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YOUNIQUE

Journey 1

“Don't worry about failure, worry about the chances you miss when you don't even try.”

– Jack Canfield



1
Session

The Nature of True Freedom

Chilean Miners Story



By Gobierno de Chile - 13.10.10 Juan Illanes,
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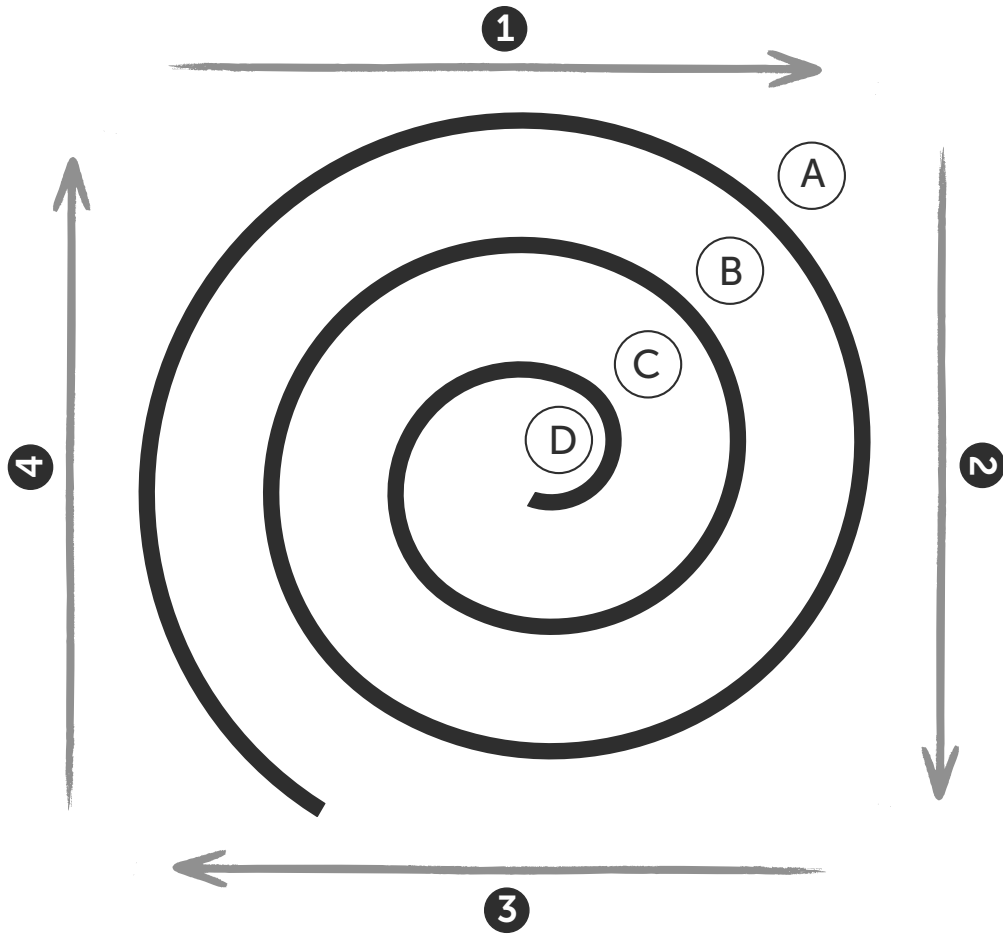
By Hugo Infante/Government of Chile,
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“Freedom is not the ability to do anything you want to do. Freedom is the capability to become who you were always destined to be.”

— *Dave Rhodes*

Clarity Spiral

The Four Imperatives and Four Steps



FOUR IMPERATIVES

| | |
|----------|----------------------|
| 1 | <input type="text"/> |
| 2 | <input type="text"/> |
| 3 | <input type="text"/> |
| 4 | <input type="text"/> |

FOUR STEPS

| | |
|----------|----------------------|
| A | <input type="text"/> |
| B | <input type="text"/> |
| C | <input type="text"/> |
| D | <input type="text"/> |

Imperative One

Courage to Know

1 Courage to Know

1. Two Primary Distractions:

- The _____ of Others
- The _____ of Self

2. We need brutiful honesty.

| Expectations | Projections | Surrender |
|--------------|-------------|-----------|
| | | |

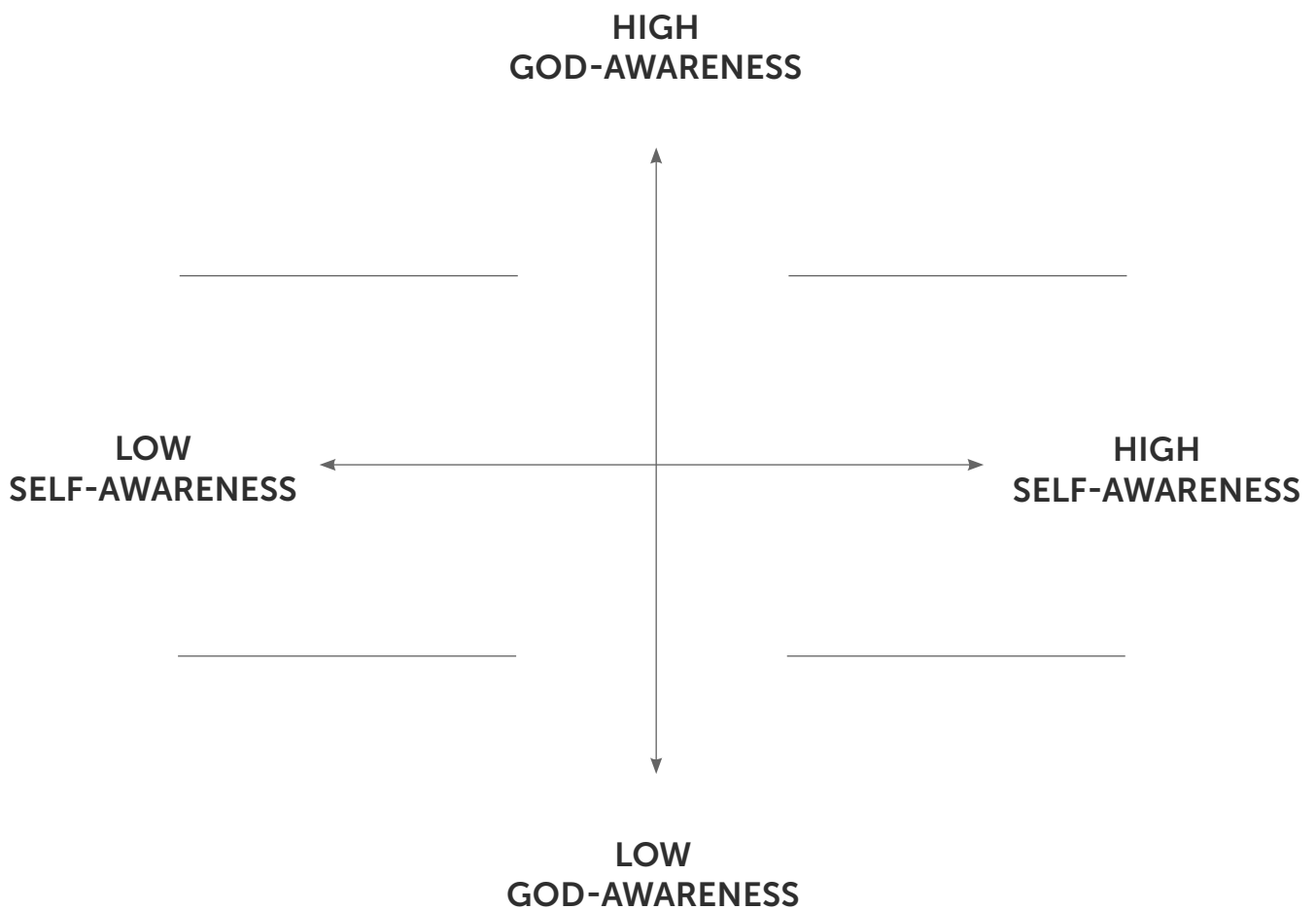
“It’s not about what you can do, it’s about what only you can do.”

