

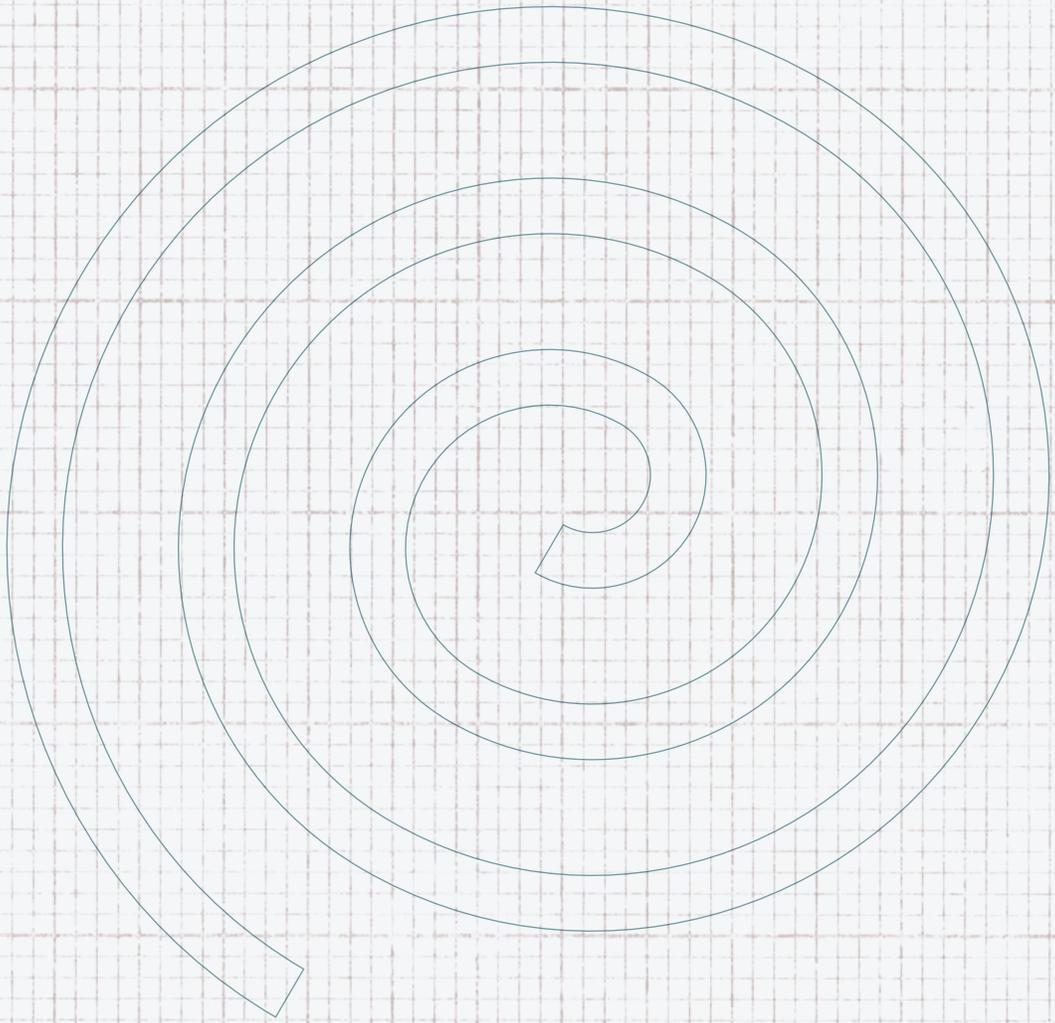


SMALL GROUP GUIDE



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THE CLARITY SPIRAL



Thank you for leading a small group through The Clarity Spiral by Younique. This brief introduction will help you use this resource to stimulate your group's learning.

Each small group session is tied to the videos that participants will watch and exercises they will complete before you get together as a group. Each group session has two parts, which you can lead in either order according to what works best for your group:

“SEE IT”

These are five groups of questions for discussion. Each question grouping has a starter question with one or two follow-up questions in parentheses. You don't have to ask every question; use your judgment as to which ones to hit on. These questions are meant to help your group process the work that they have done on their own and to share their breakthrough and results with others.

“BE IT”

This is a tool or exercise that enables participants to put the lesson into practice in their own lives. It often requires a few minutes for people to work on their own followed by group discussion. The tool or exercise is critical for turning the discussion into a true learning experience.

(continued)

Before your group gets started with the first session, take three steps to make sure everyone is ready to go when you get together:

1. Create a Yunique account if you haven't yet. Someone in your church should have sent you the link to create an account. If you have an account already, log in at lifeyunique.com/login.
2. On your account dashboard, click "View courses on Thinkific." Select Clarity Spiral. Before the first group session, do Course Session 1 (Clarity Spiral Overview).
3. Invite your group to create a Yunique account; share with them the same link that was given to you. Also direct them to do the course sessions above before your first meeting together.

