



YOUNIQUE

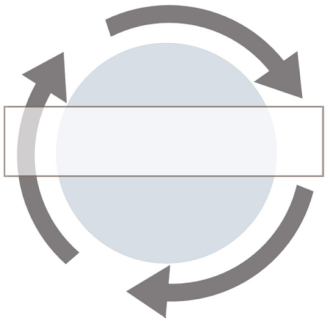
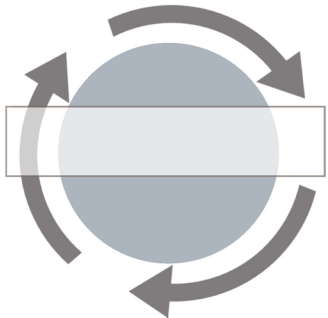
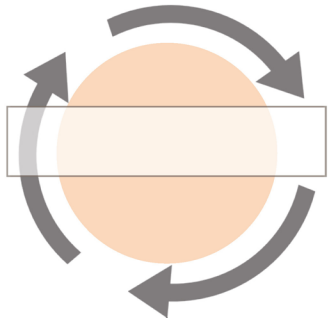
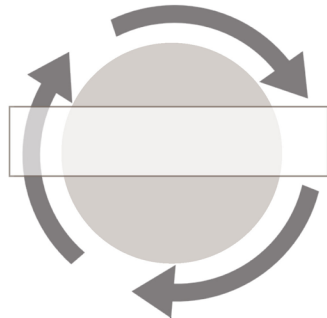
90-Day Launch

Week 1 Tools

- Weekly Reflecting Guide
- Life Making Cycle
- Vision Journey Checklist

1
Week

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

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"BEHIND SCHEDULE"			"ON TARGET"	"AHEAD OF SCHEDULE"		
←				→		
						
-3	-2	-1		+1	+2	+3

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:



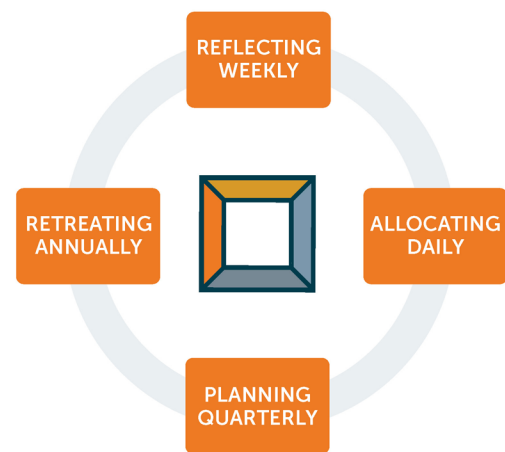
Life-Making Cycle

How to Review and Renew Your Yunique LifePlan

Your **Yunique 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 Yunique **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 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.



Life-Making Cycle (continued)

How to Review and Renew Your Yunique 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.



Life-Making Cycle (continued)

How to Review and Renew Your Yunique 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?

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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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Vision Journey Checklist

		<i>Not Started</i>	<i>Started</i>	<i>Completed</i>
VISION FRAME	LifeCall	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	LifeCore	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	LifeSteps (4 Emphases)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	LifeScore (4 Storylines)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HORIZON STORYLINE	Beyond-the-Horizon: 3 Years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Background Horizon: 1 Year	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Midground Horizon: 90 Day Goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Foreground Horizon: NOW	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SWEET SPOT	Passion Circle			
	Life Discovery Grid	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Life Lies + Truths	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Passion Funnel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Offenders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Passion 360	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Ultimate Contribution	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Ability Circle			
	Name Meaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Assessment #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Assessment #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Assessment #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Sense of Accomplishment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Ability 360	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Context Circle			
Live Sent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Activator & Advantage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Workplace Motivators	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Work Style	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Organizational Preferences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
LifeStage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Sweet Spot Summary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	





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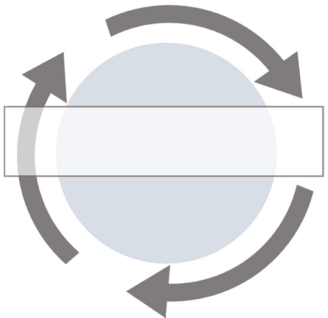
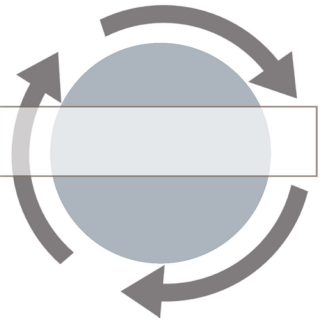
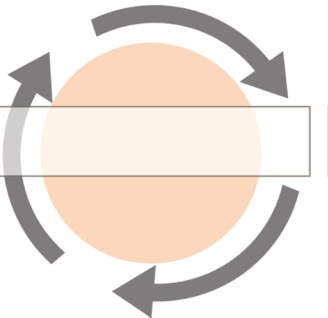
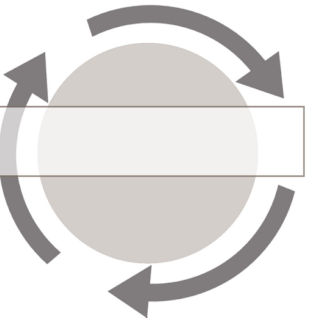
90-Day Launch

