I will be able to weather storms and find time to gain the personal enrichment I wish to be strong -Word Description: Health -I will be completely free when I am away -I will know the names and be in growing relationships of my neighbors -My blog will be sent off to college -My blog site will have six views a week -Tom and I will take a vacation together each year (first one) -I will have a job I love	-Habit and family schedule will be repeatable and sustainable rhythms and patterns -Establish family breakfast/dinner -Organize my family budget -Make a plan for "mom" and dad -Create space to get to know my neighbors -Get Tom on board with "just us" vacations -Join a life group -Find a video camera who are living in my stage of life -Create a list of potential jobs that interest me -Get house ready to sell -High clarity apply for colleges -Talk regular interests -Find time to read -Re-launch my blog site

Group and prioritize the third column above into your four background objectives

Tree Trunk: Strengthen life at home with new patterns

More Branches: Navigate the next steps (job, home, college) finding new job first

Healthy Branches: Intentionally build new relationships in every domain

Personal Fruit: Reconnect and reading in a way that relaxes my blog

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YOUNIQUE Session 10

Horizon Storyline

Beyond-the-Horizon: 3 Years		
Background Horizon: 1 Year		
Midground Horizon: 90 Days		
Foreground Horizon: "NOW"		

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Objective, Big Idea & Biblical Focus:

To help participants have a more concrete understanding of what the Midground Horizon is and how it brings radical singularity and inspiration to the LifePlan.

BIG IDEA: “Your LifeCall tells you succinctly what you’re supposed to be doing always. Your 90 Day Goal tells you succinctly what you’re supposed to be doing now...It is enough time for an individual to accomplish something truly significant.” - Will Mancini

Ephesians 3:20 and 2:10 are twin engines of the HS. Ephesians 3:20 - Where is our hope? In Him who can do more than we can fathom and whose power is at work within us. Ephesians 2:10 - We partner with God in walking where He has led and in what He has prepared. It is these twin engines of hopeful dependence and faithful living that propel the entirety of our LifePlan.



How it Works:

Define the Midground Horizon: a singular emphasis stated as both a quantitative and qualitative goal to be accomplished in the next 90 days. Use S.M.A.R.T. to bring specifics to that definition: S = Specific, M = Measurable, A = Achievable, R = Relevant, T= Time sensitive.

Explain the power of having 1 goal to focus on over the next 90 days.

Use The Four Disciplines of Execution diagram to talk through the tension between the Urgent and the Important in our lives.

Refer to The Four Disciplines of Execution video—which states that the fewer goals a person has at one time, the more likely he or she is to accomplish them.

Inform the group of the multitude of resources that are beginning to testify to the power of living life 90 days at a time.

Remind the group of the way our seasons remind us of a similar reality.

Coaching Tips:

This is the most important part of the Horizon Storyline Master Tool.

Communicate with maximum effectiveness the power of singularity around one 90 Day Goal. Encourage them of the domino effect this can have in their life that as they focus on one important, strategic goal that can create momentum to accomplish other possibilities that may not otherwise happen.

Reference:

Journey 2, pg. 79-82
 Younique Experience Notebook, pg. 27

YOUNIQUE *Session 10*

Midground Defined

Midground Horizon (90 days). The midground horizon is a single emphasis stated as both a qualitative and quantitative goal in the next 3-months of your life. Like the beyond the horizon vision, the midground horizon is designed to provide inspiration and focus by using singularity to stretch your thinking of what might be possible. It can be stated in one sentence as an idea or picture with a quantitative component—a numerical goal and date. The midground horizon:

- Generates excitement for accomplishing one big goal.
- Focuses the attention, prayers, and resources of your life in a dramatic way.
- Reveals progress for celebration (or recalibration).
- Determines a single priority in the complexity and messiness of life.

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YOUNIQUE *Session 10*

Midground Horizon

Declaring Your One, 90-Day Goal

My 90-Day Goal

Please complete the Midground Horizon box on the Horizon Storyline worksheet in your Younique Experience Notebook.

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YOUNIQUE *Session 10*

Midground Horizon Example 1 - Dave

Declaring Your One, 90-Day Goal

*Spend extra time with Frankie
 Plan and track/mark schedule for next 2 years
 Get Greece Adult Teen transitioned with new role definitions
 Increase ministry momentum on Greece Adult Teen
 Complete 6 modules of EFTM disciplining process
 Plan the family vacation calendar for the next two years*

My 90-Day Goal

By April 1, 2017, the Greece Adult Teen of six leaders will be built, restructured and empowered with new role descriptions.

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YOUNIQUE *Session 10*

Midground Horizon Example 2 - Lori

Declaring Your One, 90-Day Goal

*Get my 12 month calendar planned out
 Meet neighbors in 3 houses in front of us, 3 houses on each side of us and 3 houses in back of us
 Take time each week for myself
 Help each child learn 1 new thing
 Restart my blog
 Finish 1st draft of new book
 Throw a book party
 Have zero emails in my inbox*

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.

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YOUNIQUE *Session 10*

Horizon Storyline

Beyond-the-Horizon: 3 Years		
Background Horizon: 1 Year		
Midground Horizon: 90 Days		
Foreground Horizon: "NOW"		

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Objective, Big Idea & Biblical Focus:

To help participants identify and declare their first 90 day goal.

BIG IDEA: Your 90 Day Goal is the “focus” component of your LifePlan that keeps your attention on something strategically important that will help you reach the destination you’re dreaming of.

Ephesians 3:20 and 2:10 are twin engines of the HS. Ephesians 3:20 - Where is our hope? In Him who can do more than we can fathom and whose power is at work within us. Ephesians 2:10 - We partner with God in walking where He has led and in what He has prepared. It is these twin engines of hopeful dependence and faithful living that propel the entirety of our LifePlan.

How it Works:

Use the Midground Horizon worksheet to help participants get the picture of funneling their ideas of what is most important over the next 90 days down to one 90 day goal.

Encourage participants to brainstorm at least six different possibilities for their one, 90 day goal within the funnel.

Reference your personal 90 day goal and the various examples in their Participant Guide to help get the participants started.

Give participants 10 minutes to identify the one goal for their first 90 days.

Invite participants to share their 90 day goals with their group.

Coaching Tips:

Encourage participants to use their time constraints effectively by allowing the pressure of the limitation to generate creativity.

Make yourself available to those who may get stuck during this exercise.