May God make breakthrough learning happen in your group!

The Yunique Team

Group Session 1

Pre-Work: Watch and complete Course Session 1
(Clarity Spiral Overview)

SMALL GROUP QUESTIONS

“See It”

Take some time to introduce yourself to the group. Have each person share who they are and one expectation or hope they have about what they will experience in this small group. Once everyone has introduced themselves, use the following questions to get to know one another better and to think about the power of the whole gospel in their lives.

1. Do you think that most people believe that God has a dream for their life? Why or Why not? (How might it change people’s lives if they believed God had been dreaming about them from the beginning of time?)
2. When you hear the word “gospel,” what do you think about? (How are both forgiveness and freedom related to the gospel? Which part of the gospel, forgiveness or freedom, do you relate to most? Why?)
3. What did you identify with most in the example of the Chilean miners? (How have you struggled to embrace the freedom that the gospel gives you? What might it look like for the gospel to reclaim God’s dream for your life?)
4. How do you think knowing and naming God’s dream for your life would change you? (How might it change what you give your time and energy to each day? What do you think stands in the way of you knowing and naming that God-dream?)
5. How does thinking about the journey of life as a spiral mesh with how you think about growing with God? (How does it frustrate you? How does it free you?)

Group (Cont'd) Session 1

SMALL GROUP EXERCISE

“Be It” - Naming the God-Dream

Read Jeremiah 1:5 together twice—once in a translation of your choosing and again in the Contemporary English Version. The CEV reads as follows:

 *Jeremiah, I am your Creator, and before you were born, I chose you to speak for me to the nations.*

Explanation

Jeremiah is a book of the Bible written to a people in exile. Exile is your worst day over and over again. For Israel it meant that they were dislocated from their homeland, their temple was destroyed, and they were living as refugees in a foreign land. In Jeremiah's book he details the nation's struggle with God before the exile started and gave hope to them in the midst of it. In this book we also read a lot about Jeremiah's struggle with his own calling. In Jeremiah 1:5, God names his dream for Jeremiah's life. In the next verse Jeremiah makes excuses about how this could not be God's dream for his life, but his book depicts how he comes to embrace this dream. He spirals into his calling—even though his calling is partially clear at the start, it takes him his entire life to realize it.

(continued)

Group (Cont'd) Session 1

Instructions

Personalize Jeremiah 1:5 (CEV) by taking out Jeremiah's name and inserting your own and then filling in the blank after the words "I chose you to." Give the best thoughts you have right now. It is okay if you don't know—seeking the answer is what the Clarity Spiral is all about. After a few minutes, listen to one another share what you each have written.

_____, I am your Creator, and before you were born, I chose you to _____.

Assignment

Watch and complete Course Session 2
(Courage to Know)

Group Session 2

Pre-Work: Watch and complete Course Session 2
(Courage to Know)

SMALL GROUP QUESTIONS

“See It”

1. What makes it difficult for people to know both God and themselves well? (What stands in the way of you knowing more about God? What stands in the way of you knowing more about yourself?)
2. Of the people you know personally, who seems to live life with a good understanding of God and a good understanding of themselves? (What have you noticed about their life that you could learn from?)
3. How much time have you given in the past to discover who God has made you to be? (What do you appreciate about the way that God has made you most? What difficult realities have you had to embrace about yourself?)
4. Which quadrants of the God-Awareness/Self-Awareness Matrix, besides the Cocreationism quadrant, have you lived in? (What did your life look like in those seasons? If those seasons were in the past, how has your thinking about God or yourself changed since then?)
5. What intimidates you most about learning to co-create with God? What excites you most about learning to co-create with God?

(continued)

Group (Cont'd) Session 2

SMALL GROUP EXERCISE

“Be It” - Barriers to Self-Awareness

Explanation

Some of the greatest barriers to becoming who God has dreamed you to be are the other versions of yourself that are in competition with that person. Five barriers to self-awareness keep us from becoming who God has made us to be:

1. The Expectations of Others (the Me Others Expect Me to Be). If we don't design our lives, others will design our lives for us. Too often we become whatever the other people in our life want us to be.
2. The Imitation of Success (the Me That's Sexiest to See). This is the Facebook or Instagram version of ourselves or the image of success in others that we want to copy. Too often we try to live up to a Photoshopped version of ourselves or a generic version of someone we respect.
3. The Captivation of Money (the Me They Pay Me to Be). If we don't become who we were created to be, we will become whatever people pay us to be. We simply follow the money train and become captivated with whatever version of ourselves can earn us the most.
4. The Preoccupation with Life (the Me Time Makes of Me). Life is busy; if we aren't careful we will always live in a hurry. We move from thing to thing never really reflecting on what is happening to us in the process. We become the product of our last experience. We exist but don't truly live.