Week 2 Tools

- Weekly Reflecting Guide

Week
2

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

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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:
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90-Day Launch

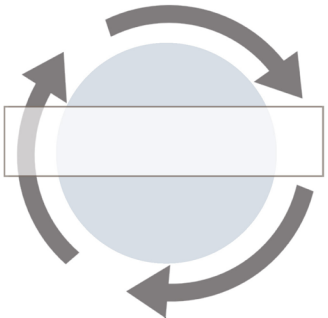
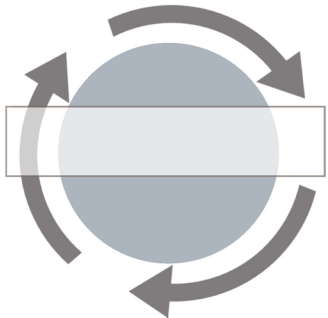
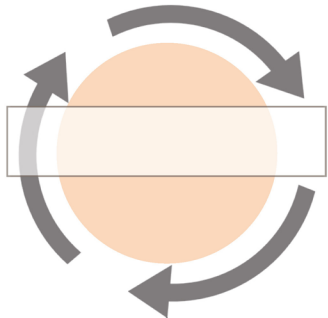
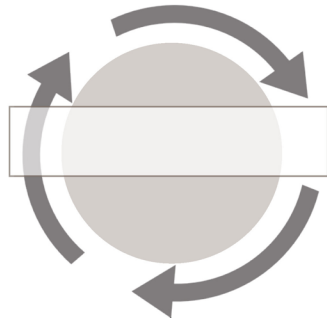
Week 3 Tools

- Weekly Reflecting Guide
- 5 Stages of Transformation
- Important and Urgent Matrix

Week

3

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

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←				→		
						
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Unexpected obstacles I encountered this week:

New ideas for how I will approach next week:

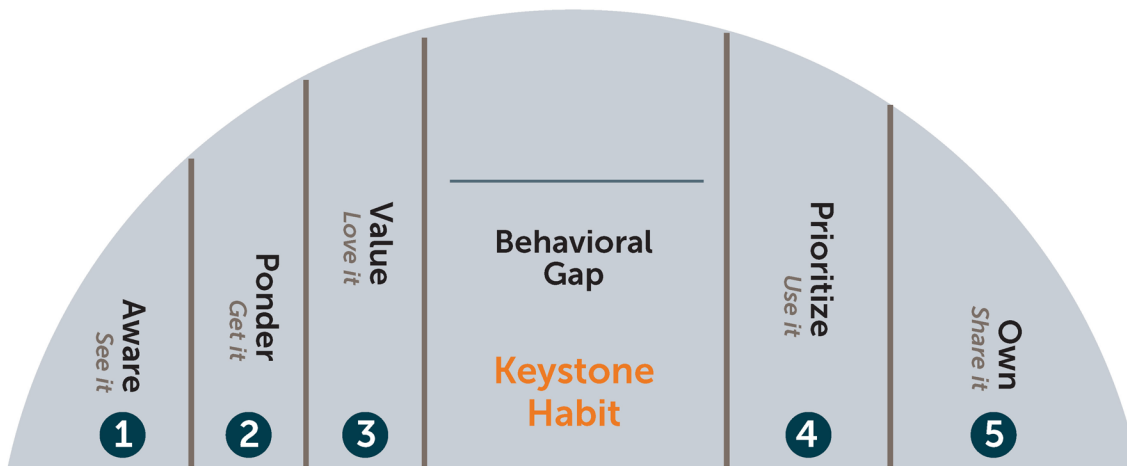
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5 Stages of Transformation