Reference:

Journey 2, pg. 80-82
 Younique Experience Notebook, pg. 27

YOUNIQUE Session 10

Midground Horizon
 Declaring Your One, 90-Day Goal

My 90-Day Goal

Please complete the Midground Horizon box on the Horizon Storyline worksheet in your Younique Experience Notebook.

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YOUNIQUE Session 10

Midground Horizon Example 1 - Dave
 Declaring Your One, 90-Day Goal

My 90-Day Goal

*Spend extra time with Frankie
 Plan and rework schedule for next 2 years
 Get Greece Adult Teen transitioned with new role definitions
 Increase ministry momentum on Greece Adult Teen
 Complete 6 modules of EFTM disciplining process
 Plan the family reunion calendar for the next two years*

By April 1, 2017, the Greece Adult Teen of six leaders will be built, restructured and empowered with new role descriptions.

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YOUNIQUE Session 10

Midground Horizon Example 2 - Lori
 Declaring Your One, 90-Day Goal

My 90-Day Goal

*Get my 12 month calendar planned out
 Meet neighbors in 3 houses in front of us, 3 houses on each side of us and 3 houses in back of us
 Take time each week for myself
 Help each child learn 1 new thing
 Restart my blog
 Finish 1st draft of new book
 Throw a book party
 Have zero emails in my inbox*

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.

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YOUNIQUE Session 10

Horizon Storyline

Beyond-the-Horizon: 3 Years			
Background Horizon: 1 Year			
Midground Horizon: 90 Days			
Foreground Horizon: "NOW"			

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Objective, Big Idea & Biblical Focus:

To help participants have a more concrete understanding of what the Foreground Horizon is and how it integrates “weekly Action Steps” for each of their Storylines into their LifePlan for the purpose of wholistic living.

BIG IDEA: The regular rhythms you step into, in every area of your life, create potential for lasting change AND progress.

Ephesians 3:20 and 2:10 are twin engines of the HS. Ephesians 3:20 - Where is our hope? In Him who can do more than we can fathom and whose power is at work within us. Ephesians 2:10 - We partner with God in walking where He has led and in what He has prepared. It is these twin engines of hopeful dependence and faithful living that propel the entirety of our LifePlan.

How it Works:

Define the Foreground Horizon: 4 specific Action Steps that will help you focus on gaining or taking ground in each Storyline of your life, advancing toward the 90 Day destination while gaining traction in areas of life that need it.

Demonstrate the link between the 4 “weekly Action Steps” and the 4 Storylines of the participants LifeScore.

Explain that each of these “weekly Action Steps” continue for 90 days and then after 90 days are replaced with new “weekly Action Steps”.

Coaching Tips:

Call participants attention to the elegance of the LifePlan in linking the Foreground Horizon to the 4 Storylines of their LifeScore.

Demonstrate the way that the Foreground Horizon helps integrate their LifePlan into every storyline of their life which provides a wholistic focus and intentionality.



Reference:

Journey 2, pg. 83-86

Younique Experience Notebook, pg. 27-28

YOUNIQUE *Session 10*

Foreground Defined

Foreground Horizon (next week). The Foreground Horizon contains up to four specific Action Steps that will help you focus on gaining or taking ground in each Storyline of your life. Each Action Step will take the focus that you identified on the LifeStep of your Personal Vision Frame (a Role to step into, a Resource to increase, or part of your Replenishment Rhythms to emphasize) and turn that focus into a specific action. Action Steps combine that action with a daily, weekly or monthly rhythm to implement the action in regularly.

Each Action Step should be designed to directly or indirectly support the 90-day Midground Horizon goal over the next 90 days.

In summary, the Foreground Horizon:

- Clarifies weekly action steps.
- Manages every week's attention.
- Provides personal accountability.
- Keeps you focused on the 90-day goal in a way that naturally flows out of your four storylines.

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YOUNIQUE *Session 10*

Foreground Horizon NOW Rhythms

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)				
Resource (Capital you are trying to increase)				
Replenishment (Rest or Work)				
Action Step				
Rhythm				

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YOUNIQUE *Session 10*

Foreground Horizon NOW Rhythms Example 1 - Dave

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
	Faithful Follower	Full House	Catalytic Impact	Recreational Traveler
Role (from RoleMap)	Listener	Mentor	Entrepreneur	Competitive Golfer
Resource (Capital you are trying to increase)	Spiritual	Spiritual	Financial	Relational
Replenishment (Rest or Work)	Rest	Work	Work	Rest
Action Step	Listen to a talk by Erwin McManus	Champion Frankie by Finding 1 Thing to Celebrate	Check PNL sheets to set calendar and work toward a goal emphasis of Break-Even	Play in 5-day Dogfight
Rhythm	Weekly	Daily	Monthly	Bi-weekly

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YOUNIQUE *Session 10*

Foreground Horizon NOW Rhythms Example 2 - Cindy

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
	Adopted Daughter	Valued Teammate	Difference Maker	Hobby Lobby
Role (from RoleMap)	Reader	Host	Saleswoman	Exerciser
Resource (Capital you are trying to increase)	Intellectual	Relational	Relational	Physical
Replenishment (Rest or Work)	Work	Rest	Work	Rest
Action Step	Read "Present Over Perfect"	Have friends over for Sunday lunch	Make a new contact	Take a bike ride
Rhythm	This 90 days	Bi-weekly	Weekly	Daily

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YOUNIQUE *Session 10*

Horizon Storyline

Beyond-the-Horizon: 3 Years

Background Horizon: 1 Year

Midground Horizon: 90 Days

Foreground Horizon: "NOW"

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YOUNIQUE *Session 10*

Foreground Horizon NOW Rhythms

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)				
Resource (Capital you are trying to increase)				
Replenishment (Rest or Work)				
Action Step				
Rhythm				

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Objective, Big Idea & Biblical Focus:

To help participants identify their actions steps over the next 90 days, the rhythms necessary to accomplish it and the practice of doing it so they can do it on their own in the future.

BIG IDEA: NOW Rhythms help you align the hopes of tomorrow with the present needs of today.

Ephesians 3:20 and 2:10 are twin engines of the HS. Ephesians 3:20 - Where is our hope? In Him who can do more than we can fathom and whose power is at work within us. Ephesians 2:10 - We partner with God in walking where He has led and in what He has prepared. It is these twin engines of hopeful dependence and faithful living that propel the entirety of our LifePlan.