(continued)

Group (Cont'd) Session 2

5. The Projection of Self (the Me I Want to Be).
There is a big difference between dreams and fantasies. The world tells us we can be anything we want to be, but this is a myth. If you are not careful, you will spend your life longing to become—and display to everyone around you—someone you are incapable of becoming. You will become a prisoner of your own fantasy rather than the person God has been dreaming about from the beginning of time.

Instructions

Rank from 1 (most) to 5 (least) the barriers to self-awareness that you struggle with most. Also write down specific ways that you struggle with each barrier.

Barrier One: The Expectation of Others

Barrier Two: The Imitation of Success

(continued)

Group (Cont'd) Session 2

Barrier Three: The Captivation of Money



Barrier Four: The Preoccupation of Life



**The Ultimate Barrier:
The Projection of Self**



Assignment

Watch and complete Course Session 3
(Experience to Grow)

Group Session 3

Pre-Work: Watch and complete Course Session 2
(Courage to Know)

SMALL GROUP QUESTIONS

“See It”

1. Kelly said that “experience is not the best teacher—evaluated experience is.” What is your response to that statement? (Why? How has your life experience impacted your answer?)
2. As you look back on your current season of life, what is the most important lesson you want to take with you into your next season of life? (How might it make the next season better?)
3. Which crisis of life (quarter-life, midlife, three-quarter-life) do you find yourself closest to right now? (Are you headed into that crisis, in the middle of it, or on the other side of it? How have these crises affected your life in the past?)
4. What Bible characters that you are familiar with had more impact in the last part of their life than in the first part of their life? (How does their story give you hope for your own story?)
5. Do you believe that your next season of life has the potential to be your best season yet? Why or why not? (What lies are you tempted to believe about this next season of life? What pressure do you feel?)

(continued)

Group (Cont'd) Session 3

SMALL GROUP EXERCISE

“Be It” - Celebrations, Struggles, and Significance

Explanation

Every season of life is filled with experiences. Some are high points that build our confidence. Others are hard times that develop our convictions. Each in their own way forms us into the people we become, and if we interpret them well, they can help us become more of who God created us to be. Today's exercise helps you evaluate the experience of your current or most recent season of life in order to move into the next season with more confidence and conviction.

(continued)

Group Session 3 (Cont'd)

Instructions

Write down the two greatest celebrations and the two greatest struggles of your current or most recent season of life. Then evaluate those experiences with two questions: “What did I learn about God?” and “What did I learn about myself?” Then listen to one another as you share what you learned.

	Experience	Significance	
		What did I learn about God?	What did I learn about myself?
Celebrations			
Struggles			

Assignment

Watch and complete Course Session 4-6
(Value to Show, Risk to Go, Outro)

Group Session 4

Pre-Work: Watch and complete Course Session 4 (Value to Show), 5 (Risk to Go), 6 (Outro)

SMALL GROUP EXERCISE

“See It”

1. In your view, what is a vocation? (How is a vocation different from a job, a hobby, or a career? How do you think jobs, hobbies, and careers help us discover our vocation?)
2. How would you describe the vitality you gain from your work (or not)? Why? How would you describe the value you bring to your work (or not)? Why?
3. Where did you place yourself on the Vocational Positioning System? (What does your path to your current place on the chart look like?)
4. Where would you like to move next on the Vocational Positioning System? (What might a move from where you are now to where you want to be look like? What might making that move cost you?)
5. How has God equipped you in your life so far to make your next move? (How might what you have learned about God and yourself in your past experience give you courage to make your next move?)

(continued)

Group (Cont'd) Session 4

SMALL GROUP EXERCISE

“Be It” - Dream Job Description

Explanation

Your “dream job” isn’t much about how much money you make but about the value you bring to your organization or home and the vitality your work brings to you. If you are able to demonstrate value to your supervisor and to your organization, you will get more opportunities to do more of what you are called to do. This often includes adding things to your job description before you can let go of things. This exercise is about discovering practical ways to bring your best self to your work. It is a great exercise to rewrite your job description (for your workplace, volunteer organization, or household) with value and vitality in mind.

Instructions

On the next page, list the five most important things your organization pays you to do. (If you are self-employed, think about what your customers pay you to do. If you spend a lot of time volunteering for an organization, think about what the organization asks you to do. If you concentrate your work in your household, think about your most important duties in the role you play there.) What are two things you would love to do for your organization that currently fall outside your top five? Circle which of them would bring the most relief to a “pain point” that your organization or your supervisor is feeling. Then devise one strategy you could put in motion this week to connect what you love to your organization’s need.