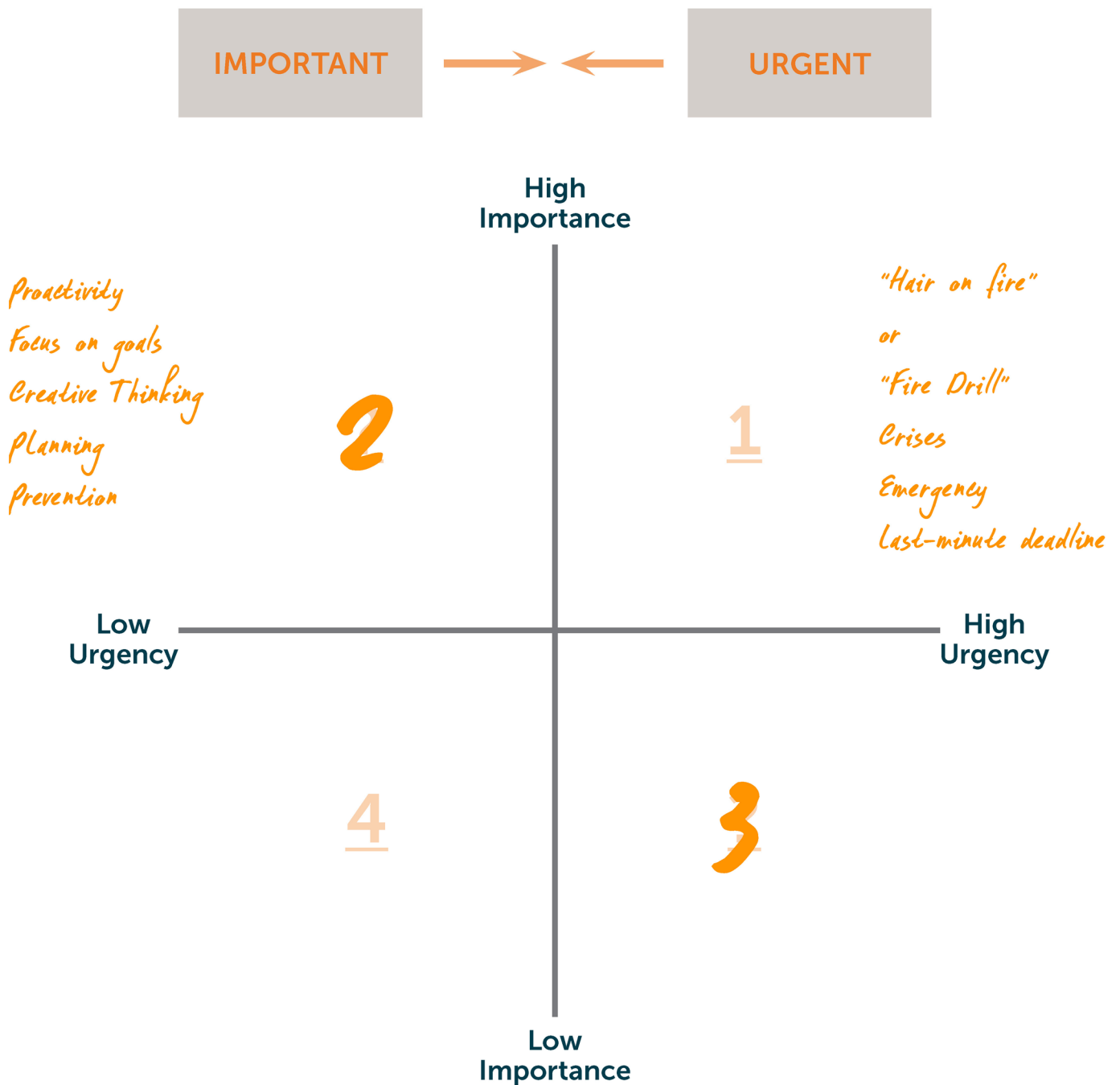
- 1 **AWARE:** People hear about it for the first time.
- 2 **PONDER:** People think about it and try to understand it.
- 3 **VALUE:** People think it is important and begin to do a few new things regarding it.
- 4 **PRIORITIZE:** People shift their time and energy to try to consistently prioritize their new value.
- 5 **OWN:** People live it consistently. All decisions are based on it.



* Benjamin Bloom "Taxonomy of Educational Objectives"



Urgent and Important Matrix





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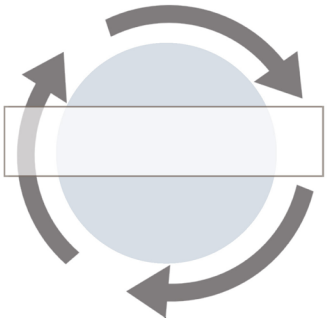
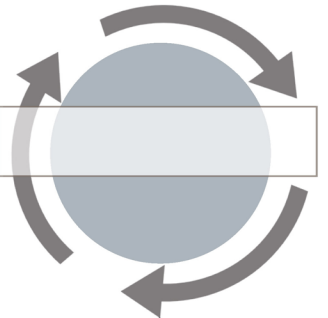
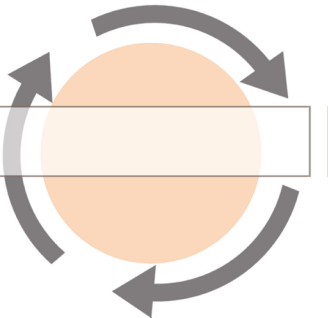
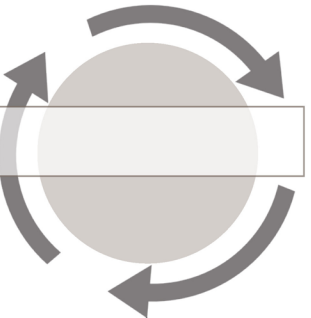
90-Day Launch