— Jim Singleton

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



Imperative Two

Experience to Grow

2 Experience to Grow

1. Every experience in life is an opportunity to grow.

- Positive Experiences deepen your _____ .

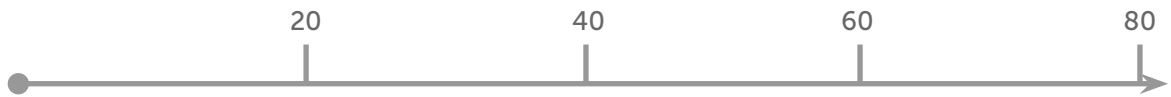
- Negative Experiences develop your _____ .

2. "Experience is not the best teacher; evaluated experiences is." – Howard Hendricks

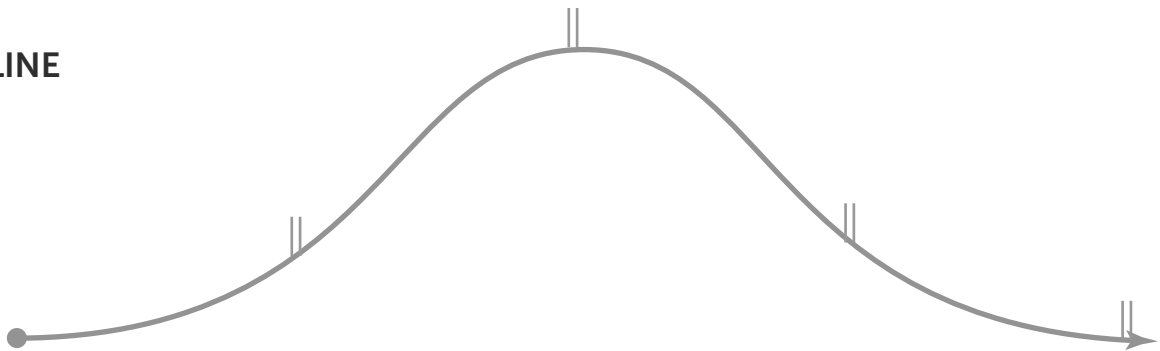
REFLECTIONS:

Bio-Line vs. Impact-Line

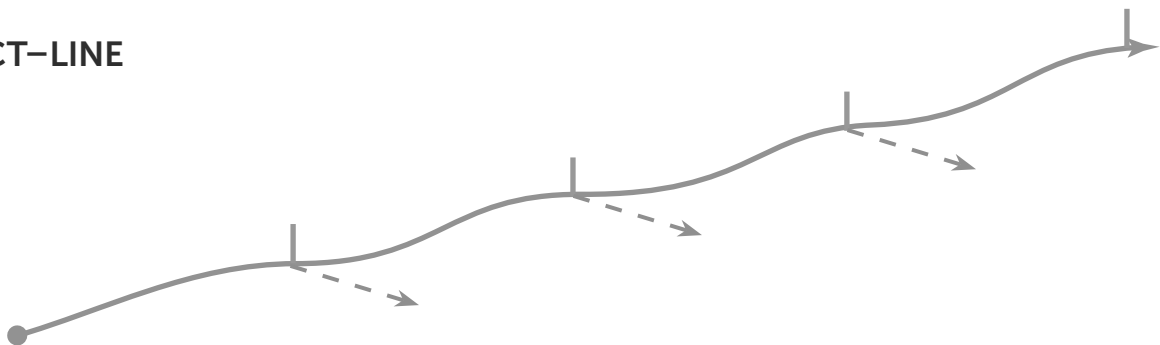
LIFE-LINE



BIO-LINE



IMPACT-LINE



Imperative Three

Value to Show

3 Value to Show

1. Stepping 10

2. Non-negotiables:

- Never pursue personal clarity to the neglect of the organization.
- Never pursue personal clarity without working for the success of your supervisor.

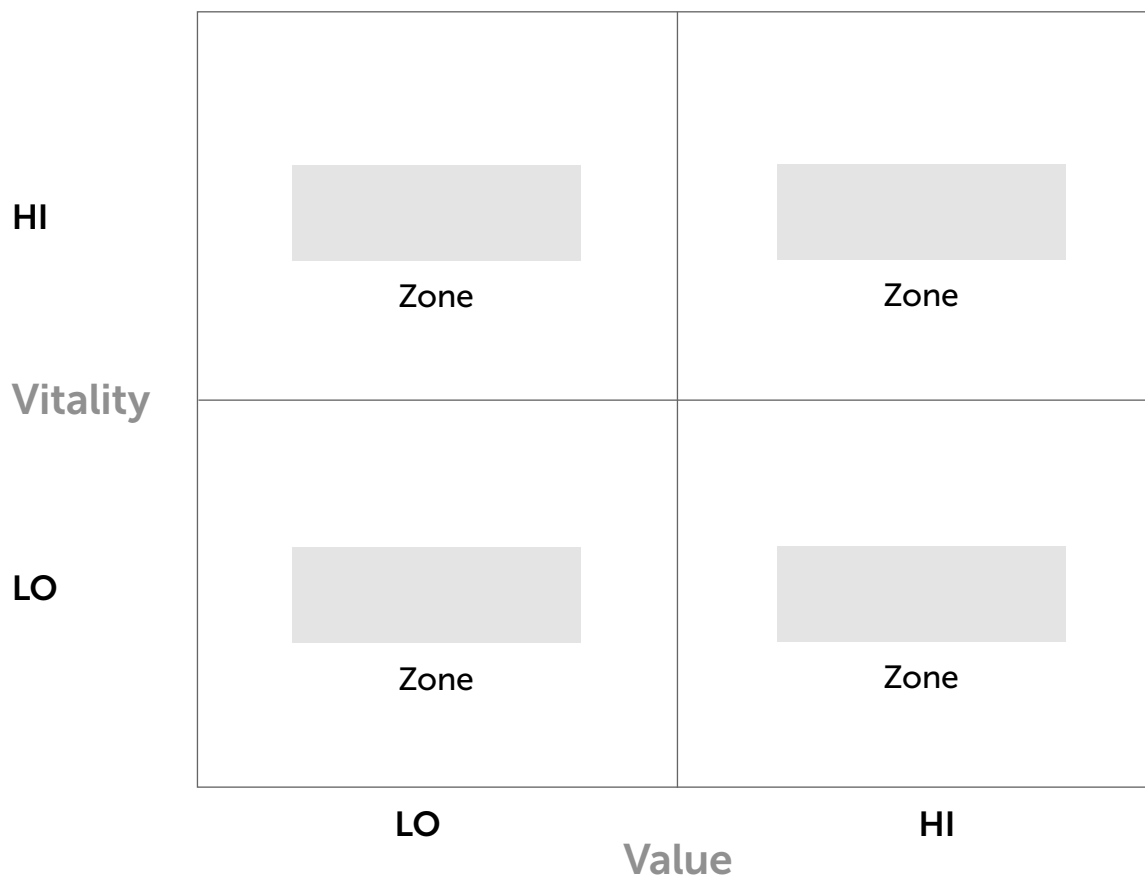
REFLECTIONS:

Imperative Three

Value - Vitality Map

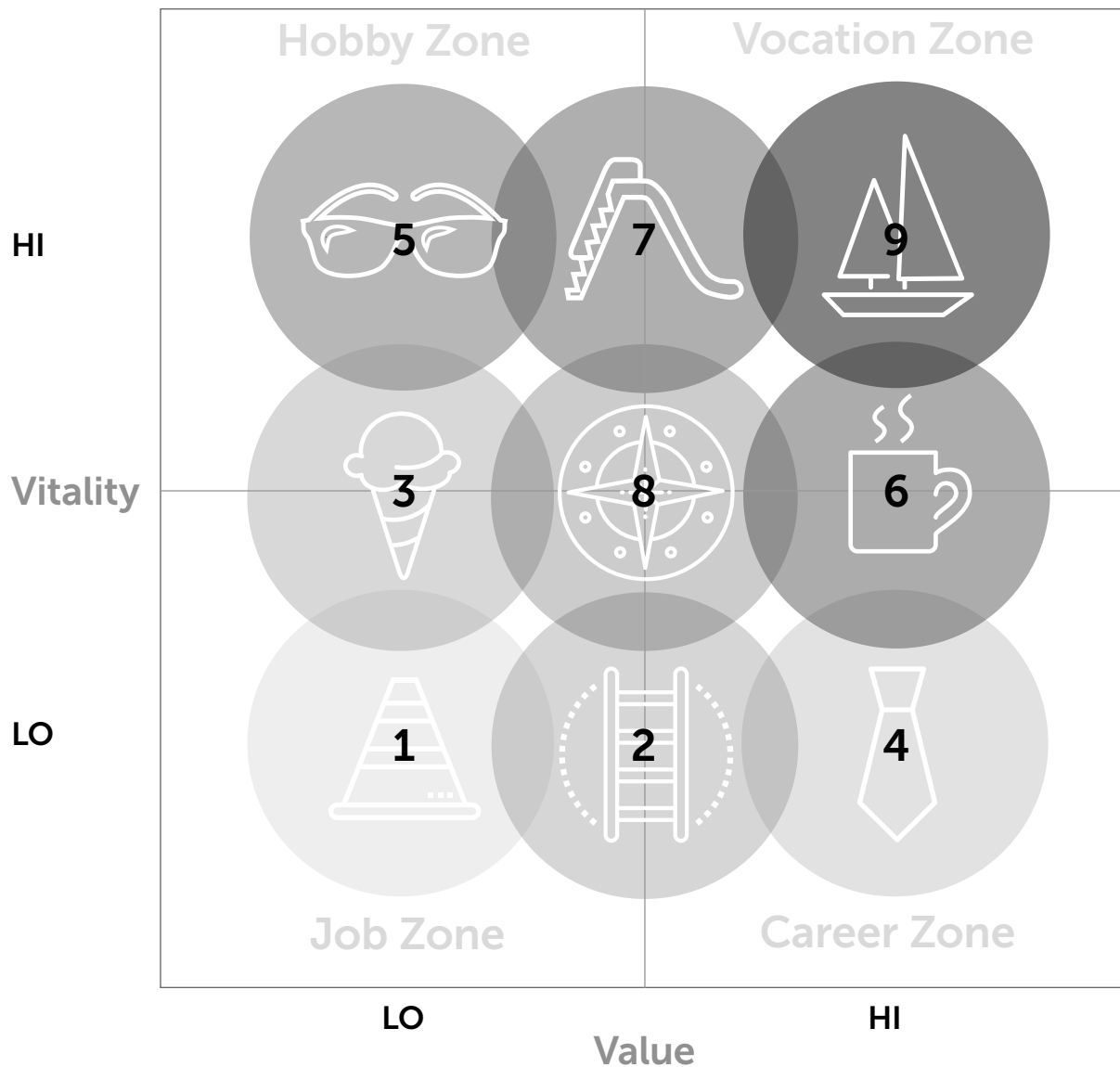
VALUE - The value I contribute to the world, the increase of which can bring increased monetary value to me.

VITALITY - The level of energy and joy that I experience.