(continued)

Group (Cont'd) Session 4

5 Most Important Tasks

1. _____

2. _____

3. _____

4. _____

5. _____

2 Things I Would Love to Do

1. _____

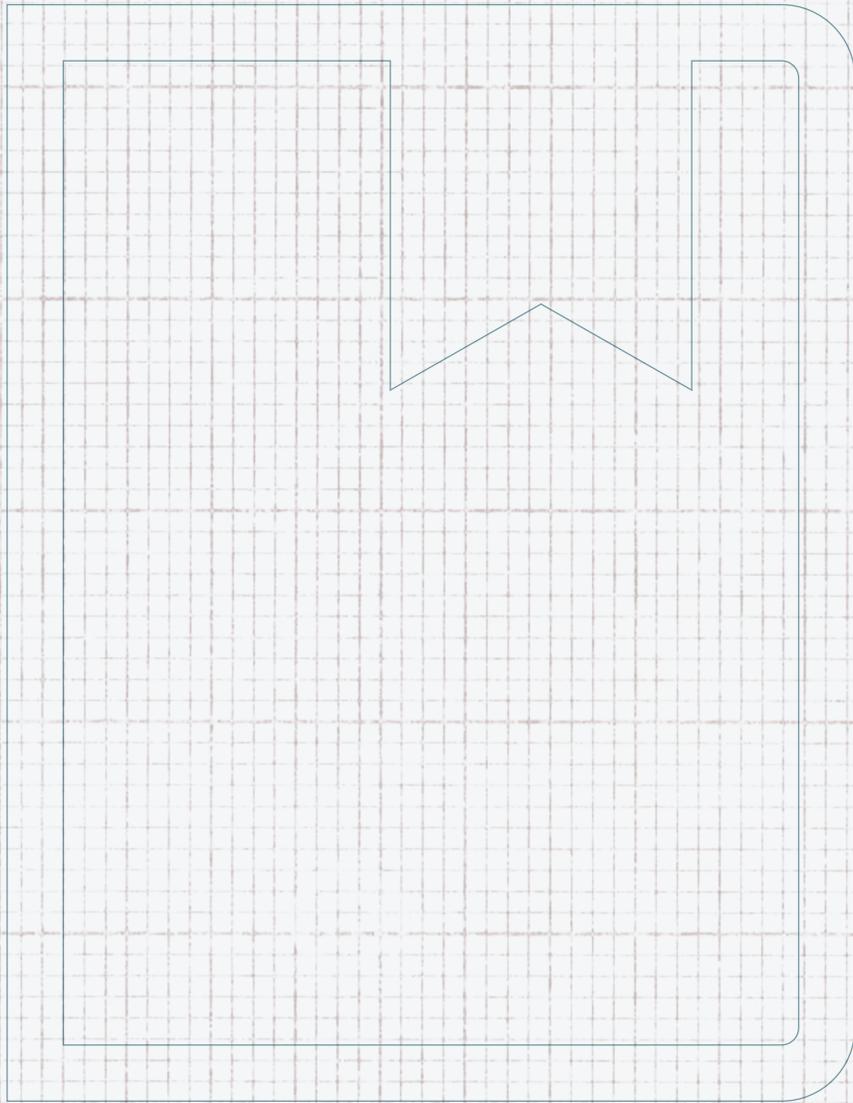
2. _____

LOOK BACK:

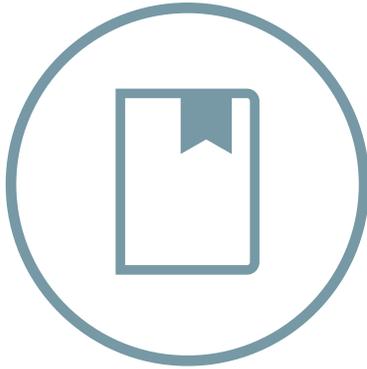
Discuss the following questions:

1. What was the most valuable insight or experience that you have had during our small group journey together?
2. How would you now complete the blanks from Jeremiah 1:5 that we looked at in group session 1?

_____, I am your Creator, and before you were born, I chose you to _____.



YOUR STORY MATTERS



Thank you for leading a small group through Your Story Matters by Younique. This brief introduction will help you use this resource to stimulate your group's learning.

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“SEE IT”

These are five groups of questions for discussion. Each question grouping has a starter question with one or two follow-up questions in parentheses. You don't have to ask every question; use your judgment as to which ones to hit on. These questions are meant to help your group process the work that they have done on their own and to share their breakthrough and results with others.

“BE IT”

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(continued)

Before your group gets started with the first session, take three steps to make sure everyone is ready to go when you get together:

1. Create a Yunique account if you haven't yet. Someone in your church should have sent you the link to create an account. If you have an account already, log in at lifeyunique.com/login.
2. On your account dashboard, click "View courses on Thinkific." Select Your Story Matters. Before the first group session, do Course Sessions 1 (The Power of Story) and 2 (Sketch Your Story).
3. Invite your group to create a Yunique account; share with them the same link that was given to you. Also direct them to do the course sessions above before your first meeting together.

May God make breakthrough learning happen in your group!

The Yunique Team

Group Session 1

Pre-Work: Watch and complete Course Sessions 1 (The Power of Story), 2 (Sketch Your Story)

SMALL GROUP QUESTIONS

“See It”

Take some time to introduce yourself to the group and share one book or movie besides the Bible that has had a great impact on your life. Once everyone has introduced themselves, use the following questions to get to know one another better and to think about the power of story in our lives.