How it Works:

Have participants take out the LifeSteps Worksheet (pg 57) from their Notebook.

Instruct participants to now evolve their LifeSteps focuses, declared a few sessions ago, into Action Steps and then add a Rhythm to this regular action over the next 90 days.

Encourage participants to think through how their 4 “weekly Action Steps” relate to their 90 day goal (remember each Action Step may have a direct or indirect relation to the 90 day goal).

Give opportunity for participants to share their 4 Weekly Action Steps with the group.

Coaching Tips:

Encourage participants to keep focus during this final step of the Life Horizon Storyline Process.

Celebrate as participants finish this part of the process.



Reference:

Journey 2, pg. 83-86

Younique Experience Notebook, pg. 27-28

YOUNIQUE *Session 10*

Foreground Defined

Foreground Horizon (next week). The Foreground Horizon contains up to four specific Action Steps that will help you focus on gaining or taking ground in each Storyline of your life. Each Action Step will take the focus that you identified on the LifeStep of your Personal Vision Frame (a Role to step into, a Resource to increase, or part of your Replenishment Rhythms to emphasize) and turn that focus into a specific action. Action Steps combine that action with a daily, weekly or monthly rhythm to implement the action in regularly.

Each Action Step should be designed to directly or indirectly support the 90-day Midground Horizon goal over the next 90 days.

In summary, the Foreground Horizon:

- Clarifies weekly action steps.
- Manages every week's attention.
- Provides personal accountability.
- Keeps you focused on the 90-day goal in a way that naturally flows out of your four storylines.

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YOUNIQUE *Session 10*

Foreground Horizon NOW Rhythms

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)				
Resource (Capital you are trying to increase)				
Replenishment (Rest or Work)				
Action Step				
Rhythm				

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YOUNIQUE *Session 10*

Foreground Horizon NOW Rhythms Example 1 - Dave

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
	Faithful Follower	Full House	Catalytic Impact	Recreational Traveler
Role (from RoleMap)	Listener	Mentor	Entrepreneur	Competitive Golfer
Resource (Capital you are trying to increase)	Spiritual	Spiritual	Financial	Relational
Replenishment (Rest or Work)	Rest	Work	Work	Rest
Action Step	Listen to a talk by Erwin McManus	Champion Frankie by Finding 1 Thing to Celebrate	Check PNL sheets to set calendar and work toward a goal emphasis of Break-Even	Play in 5-day Dogfight
Rhythm	Weekly	Daily	Monthly	Bi-weekly

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YOUNIQUE *Session 10*

Foreground Horizon NOW Rhythms Example 2 - Cindy

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
	Adopted Daughter	Valued Teammate	Difference Maker	Hobby Lobby
Role (from RoleMap)	Reader	Host	Saleswoman	Exerciser
Resource (Capital you are trying to increase)	Intellectual	Relational	Relational	Physical
Replenishment (Rest or Work)	Work	Rest	Work	Rest
Action Step	Read "Present Over Perfect"	Have friends over for Sunday lunch	Make a new contact	Take a bike ride
Rhythm	This 90 days	Bi-weekly	Weekly	Daily

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YOUNIQUE *Session 10*

Horizon Storyline

Beyond-the-Horizon: 3 Years

Background Horizon: 1 Year

Midground Horizon: 90 Days

Foreground Horizon: "NOW"

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YOUNIQUE *Session 10*

Foreground Horizon NOW Rhythms

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)				
Resource (Capital you are trying to increase)				
Replenishment (Rest or Work)				
Action Step				
Rhythm				

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Objective, Big Idea & Biblical Focus:

To help participants collect together the different parts of the Life Horizon Storyline that they have worked out on several worksheets into one cohesive LifePlan

BIG IDEA: The Horizon Storyline is a tool that helps to inspire and clarify your direction, NOT perfection.

Ephesians 3:20 and 2:10 are twin engines of the HS.
Ephesians 3:20 - Where is our hope? In Him who can do more than we can fathom and whose power is at work within us. Ephesians 2:10 - We partner with God in walking where He has led and in what He has prepared. It is these twin engines of hopeful dependence and faithful living that propel the entirety of our LifePlan.

How it Works:

Encourage participants to record on this master worksheet their entire LifePlan that currently exists separately on the worksheets they have used to identify each part.

Give the participants 10 minutes to collect their work into this one worksheet.

Coaching Tips:

Use this time efficiently to consolidate the work of the past 2 sessions.



Objective, Big Idea & Biblical Focus:

To help participants integrate and consolidate the completion of Journey 1 and Journey 2 onto one piece of paper.

BIG IDEA: Your LifePlan Snapshot articulates stunning clarity on one piece of paper.

1 Peter 4:10; Jeremiah 29:11 (in context)

How it Works:

Instruct participants to consolidate their Yunique Vision Frame with their Life Horizon Storyline into one master template known as their LifePlan Snapshot.

Demonstrate to the participants how this LifePlan Snapshot brings all of Journey 1 and Journey 2 down to one piece of paper that they keep in front of themselves at all times.

Coaching Tips:

Emphasize the radical singularity of consolidating all of Journey 1 and Journey 2 down to one piece of paper. Demonstrate the power of process by calling the participants attention to the clarity of this one piece of paper in their lives.



Reference:

Journey 2, pg. 89-91
 Younique Experience Notebook, pg. 29

YOUNIQUE Session 11

LifeScore Storyline 1 Storyline 2 Storyline 3 Storyline 4

My LifePlan Snapshot Renewed on:

LifeCore

LifeCall

LifeSteps LifeStep 1 LifeStep 2 LifeStep 3 LifeStep 4

Please complete the LifePlan Snapshot worksheet in your Younique Experience Notebook.

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YOUNIQUE Session 11

LifeScore Storyline 1 Storyline 2 Storyline 3 Storyline 4

My LifePlan Snapshot Will Mancini Renewed on: April 21, 2016

LifeCore

LifeCall

LifeSteps (This season's role and resource emphases)

Emphasis 1: trusting one
 Emphasis 2: relational resource
 Emphasis 3: problem solver
 Emphasis 4: financial resource

INTIMACY "The Ultimacy of Intimacy" -because friendship is the center of reality
 FOCUS "The Secret of Elimination" -because I live more by choosing less
 LEARNING "The Opportunity of Growth" -because I feel most alive when I am gaining new perspective
 COURAGE "The Life of No Regret" -because maximizing my one and only life requires risk.