Week 4 Tools

- Weekly Reflecting Guide

4
Week

Week of: _____ My 90-day goal: _____

Storyline 1	Storyline 2	Storyline 3	Storyline 4
			
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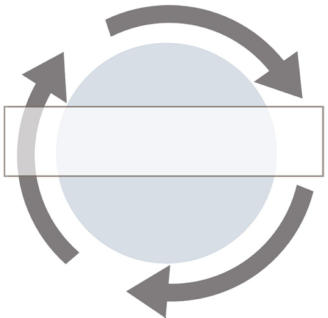
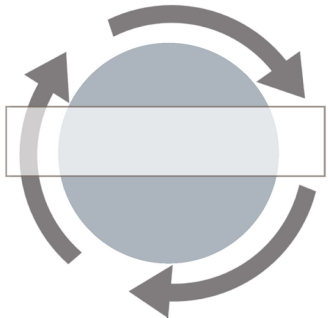
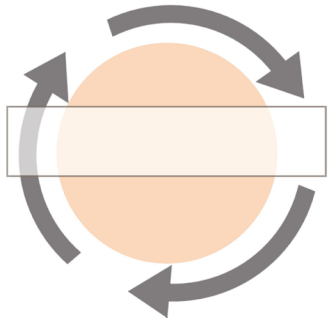
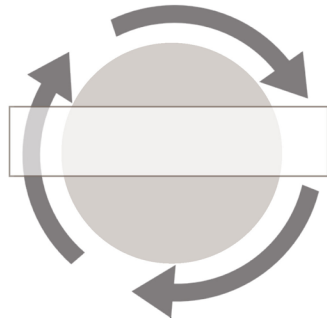
90-Day Launch

Week 5 Tools

- Weekly Reflecting Guide
- Vocational Positioning System

Week
5

Week of: _____ My 90-day goal: _____

Storyline 1	Storyline 2	Storyline 3	Storyline 4
			
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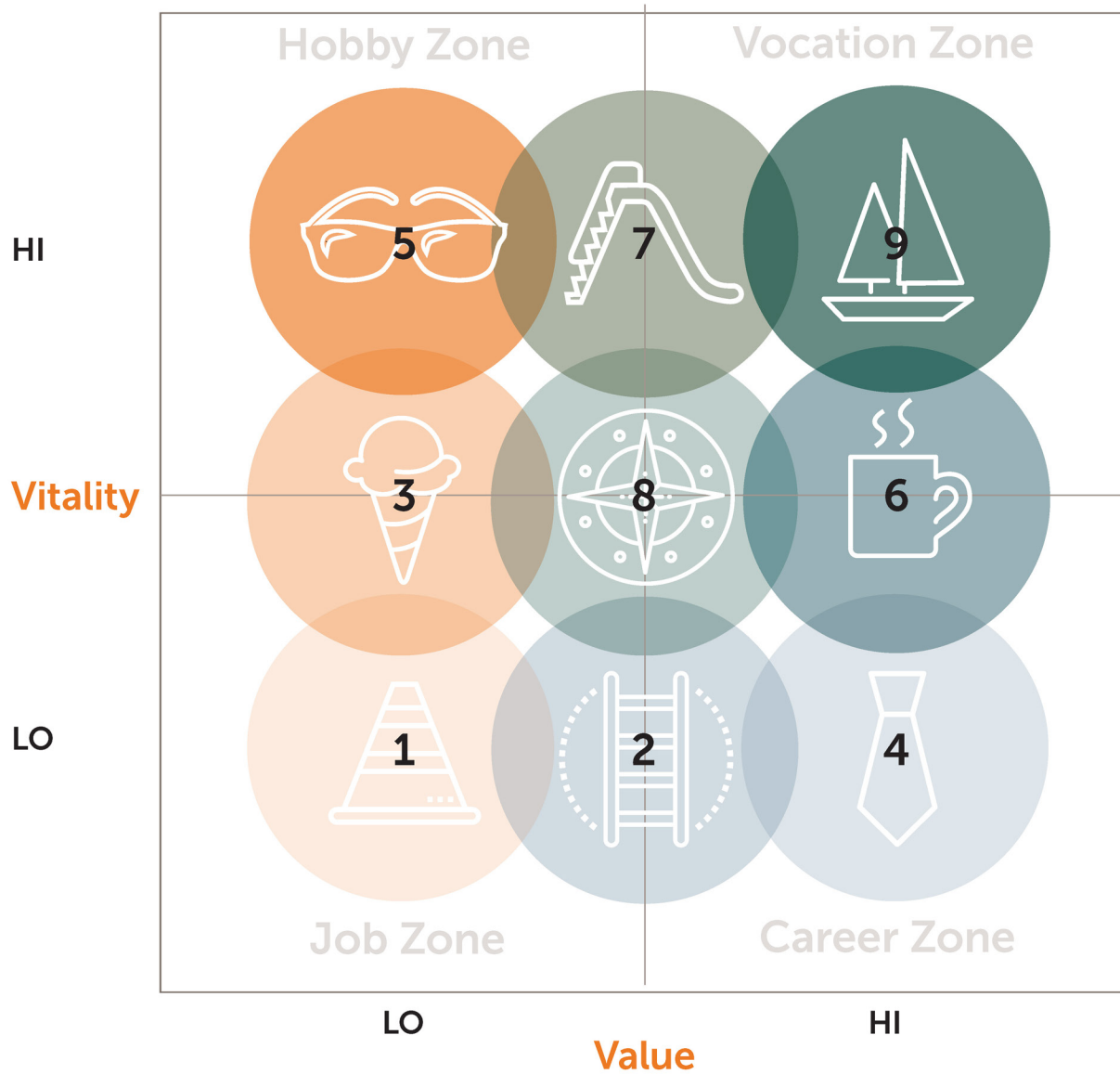
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The Vocational Positioning System of the Value-Vitality Map