1. What are your favorite three movies? (Why did you choose these three movies?)
2. What three characters from all the movies that you have watched do you identify with most? (Why?)
3. What makes a good story? (What separates the best movies or books that you have watched or read from the other movies you have watched or book that you have read?)
4. What Bible story do you identify with most? (Why?)
5. How would you tell the story of the entire Bible in your own words? (What important part of the story do you think people might leave out?)

Group (Cont'd) Session 1

SMALL GROUP EXERCISE

“Be It” - Surrender (“No Story You Can’t Redeem”)

Explanation

In course session 2, we listed ten high points and ten hard times and then narrowed them to our Top Ten Hinge Moments. Then we charted them on our LifeLine. Now we’re going to take a few minutes to surrender these moments to God.

Instructions

Surrender your Hinge Moments to God, taking some time to listen to him as he speaks to you. Lean into faith that he is redeeming every part of your story. Listen to the song “No Story You Can’t Redeem” (<https://youtu.be/5hAKbhKbe20>) with your hands open in a posture of surrender. When the song is over, list what you sense God spoke to you during the song.

Assignment

Watch and complete Course Session 3 (Chapters of Your Story)

Group Session 2

Pre-Work: Watch and complete Course Session 3
(Chapters of Your Story)

SMALL GROUP QUESTIONS

“See It”

1. What were the two most important things that you learned about your story by completing the Life Discovery Grid? (How did what you learned change your overall perspective on your life story?)
2. Which two heroes impacted your story most? (Why?)
3. How did thinking about your heritage affect you? (What did you discover about your heritage that you had not known before or that you had forgotten about? How did discovering or remembering these things change the way you understand your life story?)
4. Which “hand of God” moments changed the trajectory of your story most? (Why?)
5. Who would benefit from hearing your story this week?

(continued)

Group (Cont'd) Session 2

SMALL GROUP EXERCISE

“Be It” - Share Your Story

Explanation

One of the most empowering things that we can do both for ourselves and for others is to share our story and listen to the stories of others. Every time we share our story, the things that we have learned about God and ourselves become even more real in our own lives. Every time we listen to the stories of others, we get more insight into our own story.

Instructions

Take five minutes to share a summary of your life story with the group using the following format:

1. Share your name and the titles of each chapter of your story.
2. Highlight one or two significant events, features, or insights from each chapter.
3. Allow the group to ask questions or give affirmation for one or two minutes.

You may not be able to get through all the stories of your entire group in this session, so if necessary, use the first few minutes of each subsequent small group session to tell your stories until everyone has had the opportunity to share.

Assignment

Watch and complete Course Sessions 4, (Life Drifts), 5 (Drifting Off Course)

Group Session 3

Pre-Work: Watch and complete Course Sessions 4 (LifeDrifts), 5 (Drifting Off Course)

SMALL GROUP QUESTIONS

“See It”

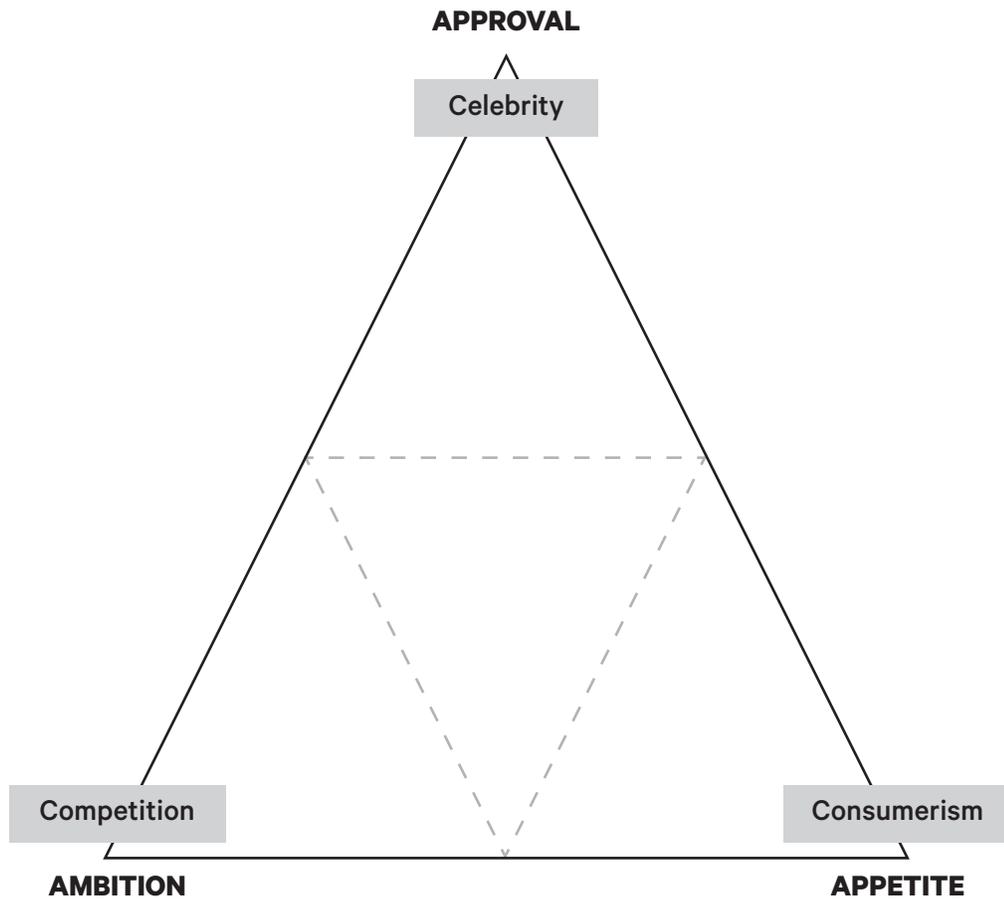
1. What impacted you most from the LifeDrifts teaching? (Why? How do LifeDrifts help you understand how your story has been sabotaged in the past?)
2. Which LifeDrifts do you identify with most? (Why? How have these LifeDrifts played out in your life story?)
3. Did you see LifeDrifts change or stay the same through the chapters of your story? (How does that reveal growth in your life? How does it reveal weakness?)
4. Where in your story do you see hurt that you suffered feed LifeDrifts? (How have your LifeDrifts passed your hurt on to others?)
5. How have fear, guilt, and shame affected your story? (How have you dealt with fear, guilt, and shame in the past? How is the gospel good news for your past?)