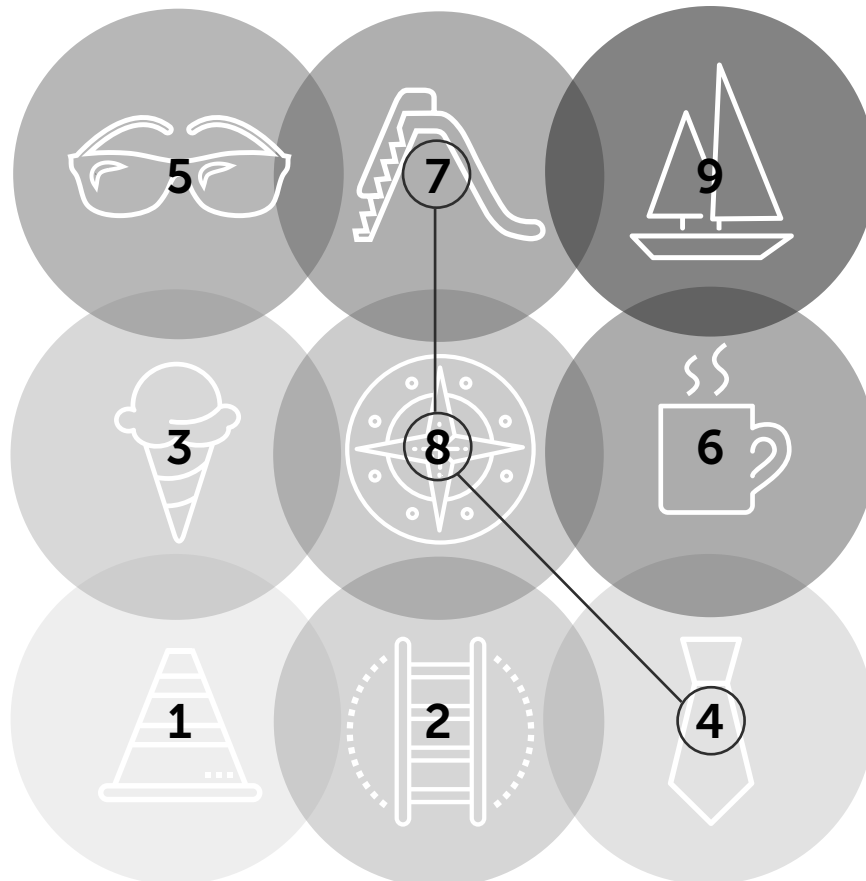


The Vocational Positioning System

of the Value-Vitality Map

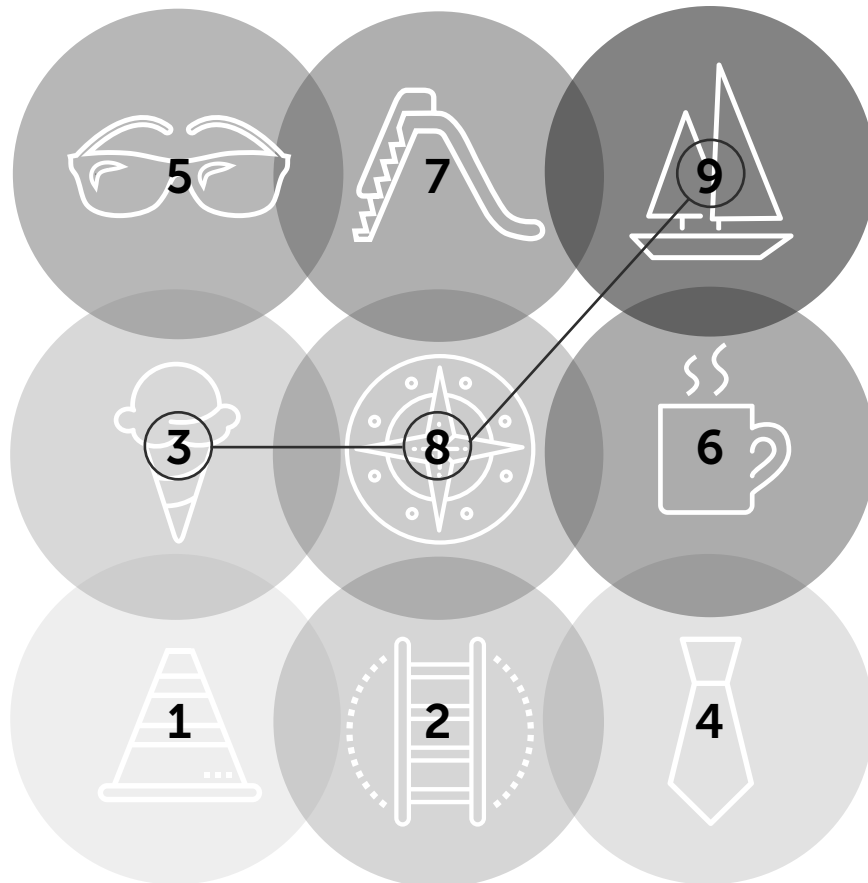


The Vocational Positioning System *Example 1-Kent M.*



- 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

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



- 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

Imperative Four

Risk to Go

4 Risk to Go

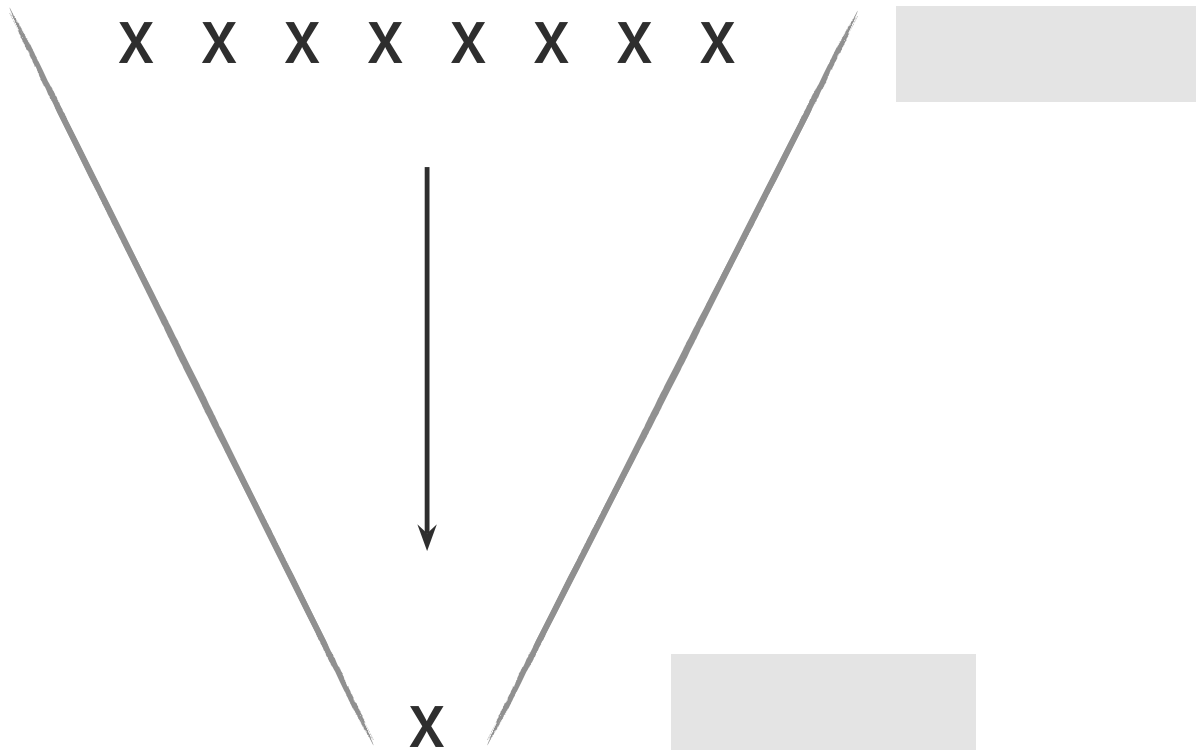
“A ship is safe in harbor, but that is not what ships are made for.”

— John A. Shedd

REFLECTIONS:

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

Reflections



YOUNIQUE

Journey 1

**“ Motivation gets you
going, the habit gets
you there. ”**

– Zig Ziglar



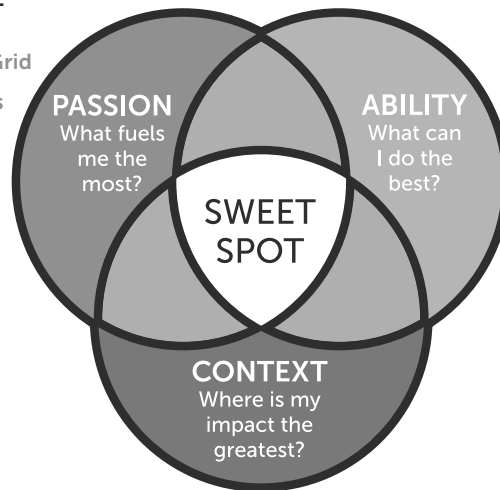
2
Session

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

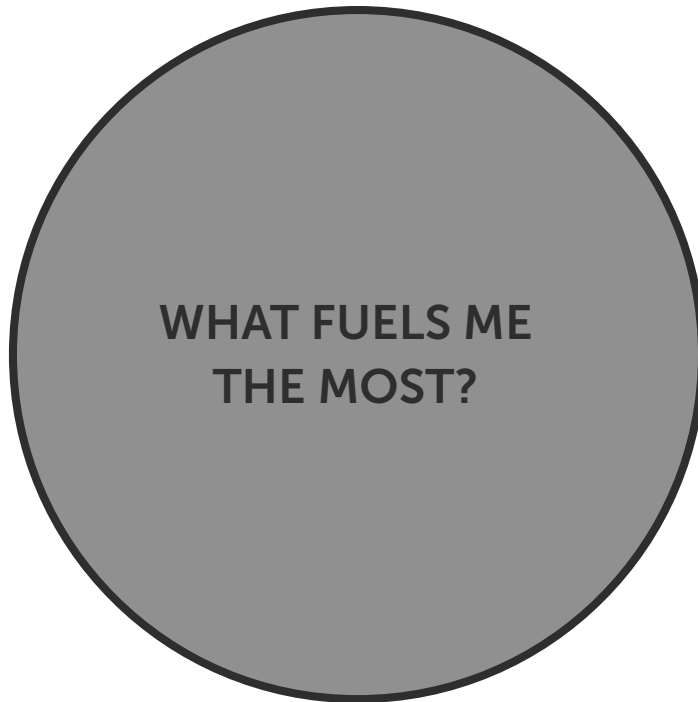
- Name Meaning
- Assessment #1
- Assessment #2
- Assessment #3
- Sense of Accomplishment
- Ability 360