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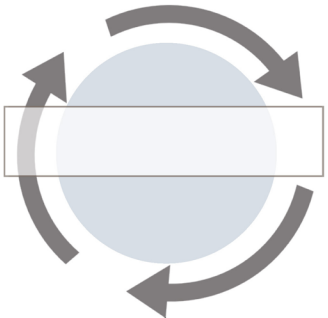
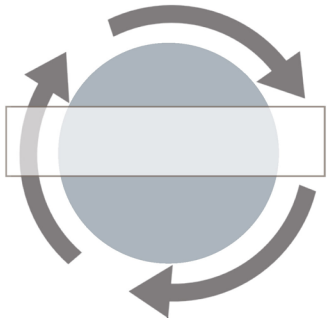
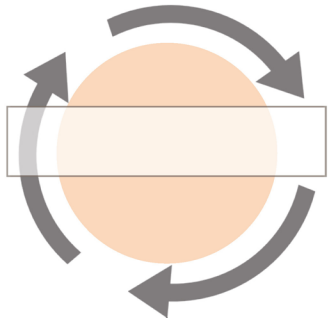
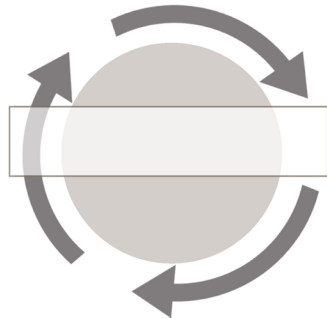
90-Day Launch

Week 6 Tools

- Weekly Reflecting Guide

Week
6

Week of: _____ My 90-day goal: _____

Storyline 1	Storyline 2	Storyline 3	Storyline 4
			
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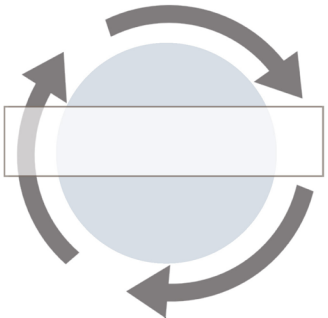
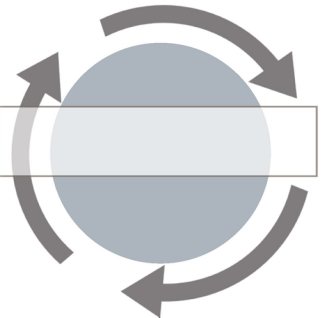
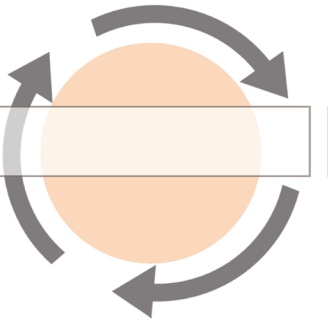
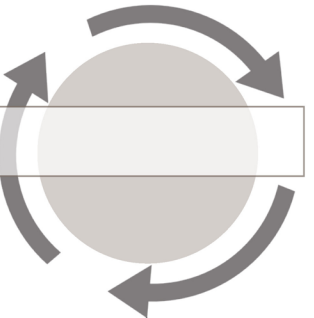
90-Day Launch

Week 7 Tools

- Weekly Reflecting Guide
- Risk to Go Decision Matrix
- Vocational Decision Distiller
- Value to Show

7
Week

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

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←				→		
						
-3	-2	-1		+1	+2	+3

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New ideas for how I will approach next week:

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“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"/>
Passion Funnel	<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"/>
Assessment #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assessment #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assessment #3	<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"/>
Live Sent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Activator & Advantage	<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"/>



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"/>



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**?