(continued)

Group ^(Cont'd) Session 3

SMALL GROUP EXERCISE

"Be It" - Consumerism, Competition, Celebrity



(continued)

Group (Cont'd) Session 3

Explanation

LifeDrifts don't only appear in individuals—they also play out in society at large. As Mike Breen points out, Appetite, Ambition, and Approval appear in the forms of Consumerism, Competition, and Celebrity in American society.

Consumerism/Appetite: We live in a world of instant gratification. We want something, we get it. We want better, and we want more, without end. Marketers thrive on creating needs we never knew we had and cash in when we feel we must make a purchase.

Competition/Ambition: We love to win, and sometimes we want others to lose. Our world is built on winners and losers, and to quote Will Ferrell's goofy Ricky Bobby character, "If you're not first, you're last." Everything seems to be a competition and if you don't feel like you are keeping up with the Joneses—if you're not bigger and better—then you are being left behind.

Celebrity/Approval: Our fascination with Celebrity has never been higher, and social media promises that anyone can become a celebrity. We easily measure our value by how many online "friends" and followers we have. We would rather be famous than known and the systems of our society reward those who are famous for being famous.

The evil isn't just in us—it's in the system. Even churches reproduce it. The unspoken definition

(continued)

Group (Cont'd) Session 3

of a great church is often an organization led by a celebrity pastor that wins the competition for more Christian consumers than other churches in the community. It comes naturally for leaders and attenders alike to build a church on our own brokenness. Yet Celebrity undermines Leadership by making pastors performers. Consumerism undermines Discipleship because consumers don't produce fruit. And Competition undermines Mission because we can't achieve Christ's Great Commission without cooperation.

Instructions

Discuss the following questions.

1. Where do you encounter Consumerism in your daily life? Competition? Celebrity?
2. Which one do you see the most in your workplace?
3. Which do you see the most in your children's or grandchildren's lives?
4. How do you see them tempting your church? How have you unknowingly played a part in that?
5. How would building our lives on the gospel open our eyes to the LifeDrifts in our world?
6. How would it enable us to resist cooperating with them?

Assignment

Watch and complete Course Sessions 6 (Life Lies and Life Truths), 7 (Tell Your Story)

Group Session 4

Pre-Work: Watch and complete Course Sessions 6 (Life Lies and Life Truths), 7 (Tell Your Story)

SMALL GROUP EXERCISE

“See It”

1. How did you define your Life Lies in each chapter of your story? What gospel truths did you arrive at as the answers to these Life Lies? (How does arriving at this gospel truth begin redeeming your story?)
2. How do the gospel truths that you have identified motivate you? (How have you shared these gospel truths with others? Who else in your life needs to hear these truths?)
3. Which character in the Bible do you relate to the most? (How does the story of this character give you hope for your own story?)
4. What is one thing that you have learned about your story by hearing the story of someone else in the group? (How has hearing the stories of others in your group given you hope for your own story?)
5. What did you name the next chapter of your story? (Why? How does naming this chapter create expectation and anticipation for the next season of your life?)