CONTEXT CIRCLE INVENTORY

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

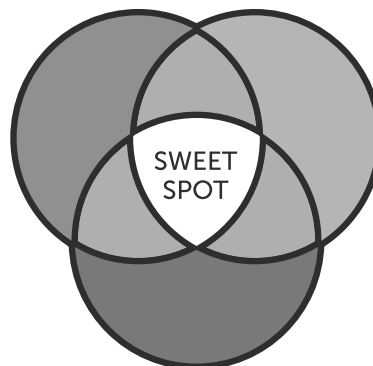
REFLECTIONS:

Passion Circle Overview



PASSION CIRCLE INVENTORY

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



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?

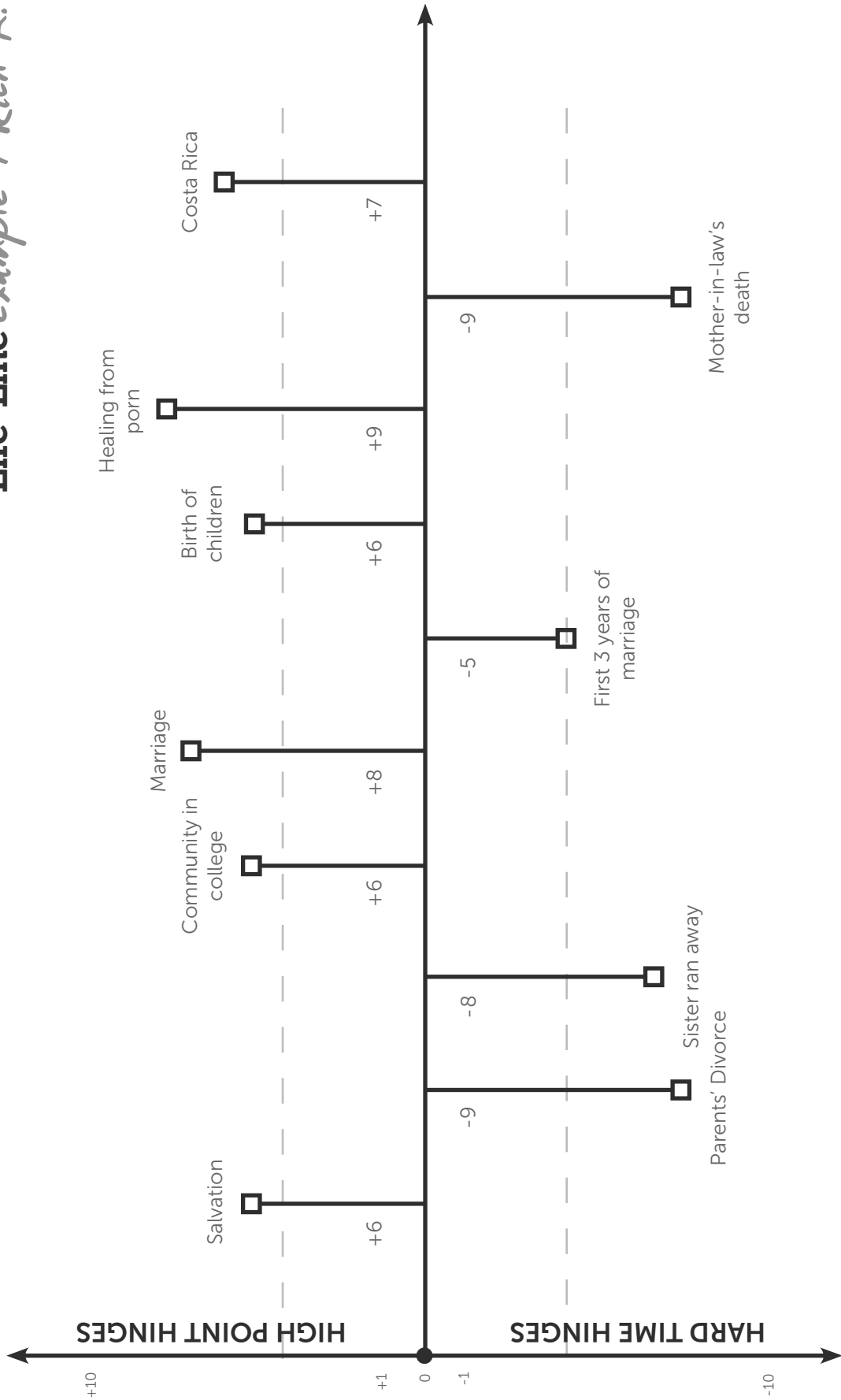
LIST TOP TEN HIGH POINTS

LIST TOP TEN HARD TIMES

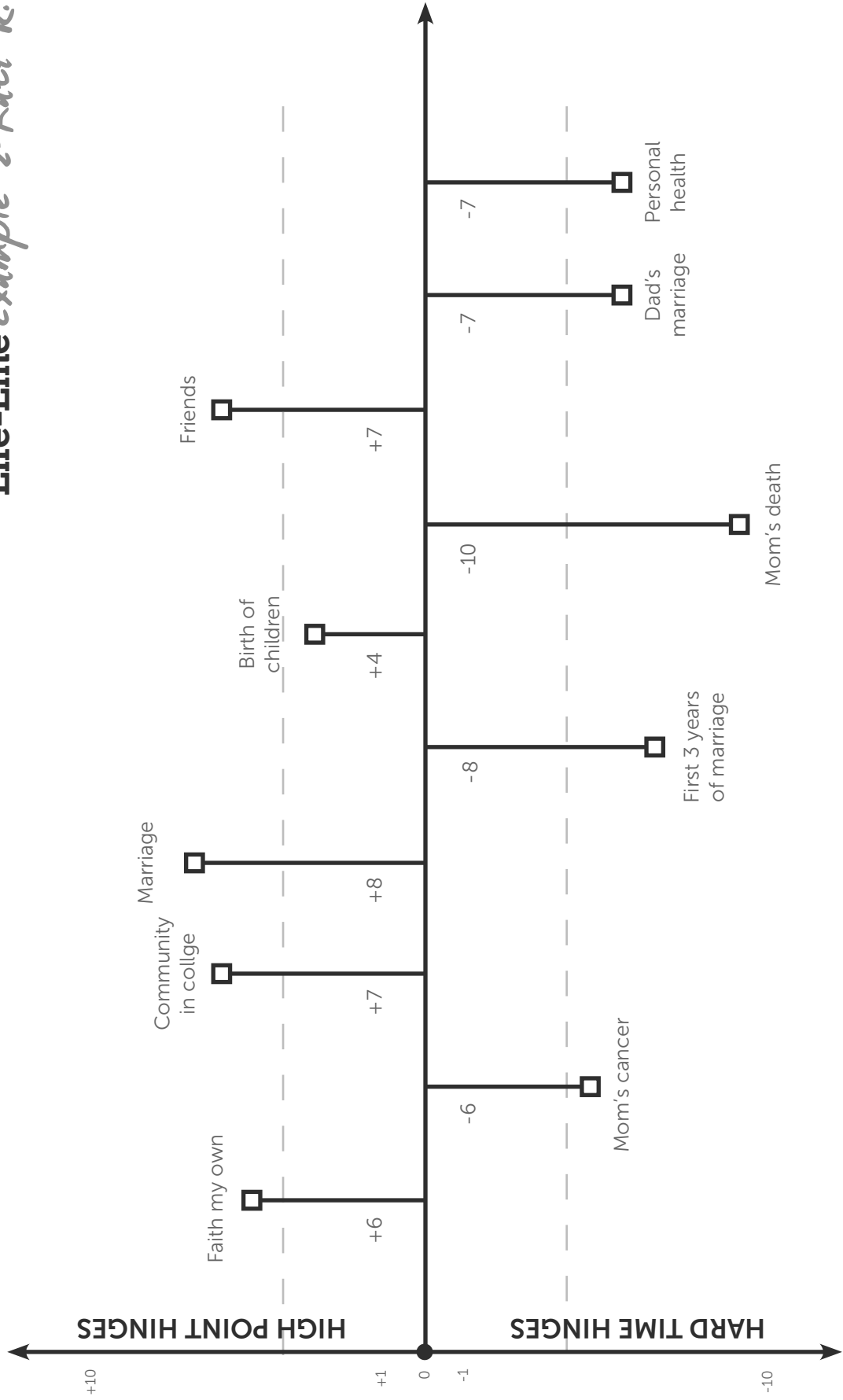


Please complete the Life-Line worksheet
on pg. 9 of your Yunique Experience Notebook.

Life-Line Example 1-Rich K.



Life-Line Example 2-Kati R.



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 intensity 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
- Hand of God
- Heroes
- Hard Times

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 Yunique Experience Notebook.

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?

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 daydream 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 Memories" 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?

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.

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?

Life Discovery Grid *Example 1-Dave R.*

| | Blue Print | Foundation | Structure | Design | Remodel |
|--------------------|--|--|---|--|--------------------------------------|
| Heritage | Family Hard work Finish | Community Friendship Mission Identity | Overwhelming Community Shared Resources Loyalty | Oikos Maturity Growth | Loneliness Starting Over |
| High Points | Summer trips to OH Sports Saving my sister | College Soccer, Dating, Friendships, Dorms, Intramurals, Fishing, Camps, Mango men | Marriage, Kids 1st house, London, Friends moving near, Life Group, work. | Living near the ocean, New friends, Vacations, Job, Trip with Son to Montana, 40th birthday. | Sisters Wedding Our move to KY |
| Hard Times | Bad Choices Relationships Sibling Fights Jr year of High School | Soccer Ending College Ending | Shawn Dying, Marriage Struggles, Youngest Child with RSV, Finances | 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 Forming | Joy Love | Provision Guidance Faithfulness | Faith | Guidance |
| Heroes | Coach Chaveannez Mrs. Helfeldt Uncle Ben | Courtney R Dave R Chris B Dr. Myer | Mom and Dad Inlaws | Mike B Steve C | Glen S |