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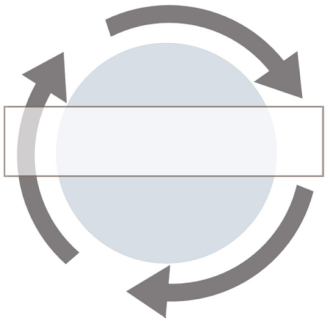
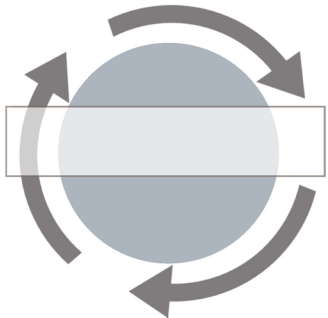
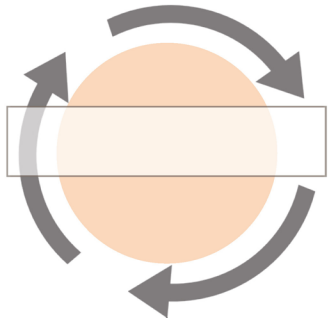
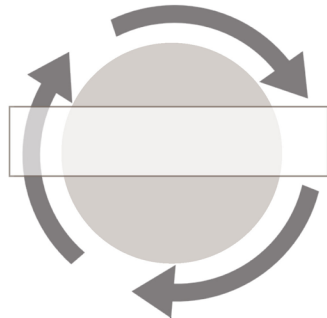
90-Day Launch

Week 8 Tools

- Weekly Reflecting Guide

8
Week

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

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"BEHIND SCHEDULE"			"ON TARGET"	"AHEAD OF SCHEDULE"		
←				→		
						
-3	-2	-1		+1	+2	+3

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:





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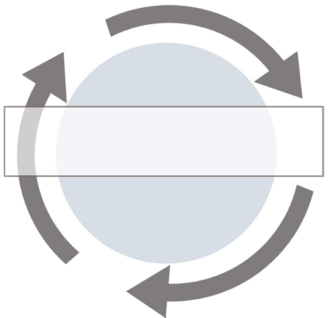
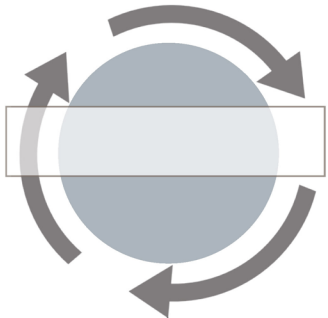
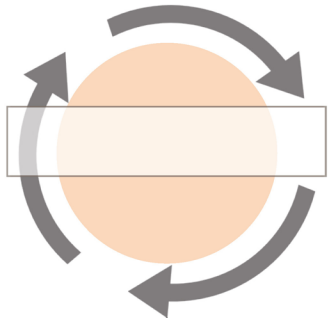
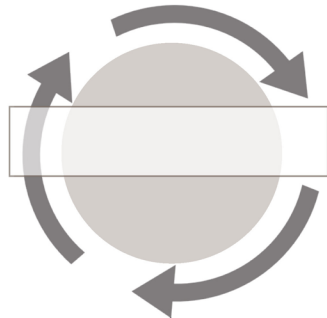
90-Day Launch

Week 9 Tools

- Weekly Reflecting Guide
- Clarity Committee
- Hear and Obey
- Hear and Act

9
Week

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

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Clarity Committee

Name	Relation	Reason on Committee



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"



Hear and Obey

ATMOSPHERE OF DISCIPLESHIP (1 Corinthians 13:13)