(continued)

Group (Cont'd) Session 4

SMALL GROUP EXERCISE

“Be It” - Six-Word Title

Explanation

Legend has it that one day Ernest Hemingway was walking down the street when a woman came up to him and challenged him to write a story using only six words. Hemingway accepted the challenge and emerged a little while later with this six-word story: “For Sale: Baby’s Shoes. Never Worn.” With this six-word story, Hemingway stirred our emotions and stoked our imaginations.

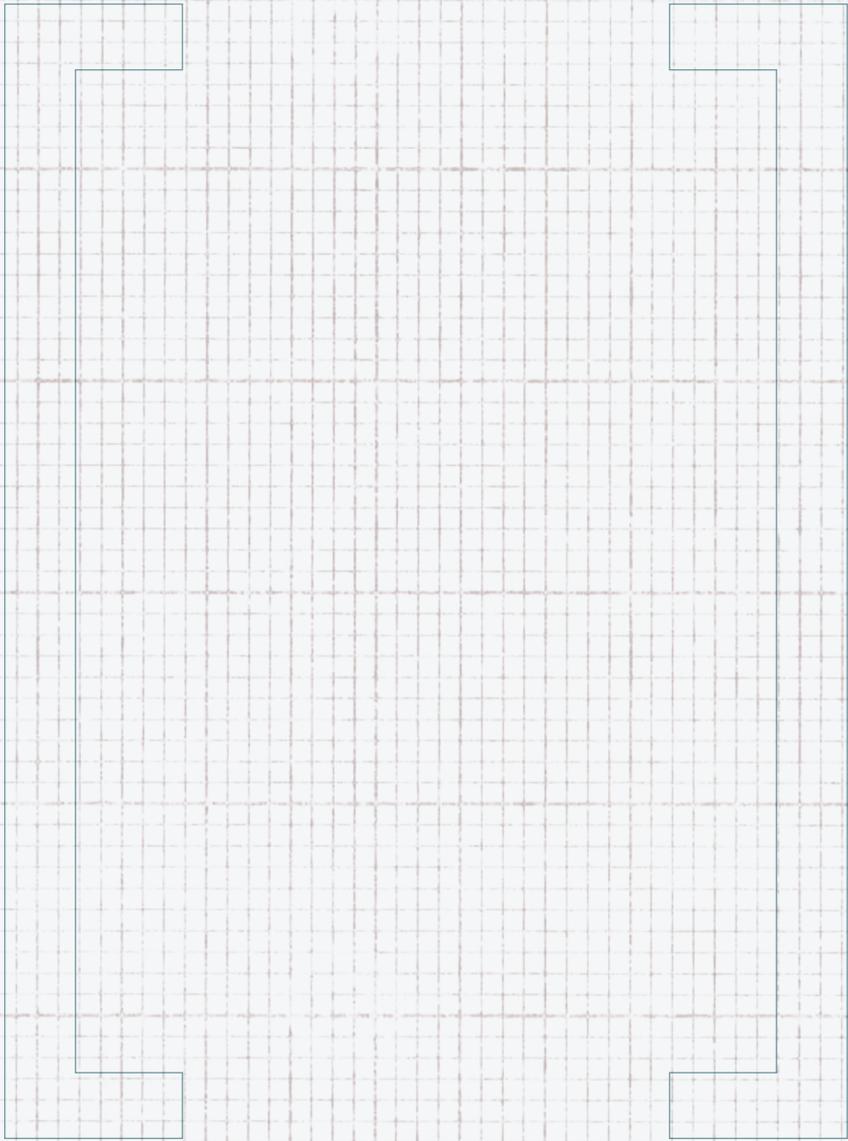
Recently, people have taken this Hemingway challenge to tell their own stories in six words. Many of these stories have been captured in a book called “Not Quite What I Was Planning” (a six-word title). Today we’re going to take the Hemingway challenge as well.

Instructions

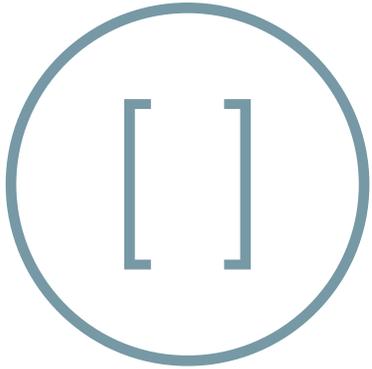
Today we are going to use the Hemingway Challenge not to tell our stories but instead to title our stories. Take six minutes to come up with a six-word title to your life story. Let these examples get your imagination going.

e.g. If at First You Don’t Succeed
Delivered into Silence, Destined to Sing
Making the Most of Every Opportunity

Six-Word Title



FIND YOUR ONE THING



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“SEE IT”

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(continued)

Before your group gets started with the first session, take three steps to make sure everyone is ready to go when you get together:

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2. On your account dashboard, click "View courses on Thinkific." Select Find Your One Thing. Before the first group session, do Course Session 1 (Welcome).
3. Invite your group to create a Yunique account; share with them the same link that was given to you. Also direct them to do the course sessions above before your first meeting together.

May God make breakthrough learning happen in your group!