| Life Drifts | | | | | |



Life Discovery Grid *Example 2-Kathy R.*

| | Happy | Hurt | Health | Hope | Hacked |
|--------------------|---|--|--|--|---|
| Heritage | Pastors Kid, Wesleyan Denomination, Generations of family believers | Legalism in the Church, Personal Rebellion, Isolation and Rejection, Getting outside the US. | Independence, freedom, ability to choose, discover of my faith and it becoming personal. | Extended Family in Mission, Free to Discover, a deep sense of mission and purpose. | Covenantal Breakdown, Brokenness, People Leaving, Loss. |
| High Points | Being part of a small church. Getting Saved in 2nd grade, Being a kid. | First love relationship, Sports, chorus, art, trip to Haiti | College, Meeting my husband, Working sports camps. Gaining independence. | Married, Having at children, Working at great organizations Family moved close. | Adoption of our son , 3 month rest sabbatical. |
| Hard Times | 3rdGd Mean Girls, Moving 3X every 4 years, Eyes opened to ch. dysfunction and mean Christians | Mean Girls, Name painted on town bridge, Being a pastors kid. Mom hurt by church. Small Town | Being in College in FL while family lived in NY. Moving to AL my Senior year of college. | Working and always financially just getting by, infertility. | Relationships w/Ministry Partners, rejection, called to cross, family business not family, Leaving PI |
| Hand of God | Christian Heritage, Grounded Family, Pastors Home, VBS Getting Saved | Mission trip to Haiti ☺ Eyes open to real brokenness. Protection in relationships. | College, Meeting husband | My Mom able to watch the kids, Living in Community, Our miracle daughter | Growth in leadership, being delivered out of things not good. The courage/faith to leave. |
| Heroes | Grandparents, Bill and Ellie O. Mom and Dad, Mrs. Neff (teacher) | High School Coaches - Mr Conner and Mr Campbell. | Jesus, husband, Community of friends, Grandparents. | Mom and Dad, Grandparents, husband. | David and Courtney, Oldest Child, husband |
| Life Drifts | | | | | |



Stages



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



YOUNIQUE

Journey 1

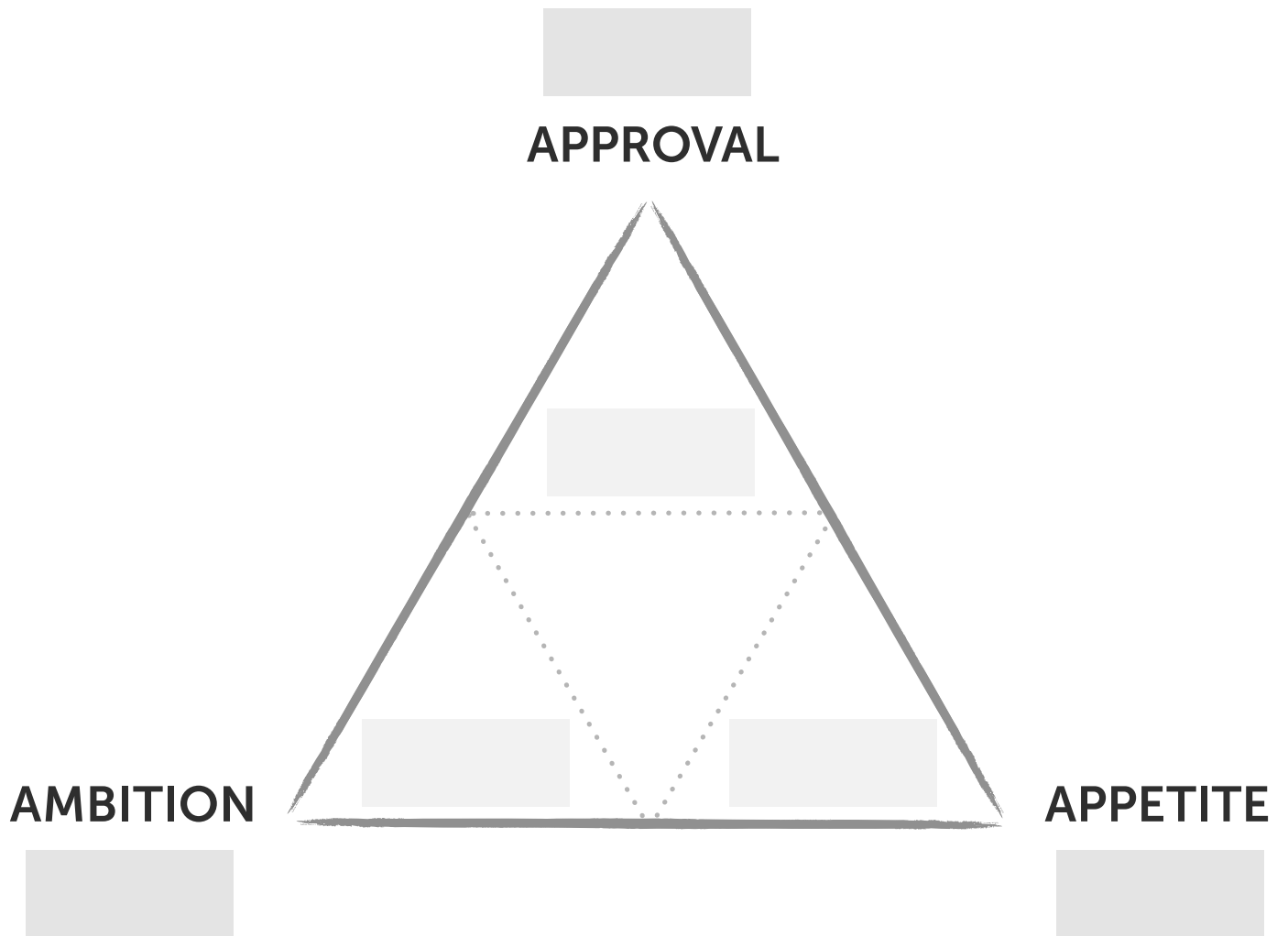
**“Don’t be enticed by
success or scared by
failure, be captivated
with purpose.”**