REMARKS: Achieving central circle rhythm success in a way that is sustainable.

Prepare 1602 Heather Springs to be put on the market by July 11, 2016 in stunning condition

REPLENISH: Re-establishing patterns of my beloved son
 REALLOCATE: Infusing the Annual budget year model in a financial cycle
 RESOURCE: Developing a holistic financial strategy for family (all) and for future
 REMARKS: Make one call per day to get one thing advanced on the house (daily prayer)

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YOUNIQUE Session 11

LifeScore Storyline 1 Storyline 2 Storyline 3 Storyline 4

My LifePlan Snapshot Example 2 David Lovelless Renewed on: 4.17

LifeCore

LifeCall

LifeSteps LifeStep 1 LifeStep 2 LifeStep 3 LifeStep 4

One Thing: Integrating Identities

LifeSteps Power/Present University Student L17 Teacher/Owner Explorer/Traveler

Restorative Grace- because that's what God has given me & is in me. Demo by unconditional acceptance of everything & everyone.
 Restorative Impact- because I want to make an eternal difference in others. Demo by investing Kingdom representation in others while leaving the outcomes to God.
 Reconciling Contradictions- because life has both wheat & weeds. Demo by including & transcending all paradoxes of life.
 Replenishing Freedom- because when I'm experiencing freedom, I feel joy. Demo by living in awareness of the freedom I have in my life & surrounding my life.
 Recurring Evolution- because when I'm growing & changing, I'm fulfilling God's design for me. Demo by continuous curiosity toward & application of new things I'm learning.

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YOUNIQUE Session 11

LifeScore Storyline 1 Storyline 2 Storyline 3 Storyline 4

My LifePlan Snapshot Renewed on:

LifeCore

LifeCall

LifeSteps LifeStep 1 LifeStep 2 LifeStep 3 LifeStep 4

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Objective & Big Idea:

Critical to helping participants prioritize and implement their LifePlan in a space of accountability and coaching for the first 90 Days.

BIG IDEA: Your LifePlan will be useless to you if left on a shelf.

How it Works:

Cast vision for the critical transition each participant will be making to actively step into their LifePlan and how the 90 Day Launch is crucial to the beginning of that journey. Clarify the dates and shorter time frame you will be meeting as a cohort.

Coaching Tips:

The posture shift for you as a coach in 90 Day Launch is to move from training to coming alongside participants and supporting them as they lead themselves in life design. These six sessions are a space for responsive coaching to the ins and outs of life design in action for each participant so you will want to prioritize the reporting out time in each session.



Objective & Big Idea:

To introduce the regular rhythm of Weekly Reflecting as a Keystone Habit utilizing the guide as a tool for reflection and planning to join God in who He has called us to be and what He has called us to do.

BIG IDEA: Weekly Reflection helps you consistently look at the dashboard of your life, providing an environment for regular recognition with the opportunity for quick recovery, as you keep your eye on the road toward your preferred future.

How it Works:

Walk through each component of the guide:

Storyline dashboard: How am I? This is an overall question for each storyline while also a check-in to see if the NOW Rhythm they have chosen to step into is still helping them move forward based on the assessment on how they are doing. Do I need to persevere or pivot?

90 Day Goal: “Am I on target, behind or ahead?” This is so the participant keeps their eye on the SMART goal they are chasing after.

Articulate both the obstacles of the past week and new approaches for the upcoming week.

Invite the Lord into your reflection with the prayer guide of 4 sentence prayers.

Coaching Tips:

Remind participants this is a new habit which will require a regular time and place in their schedule to be consistent. Only 15 minutes - keep it simple and attainable.



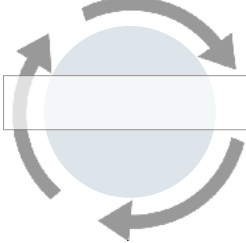
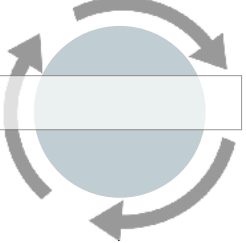
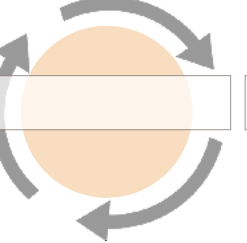
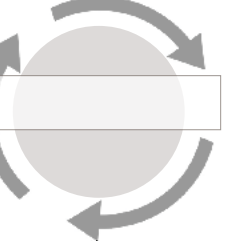


Reference:

90 Day, pg. 1

 **YOUNIQUE** *90-Day launch: Week 1*
Weekly Reflecting Guide 

Week of: _____ My 90-day goal: _____

Storyline 1	Storyline 2	Storyline 3	Storyline 4
			
<input type="radio"/> Thriving <input type="radio"/> Surviving <input type="radio"/> Reviving	<input type="radio"/> Thriving <input type="radio"/> Surviving <input type="radio"/> Reviving	<input type="radio"/> Thriving <input type="radio"/> Surviving <input type="radio"/> Reviving	<input type="radio"/> Thriving <input type="radio"/> Surviving <input type="radio"/> Reviving

Color or check, the circle below to represent how you are progressing toward your goal. Score a plus one, two or three for the degree to which you are "ahead of schedule". Score a minus one, two or three for the degree to which you are "behind schedule".

← "BEHIND SCHEDULE"
"ON TARGET"
→ "AHEAD OF SCHEDULE"



Unexpected obstacles I encountered this week:

New ideas for how I will approach next week:

My four sentence prayer:

- God you are:
- Thank you for:
- Guide me in:
- Empower me to:





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-and-named 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

YOUNIQUE 90-Day launch: Week 1

Life-Making Cycle

How to Review and Renew Your Unique LifePlan

Your **Younique LifePlan** is the completed Vision Frame and Horizon Storyline. Together, these represent four codified expressions that declare your identity (LifeCall, LifeCore, LifeSteps and LifeScore on the Vision Frame) and the four views into the future that visualize your direction (3 years, 1 year, 90-days and next week of your Horizon Storyline).