Love: what is

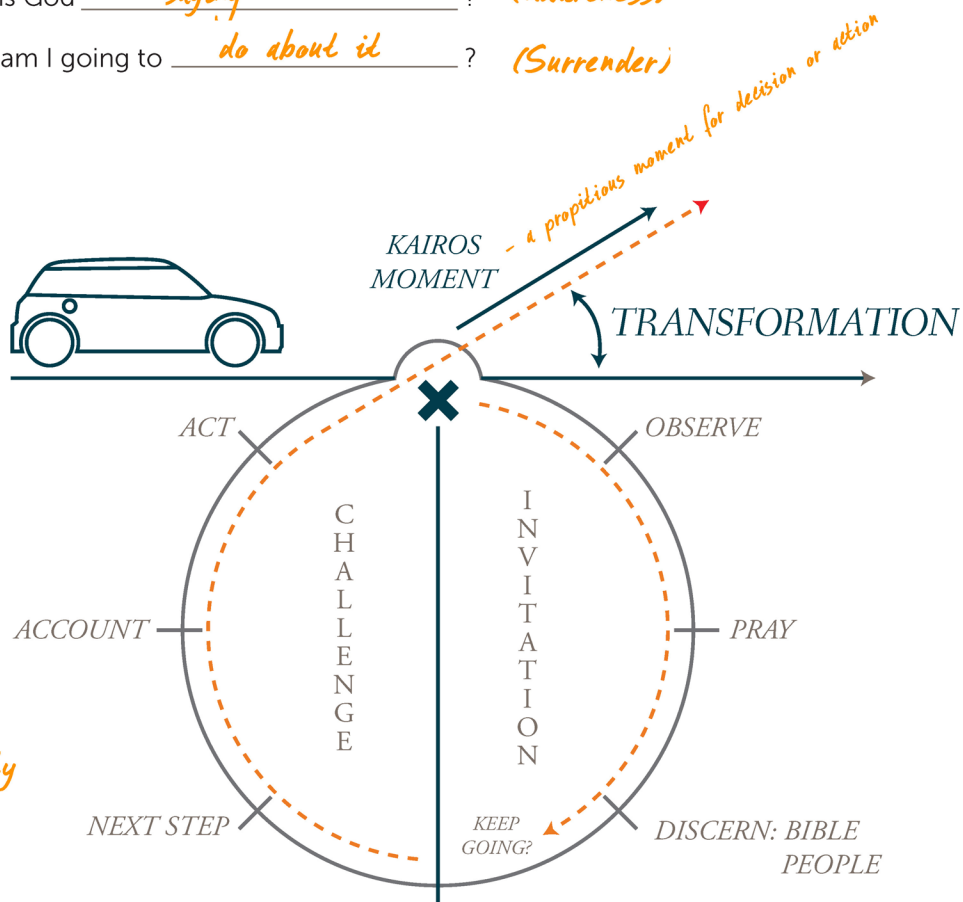
Hope: what could be

Faith: what will be

2 QUESTIONS OF DISCIPLESHIP

1. What is God saying? *(Awareness)*

2. What am I going to do about it? *(Surrender)*

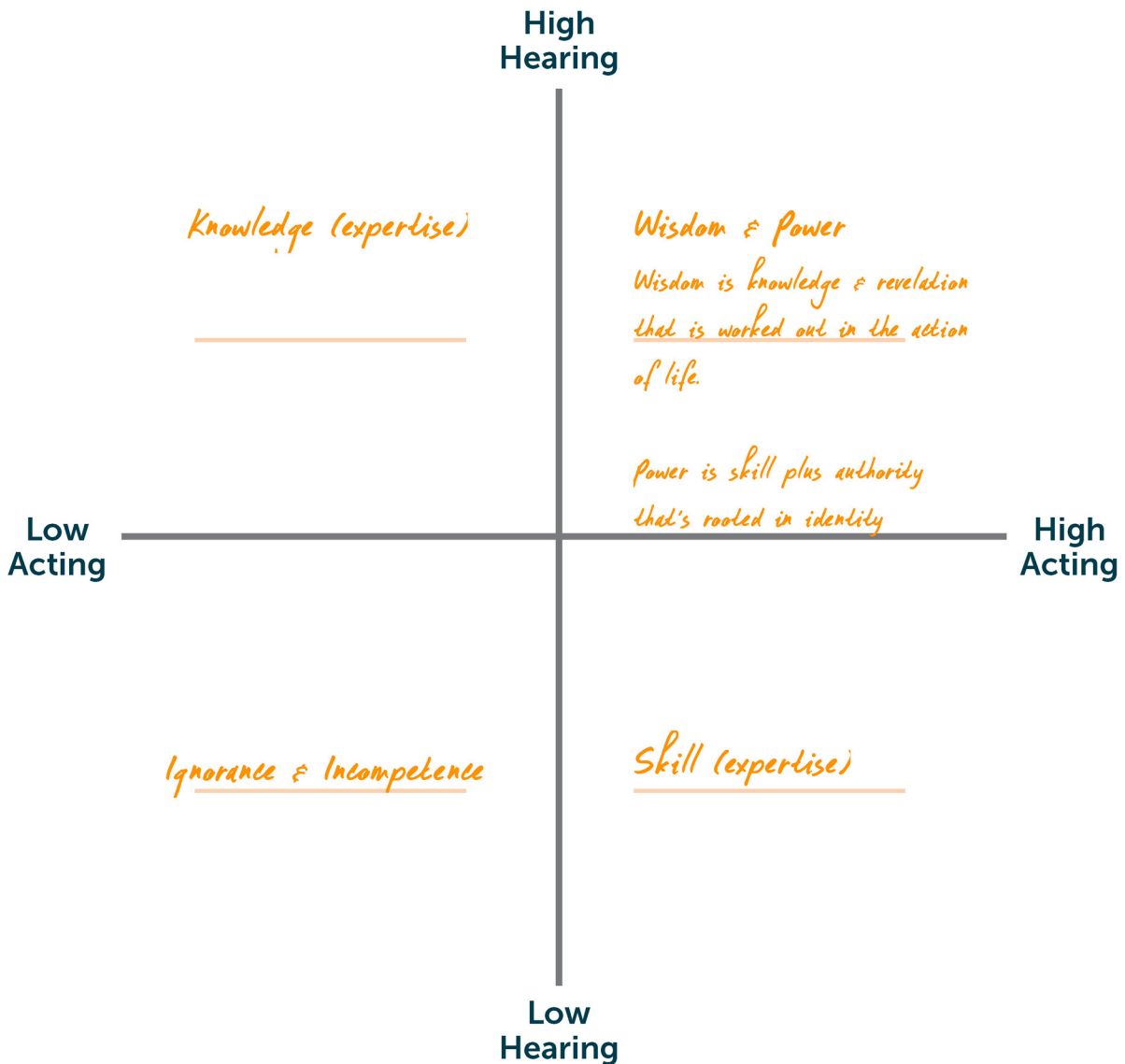


*Knowledge (expertise)
High hearing/low activity*



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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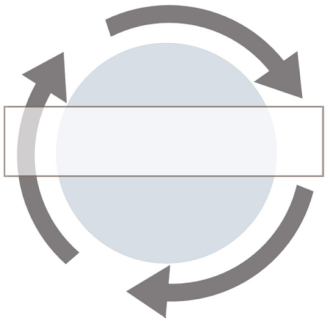
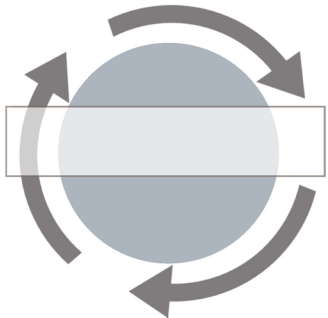
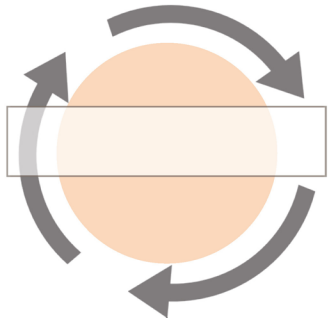
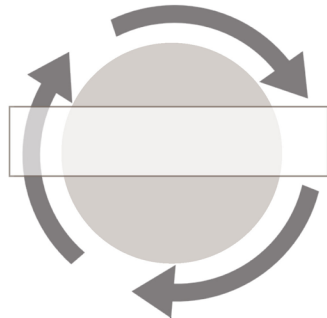
90-Day Launch

Week 10 Tools

- Weekly Reflecting Guide

10
Week

Week of: _____ My 90-day goal: _____

Storyline 1	Storyline 2	Storyline 3	Storyline 4
			