– Bob Goff



Session
3

The Three Life Drifts



The Three Life Drifts (continued)

Read Luke 4:1-14

THE 3 TEMPTATIONS OF JESUS¹

1. The Temptation of _____

The issue of Appetite is _____ and _____.

2. The Temptation of _____

The issue of Ambition is _____ and _____.

3. The Temptation of _____

The issue of Approval is _____ and _____.

¹ Mike J. Breen <https://disciplingculture.com>

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

1. In Regard to Appetite:

Jesus becomes needy so we can be _____.

2. In Regard to Ambition:

Jesus becomes weak so we can be _____.

3. In Regard to Approval:

Jesus becomes rejected so we can be _____.

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:

1. The Core Issue of Appetite is _____ .

Fear says: “I’ll never _____ enough!

2. The Core Issue of Ambition is _____ .

Guilt says: “I’ll never _____ enough!

3. The Core Issue of Approval is _____ .

Shame says: “I’ll never _____ enough!

INSTRUCTIONS:

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



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

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 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 |

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. | 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. |



YOUNIQUE

Journey 1

**“Don’t be pushed by
your problems. Be led
by your dreams.”**

– Ralph Waldo Emerson



4
Session

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?

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:

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 Younique, and am seeking input from others. I am curious what three words you would use to describe what I am passionate about in general. Please reply with three words only. Thanks for your help."

FAMILY

| NAME | NAME | NAME | NAME |
|------|------|------|------|
| | | | |
| | | | |
| | | | |

CO-WORKERS

| NAME | NAME | NAME | NAME |
|------|------|------|------|
| | | | |
| | | | |
| | | | |

OTHERS

| NAME | NAME | NAME | NAME |
|------|------|------|------|
| | | | |
| | | | |
| | | | |

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) |

| 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 zealousness 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 **Younique Experience Notebook**.

Reflections



YOUNIQUE

Journey 1

“One is not born into the world to do everything, but to do something.”

– Henry David Thoreau



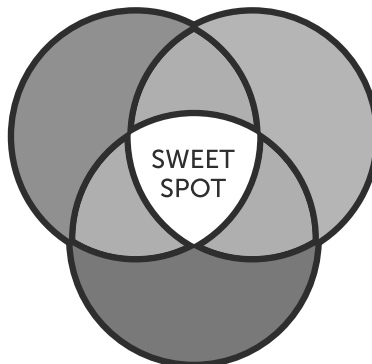
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Session

Ability Circle Overview



ABILITY CIRCLE INVENTORY

- Name Meaning
- Assessment #1
- Assessment #2
- Assessment #3
- Sense of Accomplishment
- Ability 360



The Power of a Name

WHAT'S IN A NAME?

Two Biblical Patterns in Naming

1. Sometimes we need a name _____.

- Jacob becomes _____. (Genesis 32)
- Simon becomes _____. (John 1, Matthew 16)
- Saul becomes _____. (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 _____ our name.

- Gideon means _____. (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

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:

| | | |
|--|--|--|
| | | |
| | | |
| | | |
| | | |

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) | | |



YOUNIQUE

Journey 1

**“He who has the why
to live can bear almost
any how.”**

– Friedrich Nietzsche



6
Session

Takeaways from Assessments

Assessment #1

Assessment #2

Assessment #3

Assessments Summary

Assessment #1

Assessment #2

Assessment #3

What I Learned

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

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.



YOUNIQUE

Journey 1

**“Don’t judge each day
by the harvest you
reap but by the seeds
you plant.”**

– Robert Louis Stevenson



7
Session

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

LifeCore Funnel

Things That Offend You Most:

Name Meanings, Chapter Titles:

Personality, Life Lies and Truths:

CORE VALUE #1

CORE VALUE #2

CORE VALUE #3

CORE VALUE #4

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 Younique 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 |

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: _____

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.

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.