Another way to think of your **LifePlan** is that there are four ideas to master identity 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 tools associated with it is to help make you "unconsciously competent" at living from your **Younique LifePlan**. Unconscious competence is the ability to be so deeply aware of your **LifePlan** that you are continually and almost subconsciously "referencing" it in daily relationships and decision-making. It is not something forced or "additional" to your life, but becomes seamlessly integrated with how you think. Keep in mind that we will use the Journey 3 experience as the first 90-days where you can practice with a cohort of the Life-Making Cycle tools. It is impossible to become 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 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 intentional. 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 per se, 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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YOUNIQUE 90-Day launch: Week 1

Life-Making Cycle (continued)

How to Review and Renew Your Unique LifePlan

ENGAGING THREE RHYTHMS

Reflect Weekly

The core practice of the Life-Making Cycle is the weekly cadence of reflection. During this time which can be accomplished in 15 minutes to one hour (depending on your personal preference), you will self-assess your four storyline rhythm steps and movement toward your 90-day goal with a **Weekly Reflecting Guide**.

Plan Quarterly

In addition to your weekly reflection you will plan your next 90-day goal and reset your rhythm steps using a **Quarterly Planning Guide**. Doing this four times a year means that the bottom two horizons of your Horizon Storyline are being completely renewed and updated four times a year. We recommend that you block 2-4 hours for this step and connect it to life-giving times, places and activities. Build this in your calendar in a way that you will most certainly look forward to it!

Retreat Annually

The final rhythm to engage is a yearly personal retreat. At this time you will update the annual horizon on your Horizon Storyline in addition to the quarterly planning work. That is, you will reset and redefine the four most important objectives of the following year as you move toward your 3-year beyond-the-horizon picture.

During the annual retreat, you also have the opportunity to review your personal Vision Frame. You can review your LifeCore and run through the exercises of your LifeSteps again. At the yearly retreat we recommend that you tweak any articulation on your Vision Frame if you can refine it for better accuracy or deeper meaning. No previous articulation is sacrosanct. These tools are for you to improve as you get more **experience to grow**.

We recommend that you schedule and annual retreat for 1-2 days. You will use the **Annual Retreating Guide** for the first time.

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YOUNIQUE 90-Day launch: Week 1

Life-Making Cycle (continued)

How to Review and Renew Your Unique 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 so 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 planning days with one annual retreat that includes quarterly planning.

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Year Two: 4 quarterly planning days with one annual retreat that includes quarterly planning.

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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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YOUNIQUE 90-Day launch: Week 1

Vision Journey Checklist

	Not Started	In Progress	Completed
VISION FRAME	LifeCall	<input type="checkbox"/>	<input type="checkbox"/>
	LifeCore	<input type="checkbox"/>	<input type="checkbox"/>
	LifeSteps (4 Emphases)	<input type="checkbox"/>	<input type="checkbox"/>
	LifeScore (4 Storylines)	<input type="checkbox"/>	<input type="checkbox"/>
HORIZON STORYLINE	Beyond-the-Horizon: 3 Years	<input type="checkbox"/>	<input type="checkbox"/>
	Background Horizon: 1 Year	<input type="checkbox"/>	<input type="checkbox"/>
	Midground Horizon: 90 Day Goal	<input type="checkbox"/>	<input type="checkbox"/>
SWEET SPOT	Passion Circle	<input type="checkbox"/>	<input type="checkbox"/>
	Life Discovery Grid	<input type="checkbox"/>	<input type="checkbox"/>
	Life Lies + Truths	<input type="checkbox"/>	<input type="checkbox"/>
	Narrative Funnel	<input type="checkbox"/>	<input type="checkbox"/>
	Offenders	<input type="checkbox"/>	<input type="checkbox"/>
	Passion 360	<input type="checkbox"/>	<input type="checkbox"/>
	Ultimate Contribution	<input type="checkbox"/>	<input type="checkbox"/>
	Ability Circle	<input type="checkbox"/>	<input type="checkbox"/>
	Name Meaning	<input type="checkbox"/>	<input type="checkbox"/>
	Personality Insights	<input type="checkbox"/>	<input type="checkbox"/>
Spiritual Ability	<input type="checkbox"/>	<input type="checkbox"/>	
StrengthsFinder	<input type="checkbox"/>	<input type="checkbox"/>	
Sense of Accomplishment	<input type="checkbox"/>	<input type="checkbox"/>	
Ability 360	<input type="checkbox"/>	<input type="checkbox"/>	
Context Circle	<input type="checkbox"/>	<input type="checkbox"/>	
Motive & Mode	<input type="checkbox"/>	<input type="checkbox"/>	
Thinking Wavelength	<input type="checkbox"/>	<input type="checkbox"/>	
Workplace Motivators	<input type="checkbox"/>	<input type="checkbox"/>	
Work Style	<input type="checkbox"/>	<input type="checkbox"/>	
Organizational Preferences	<input type="checkbox"/>	<input type="checkbox"/>	
LifeStage	<input type="checkbox"/>	<input type="checkbox"/>	
Sweet Spot Summary	<input type="checkbox"/>	<input type="checkbox"/>	

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Objective & Big Idea:

Introducing the concept of a Keystone Habit and how it helps us bridge the behavioral gap that exists as we seek to make lasting change in our life.

BIG IDEA: Transformation is a process that includes a critical step of Habit Building.

How it Works:

Talk through the 5 Stages of Transformation. Highlight that the Weekly Reflection Guide is an example of a Keystone Habit which helps participants move from simply valuing the intentionality of living out their life call and actually being able to prioritize it.

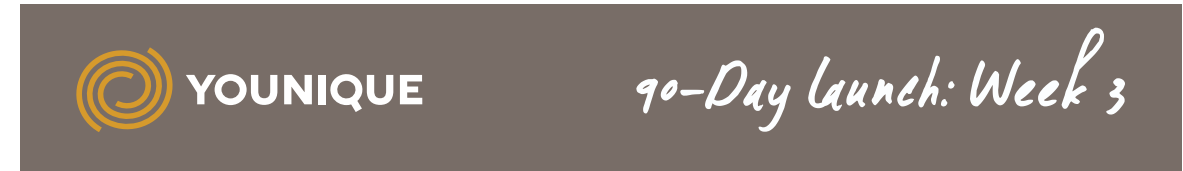
Coaching Tips:

Bring in an example from your own life of a time when you instilled a Keystone Habit to actualize change in your life. Encourage participants that as human beings we all require time and discipline to create new behaviors.