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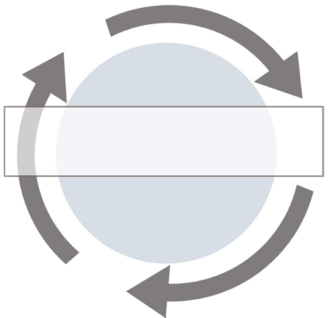
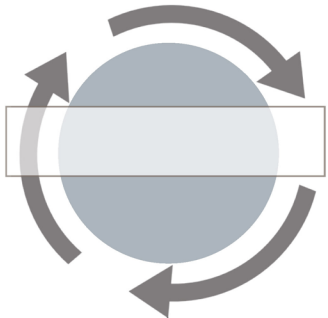
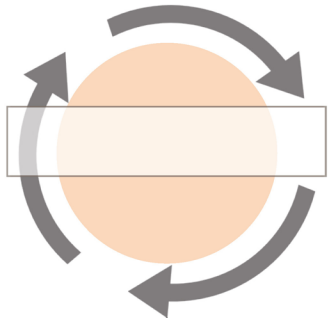
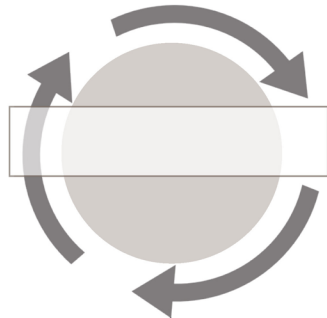
90-Day Launch

Week 11 Tools

- Weekly Reflecting Guide
- Thank You

11
Week

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

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- Guide me in:
- Empower me to:



Thank You

Name: _____

THANK YOU TEXT:

Name: _____

THANK YOU TEXT:

Name: _____

THANK YOU TEXT:

Name: _____

THANK YOU TEXT:

Name: _____

THANK YOU TEXT:

Name: _____

THANK YOU TEXT:





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Life Making Tools

- Quarterly Planning Guide
- Yearly Retreating Guide