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

Reflections



YOUNIQUE

Journey 1

**“Everything you’ve ever
wanted is on the other
side of fear.”**

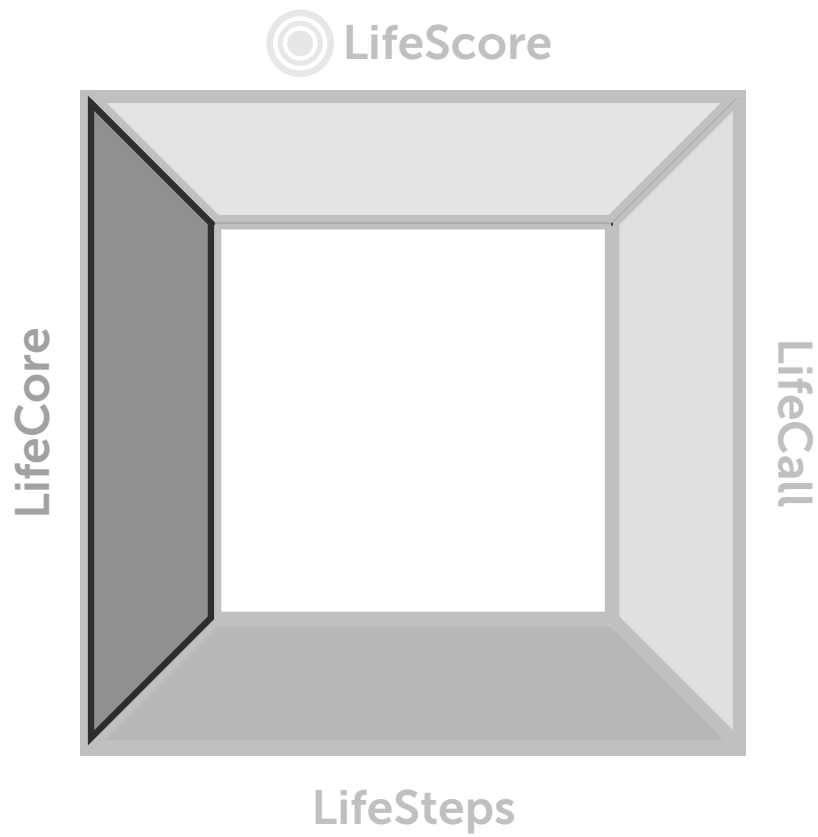
– George Addair



8
Session

Personal Vision Frame

LifeCore Overview



LifeCore *Listening + Thoughts from Others*



YOUNIQUE

Journey 1

**“Every moment is a
fresh beginning.”**

– T.S. Eliot



Session

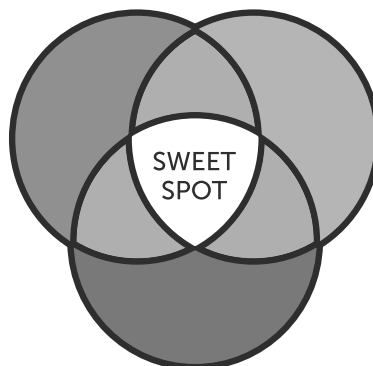


Context Circle Overview



CONTEXT CIRCLE INVENTORY

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





Live Sent

Discover Your X-Factor

| | | | |
|---|--|---|--|
| WHO BRINGS OUT MY BEST? Names of People: _____ Kind of Person: _____ | | WHAT PLACE NEEDS MY BEST? Kind of Place: _____ Names of Places: _____ | |
| TO WHOM SHOULD I GIVE MY BEST? Kind of Person: _____ Names of People: _____ | P L A C E SENT TO? _____ SENT FROM? _____ SENT WITH? _____ SENT TO? _____ | | Names of Places: _____ Kind of Place: _____ WHAT PLACE BRINGS OUT MY BEST? |
| P E O P L E | | | |

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

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 | |

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

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

Life Stage Identification

Five Benefits of Understanding and Using Life Stages

1. A life stage perspective _____
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 _____
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 _____
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 _____
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 _____
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?



Stacy



Please complete the **Context Circle Inventory** worksheet on pg. 16 of your **Younique Experience Notebook**.

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

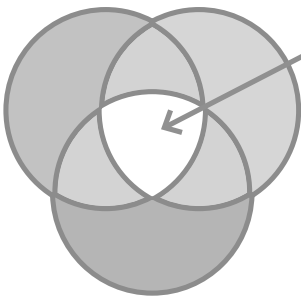
in the ideal context of

openness to discovery, challenging situations,
motivated people, and lasting impact

TWO WORDS

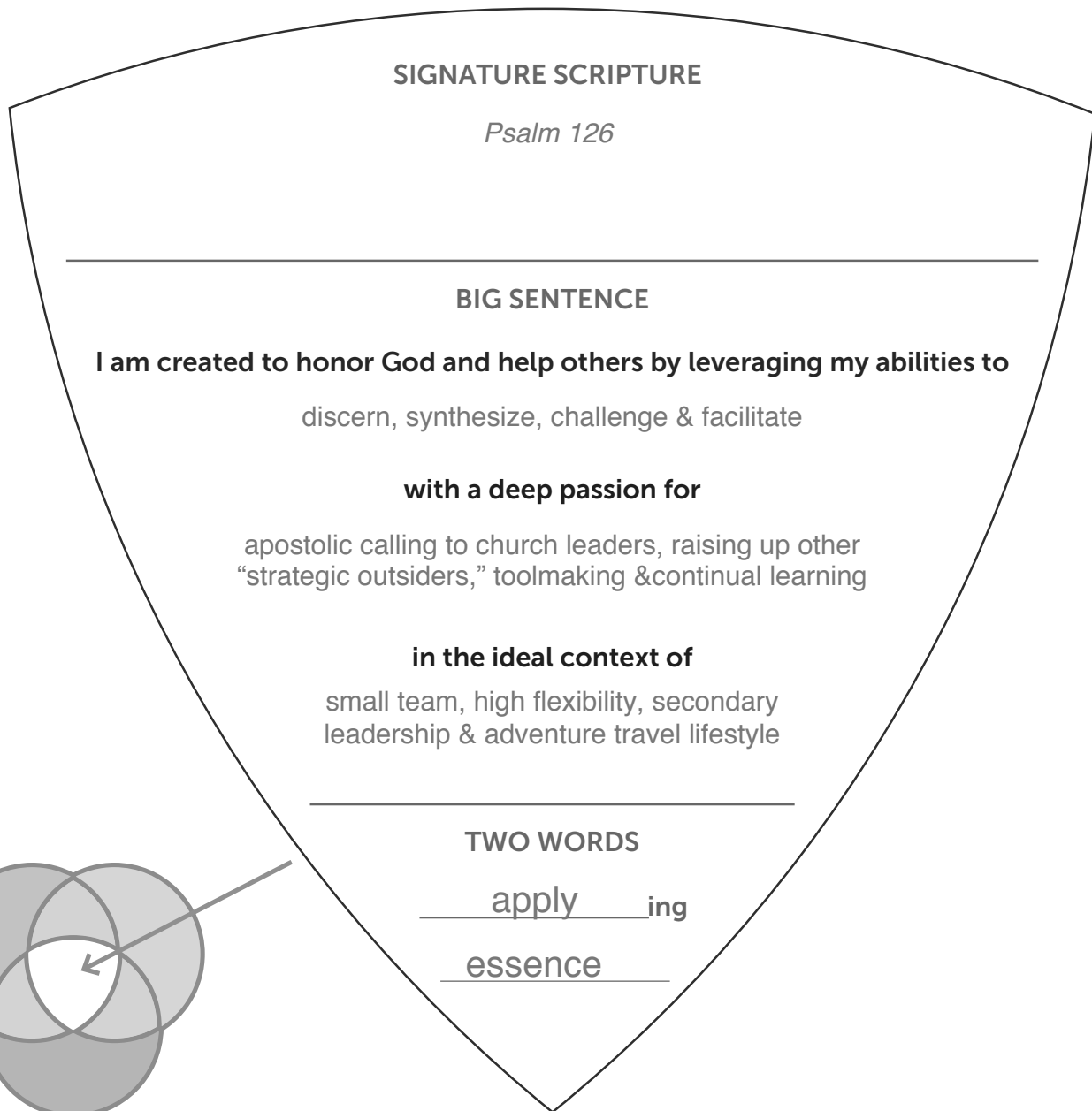
empower ing

momentum



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

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



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.

Reflections



YOUNIQUE

Journey 1

**“The secret to your
success is found in your
daily routine.”**

– John C. Maxwell



10
Session

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"

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 again--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.”

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."

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

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.

Reflections



YOUNIQUE

Journey 1

**“Be yourself; everyone
else is already taken.”**

– Oscar Wilde



11
Session

Journey #1 *Celebration*

Name: _____

Name: _____

LifeCore and LifeCall Encouragement:

LifeCore and LifeCall Encouragement:

Name: _____

Name: _____

LifeCore and LifeCall Encouragement:

LifeCore and LifeCall Encouragement:

Name: _____

Name: _____

LifeCore and LifeCall Encouragement:

LifeCore and LifeCall Encouragement:

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