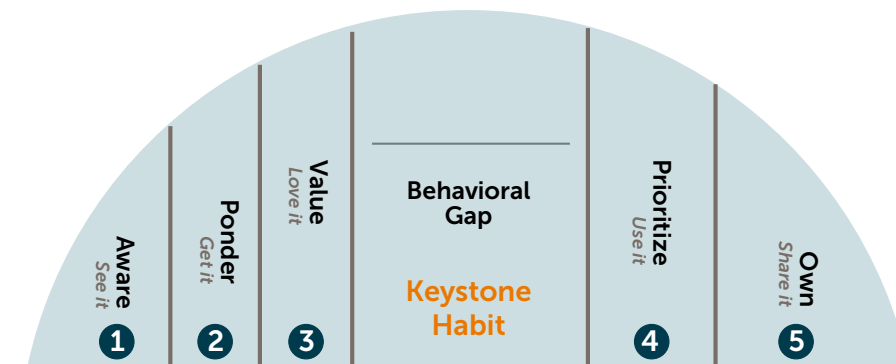
Reference:

90 Day, pg. 8



5 Stages of Transformation

- 1 **AWARE:** People _____ about it for the _____ time.
- 2 **PONDER:** People _____ about it and try to _____ it.
- 3 **VALUE:** People think it is _____ and begin to do a few new things regarding _____ .
- 4 **PRIORITIZE:** People _____ their time and _____ to try to consistently _____ their new _____ .
- 5 **OWN:** People _____ it consistently. All _____ are based on it.



* Benjamin Bloom "Taxonomy of Educational Objectives"



Objective & Big Idea:

Understanding how to prioritize the urgent and important of life.

BIG IDEA: Stepping into what you have declared as Important in your life requires the intentional prioritization over the urgent that naturally begs to be first.

How it Works:

Use the quadrant to show how #1 High Importance and High Urgency is the obvious first priority and #4 Low Importance and Low Urgency is an obvious least priority.

Emphasize that the because the urgent naturally begs to be first that it requires our intentionality to prioritize what we have declared as important in our lives. Illustrate this principle by placing #2 in the High Important and Low Urgency quadrant on the matrix.

Remind participants that by answering the 5 critical questions in their Personal Vision Frame they have articulated what is important for them to live their life under the Lordship of Jesus.

Coaching Tips:

Ask participants to think of a time when they have prioritized the important over the urgent and remember how it made them feel. When we prioritize the important that God has placed in front of us it is both life giving and productive. The WRG is the tool that helps to keep the important regularly in front.



Reference:

90 Day, pg. 9

YOUNIQUE 90-Day launch: Week 3

Urgent and Important Matrix

IMPORTANT ↔ URGENT

The diagram is a 2x2 matrix with 'High Importance' at the top and 'Low Importance' at the bottom. The horizontal axis is labeled 'Low Urgency' on the left and 'High Urgency' on the right. The quadrants are numbered: top-left is '2', top-right is '1', bottom-left is '4', and bottom-right is '3'. Handwritten notes describe each quadrant: '2' includes 'Proactivity, Focus on goals, Creative Thinking, Planning, Prevention'; '1' includes '"Hair on fire" or "Fire Drill", Crises, Emergency, Last-minute deadline'; '4' is empty; '3' is empty.

High Importance

Low Urgency High Urgency

Low Importance

2 1 4 3

Proactivity
Focus on goals
Creative Thinking
Planning
Prevention

"Hair on fire"
or
"Fire Drill"
Crises
Emergency
Last-minute deadline

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Objective, Big Idea & Biblical Focus:

This is a re-evaluation of a tool that was assessed in J1 and an opportunity for participants to reassess based on new clarity. The question to answer is, “Based on where I am on the VPS, what would my best next step on the journey of moving closer to 9?”

BIG IDEA: It is in the mutual growth of value and vitality that we find increase in living out of our calling.

There is a great kingdom principle to highlight here: The inverse reality of God’s Kingdom is that what I give/contribute/bring returns back to me with joy/life. It is greater to give than to receive exemplified.

How it Works:

Review the definitions of value and vitality as it pertains to this tool.

Value: What I contribute to the world, the increase of which CAN (but does not require) to bring increased monetary value to me.

Vitality: The level of energy and joy I experience. Each participant’s clarified personal vision has more clearly defined what 9 looks like for them uniquely.

Ask each participant to identify their current position on the VPS in light of their clarified personal vision. Help each participant navigate their potential next step by seeing the positions adjacent and asking where they might step next and why on the journey of moving closer to vocational calling.

Coaching Tips:

The win is not in where someone finds themselves in position on the VPS but in being able to honestly evaluate what their next step is so they do not remain stuck. This tool allows you to ask great questions as a coach. Refer to Journey 1 Session 1 for more notes on this tool. As participants answer “Where am I feeling led right now?”, Value to Show and Risk to Go can be valuable follow up tools for the next session.



Reference:

90 Day, pg. 12

90-Day launch: Week 5

The Vocational Positioning System of the Value-Vitality Map

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Objective & Big Idea:

This tool helps answer the question: When I am winning with my life who wins with me, specifically my place of significant contribution?

BIG IDEA: If you are winning, who is winning with you?

How it Works:

Explain the Four kinds of Value and the two different orientations they are expressed in. Walk through the questions for participants to gain insight into what values they best bring and how that connects to their place of significant contribution. Define their personal value as what they bring with the least amount of effort and most amount of energy.

Coaching Tips:

Help participants to see that if they feel stuck in their current context this assessment is a place to begin. This may provide an opportunity to rewrite their job description. If home is the space of contribution for a participant, help them to define each value within that context to see that they uniquely bring value there.





Reference:

90 Day, pg. 17



Value to Show

THE FOUR KINDS OF VALUE	"ORDER ORIENTATION" <i>Managing what presently exists</i>	"PROGRESS ORIENTATION" <i>Attaining what is hoped for</i>
Make Money	Reduce Expense <i>"Find a cheaper supplier"</i> <i>"Negotiate lower rent"</i>	Increase Revenue <i>"Sell more widgets"</i> <i>"Preach on generosity"</i>
Advance Vision	Strengthen Culture <i>"Foster healthy unity"</i> <i>"Celebrate core values"</i>	Innovate Mission <i>"Design a new product"</i> <i>"Reach a new people group"</i>
Increase Capability	Improve Efficiency <i>"Streamline how to order"</i> <i>"Check-in kids faster"</i>	Expand Capacity <i>"Add another product line"</i> <i>"Launch a new campus"</i>
Create Solutions	Solve Problems Now <i>"Answer the support line"</i> <i>"Fix the copy machine"</i>	Prevent Problems Tomorrow <i>"Install better firewall"</i> <i>"Diversity leadership teams"</i>

Which kind of value does your **Sweet Spot** coincide with most? (Choose 3)

Which kind of value represents the greatest current pain point of your Supervisor or the organization?

Where is there overlap between your **Sweet Spot** and the pain point of your Supervisor or the organization?

What 1 thing could you add to your job to address the pain point of your Supervisor or the organization based on your **Sweet Spot**?





Objective & Big Idea:

These two tools help to navigate through decisions of next steps or opportunities.

BIG IDEA: When you know the One Thing about your calling that never changes, you awaken to how changeable everything else is.

How it Works:

The Decision Matrix helps filter 1 or more opportunities through the clarity that has come from this process. This is something at some point, whether now or in the future, that will prove helpful to each person.

Using green, yellow and red colors (like a traffic light), hold up each opportunity through the different components of the vision frame. Green is a good fit, Yellow is not a strong fit but still possible, Red is a misalignment. This gives a visual picture of where movement forward is in alignment with personal vision and where it is not.

The Vocational Decision Distiller filters the same opportunities through the lens of what is Necessary (MUST be true) or simply Preferred (WOULD LIKE but don't need) based on the clarified personal vision they have for their life as well as their Lifestage, family and circumstances.

Coaching Tips:

Each participant has a greater self-awareness to bring to the table of decision. Encourage them to see the great value that brings to navigating opportunities and next steps with wisdom, intentionality and prayer. Coach them to be honest with what is truly a red light and that they should proceed with extreme caution or not at all within that opportunity.





Reference:

90 Day, pg. 15-16

90-Day launch: Week 7

“Risk to Go” Decision Matrix

	Opportunity A	Opportunity B	Opportunity C	Opportunity D
LifeCall	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LifeCore	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#1 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#3 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#4 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Storylines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#1 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#3 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#4 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beyond-the-Horizon: 3 Years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Passion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life Discovery Grid	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life Lies + Truths	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Narrative Funnel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Offenders	<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"/>
Ultimate Contribution	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability	<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"/>
Personality (Insights)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spiritual Ability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
StrengthsFinder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sense of Accomplishment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ability 360	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Context	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Motive & Mode	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thinking Wavelength	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workplace Motivators	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work Style	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organizational Preferences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LifeStage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SUMMARY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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90-Day launch: Week 7

Vocational Decision Distiller

FILTERS	A	B	C	D
Filter #1 - Essentials				
#1 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#3 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#4 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#5 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Filter #1 Results	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Filter #2 - Preferences				
#1 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#3 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#4 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#5 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Filter #2 Results	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Objective:


To intentionally invite others into, and name who they would be, in advance of a moment of decision making.






Reference:


90 Day, pg. 20-21


90-Day launch: Week 9

Clarity Committee

Name	Relation	Reason on Committee

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90-Day launch: Week 9

Clarity Committee (continued)


CLARITY COMMITTEE GUIDELINES

1. The focus person chooses the his/her clarity committee.
2. Clarity committee members are to ask only open and honest questions—no advice is to be given and no leading questions are to be asked.
3. The meeting is to begin in silence until the focus person breaks the silence to present his/her dilemma.
4. There are to be no jokes or chatter or responding to questions that are being asked in order to relieve the tension as questions are being asked by anyone other than the focus person.
5. The meeting must last 2 hrs.
6. The last 20 minutes of the meeting will be used for mirroring back to the focus person the focus person's comments throughout the session and for affirmation of the focus person—unless the focus person would rather be asked more questions.
7. Clarity committee members are not there to "fix" the focus person and should not feel let down if exact answers to the dilemma are not formed during the session.

CLARITY COMMITTEE SCHEDULE

1. The meeting is to last exactly 2 hours.
2. The meeting begins with extended silence.
3. The focus person breaks the silence when he/she is ready by presenting his/her dilemma
4. Honest and open questions are asked from the clarity community at a slow, gentle and humane pace in which the focus person is to answer and react.
5. Questions and silence continue intermittently until there is 20 minutes left in the meeting
6. When the meeting is 20 minutes from being over, the focus person is alerted. At this time the focus person can choose to either continue being asked questions or have the clarity committee mirror back to him or her what he/she has said throughout the evening.
7. The last 5 minutes of the meeting is devoted to affirming the focus person.

* Parker Palmer, "Let Your Life Speak"

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Objective, Big Idea & Biblical Focus:

To see the transformative opportunity of a Kairos moment in our life and how to intentionally navigate such a moment.

BIG IDEA: Kairos moments create space for small shifts with big implications as we pause to listen well and respond with action.

Jesus is continually extending both invitation and challenge throughout the gospels. In Matthew 11 and 16: “Come to me all who are weary and I will give you rest”; and then “If anyone would come after me, let him deny himself and take up his cross and follow me”.

How it Works:

Highlight the atmosphere of discipleship as communicated in 1 Corinthians 13:13 as a summary verse in a letter to Corinth where Paul talks of how to be the church.

- Love = What Is. Where God receives us, right where we are, is where we receive others.
- Hope = What Could Be. God does not leave us where we are at. Frustration is the first manifestation of hope.
- Faith = What Will Be. In hope God speaks and as God speaks the capability for faith is born.

Answer the 2 questions of discipleship:

- What is God doing?
- What am I going to do about it?

This is what it looks like to follow Jesus.

Define Kairos as a significant moment in time as distinct from Chronos which is the order of time.

Walk through each step of both initiation and challenge and how each moves us to listen and obey in the midst of a kairos moment so even the most minor step of growth can become a trajectory of transformation in the hands of God.

Coaching Tips:

Use an example from your own life as you walk through how we step into initiation and challenge in our lives. After weeks of sharing from the Weekly Reflection Guide, this tool helps participants to intentionally lean in and ask “Where is God at work?” as they navigate the slower steps that allow them to listen well and understand their next step.





Reference:

90 Day, pg. 22



Hear and Obey

ATMOSPHERE OF DISCIPLESHIP (I Corinthians 13:13)

Love: what is

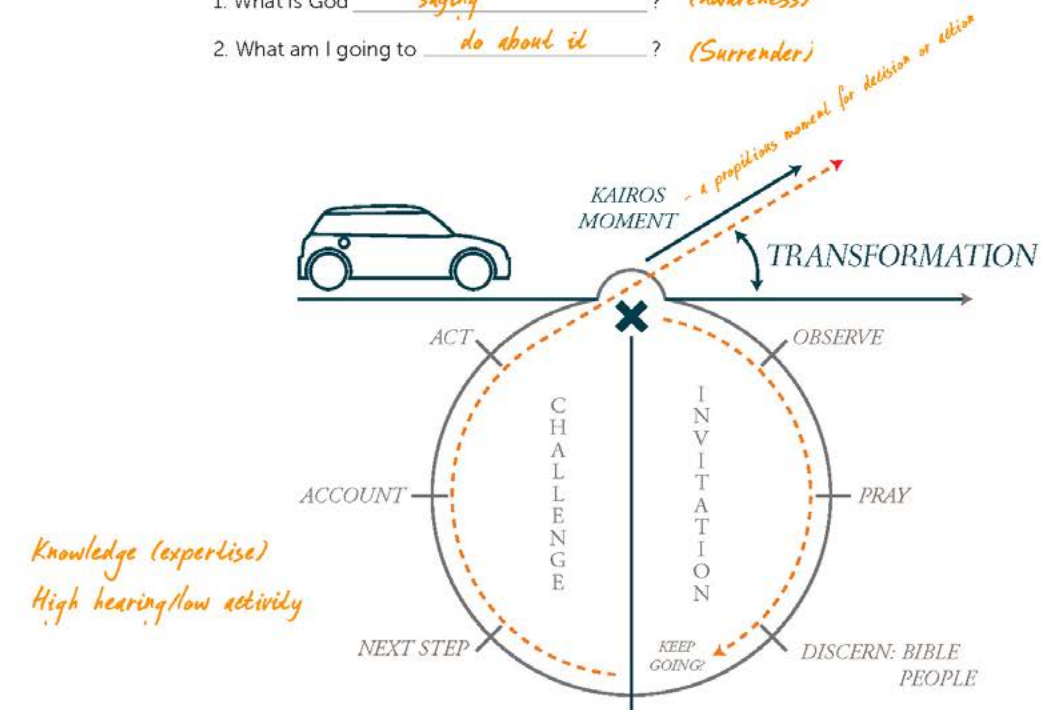
Hope: what could be

Faith: what will be

2 QUESTIONS OF DISCIPLESHIP

1. What is God saying? *(Awareness)*

2. What am I going to do about it? *(Surrender)*



© Kickstart Discipleship Toolkit





Objective & Big Idea:

Discipleship involves both hearing and acting.

BIG IDEA: Following Jesus always involves BOTH hearing and acting.

How it Works:

Walk through each quadrant.

High Hearing and Low Acting: Biblical knowledge that at its extreme can be Pharasaic.

High Acting and Low Hearing: Skill without knowledge.

Low Hearing and Low Acting: Ignorance and incompetence - which the world believes the church operates from.

High Hearing and High Acting: Living in wisdom and power. Wisdom puts into practice knowledge and revelation. Power couples skill with authority. This is what discipleship looks like.

Coaching Tips:

This is how we move from Biblical literacy to Gospel Fluency in the church. Younique offers a framework of common language to ask questions, live with awareness and listen regularly to what God is saying that we may respond obediently.



Reference:

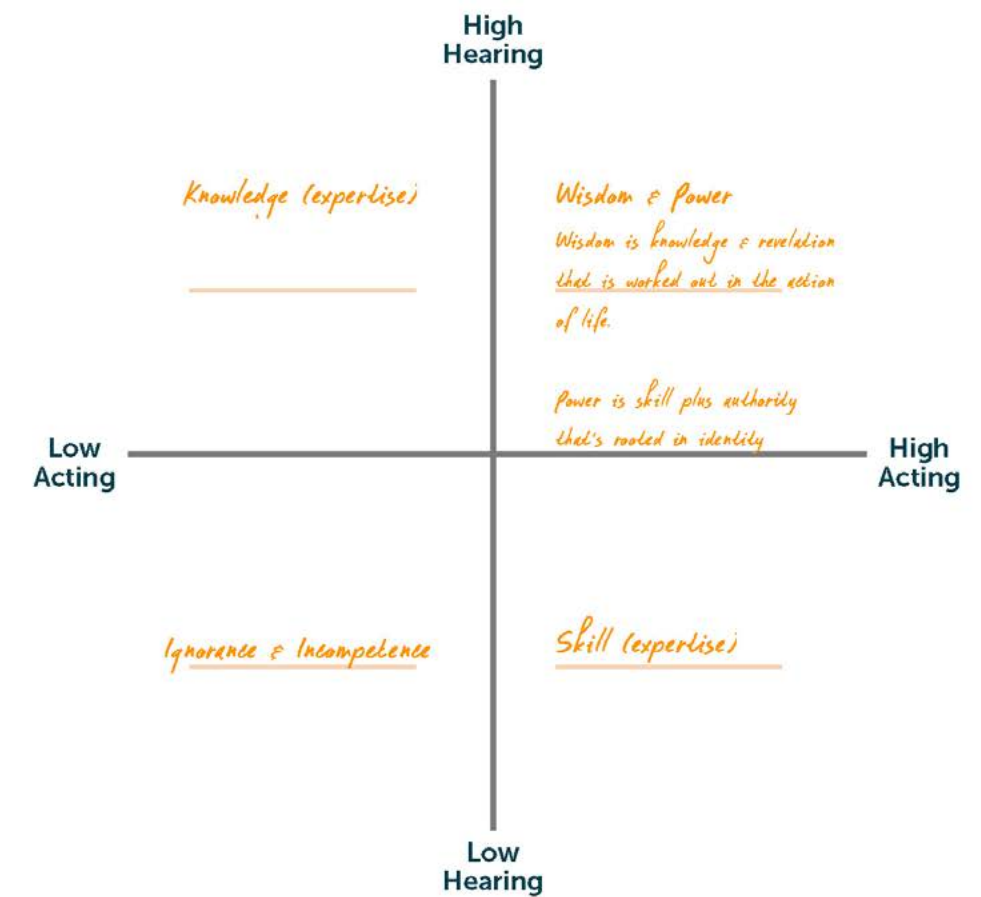
90 Day, pg. 23



90-Day launch: Week 9

Hear and Act Matrix

- 1. Knowledge & skill often take place of wisdom and power
- 2. Skill is often talked about as "talent" or "ability"



Graph where you think your congregation is now with one dot; where do you want to be in 3 years?



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