The Yunique Team

Group Session 1

Pre-Work: Watch and complete Course
Session 1 (Welcome)

SMALL GROUP QUESTIONS

“See It”

Take some time to introduce yourself to the group and share one unique thing about yourself. Once everyone has introduced themselves, use the following questions to get to know one another better and to think about what it means to live from your Sweet Spot.

1. When you hear someone talk about their “calling,” what do you think they mean? (Do you think everyone has a “calling”? Why or why not?)
2. What are some things that every Christian is called to do? (How much do these things add a sense of purpose and meaning to your life?)
3. Do you think basics like glorifying God, loving him, loving others, and making disciples should look the same for every believer? Why or Why not? (Whom do you know who does these basics differently than you do them? What does the difference look like?)
4. Do you feel as if you’re currently living out of your Sweet Spot the way Will described it in the video? Why or why not? (What do you think it looks like to live out of your Sweet Spot?)
5. If you could find your Sweet Spot and live out of it, what do you think would be different in your life? (How would it enable you to glorify and love God, love others, and make disciples better?)

Group (Cont'd) Session 1

SMALL GROUP EXERCISE

“Be It” - Two Word Overview

Explanation

In Acts 13, Paul and Barnabas are traveling the world and preaching the gospel. Starting in verse 13, Paul talks to one group of people through Israel's history and points them to Jesus as the ultimate fulfillment of the Jewish faith. In verse 36, Paul notes that King David's body was still in the grave, but Jesus had risen from the dead. In passing he makes a remarkable statement about David: “Now when David had served God's purpose in his own generation, he fell asleep” (that is, he died; Acts 13:36a).

It's an interesting thing to ponder—the notion of accomplishing God's purpose in our own generation. That's actually what this course is about. When we talk about your Sweet Spot, we are talking about accomplishing God's purpose in your life for your own generation based on who God has made you to be.

God has been dreaming about your life from the beginning of time. You are a one-of-a-kind divine design. The gospel announces God's intention to recover his dream for your life. This course is about naming that divine design—your Sweet Spot—by first looking at your unique passions, gifts, and context, then bringing them together to discover your One Thing. Today's exercise is one that we'll be using all along the way: the Two Words exercise.

(continued)

Group (Cont'd) Session 1

Instructions

Brainstorm several combinations of two words to finish the sentence below:

“_____ exists to honor God and help others by: _____ing _____.”

The words “honor God and help others” refer to all the things that all Christians are called to do—glorify God, love him, love people, make disciples, and so on. The two blanks refer to how you personally do all those things best. After brainstorming five to ten sets of Two Words to fill in the blanks for yourself, share the ones you like best with the group.

(continued)

Group (Cont'd) Session 1

“ _____ exists 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

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

Assignment

Watch and complete part of Course Session 2 (Your Sweet Spot Overview, Your Passion).

Group Session 2

Pre-Work: Watch and complete part of Course Session 2 (videos: Your Sweet Spot Overview, Your Passion)

SMALL GROUP QUESTIONS

“See It”

1. What gives you the most energy when you do it, talk about it, or think about it? Why? (What do you have the most drive to pursue or accomplish? Why?)
2. When you hear the word “passion,” what do you think about? (What do you think is the difference between passion and excitement?)
3. In the video, Dave defined “passion” as “a conviction that becomes contagious because it withstands the test of pain.” Do you agree? Why or why not? (How does pain demonstrate or create passion in a person’s life? What passions have come out of your own pain points?)
4. Read Hebrews 12:1-3 as a group. What do you think was the “joy set before” Jesus that he endured the pain of the cross to get? (How did this joy fuel Jesus’ life?)
5. Of the passions you listed on your Passion Brainstorm, which four mean the most to you? (How do these things fuel you?)

(continued)

Group (Cont'd) Session 2

SMALL GROUP EXERCISE

“Be It” - Opposite Offenders

Explanation

One of the best ways to discover what we're passionate about is by taking a close look at the things that make us mad and then identifying their opposite. We have a tendency to get angry when our core convictions are neglected or trampled on. It's your “holy discontent”—the stuff that drives you nuts because it's not the way it's supposed to be.

Instructions

Name the four things that make you the maddest. (It's important to not “overspiritualize” this exercise. Answers could be things like seeing weeds in a flower bed or traffic that is moving slowly. However, it could also include things like bullying or other social injustices you see in the world.) Then for each offender, find one word that sums up what makes it so offensive. Finally, write the antonym (the opposite) of that word in the blank beside it. The antonyms hint at your passions. Do these connect with items on your Passion Brainstorm sheet? Do you need to add them at the bottom? Share what you discovered with the group.

(continued)

Group (Cont'd) Session 2

Offender	One-Word Summary	Opposite (Antonym)

Two Words:

Go back to your Two Words from the last group session and add another five or ten more pairs based on your Passion Brainstorm and today’s discussion and exercise.

Assignment

Watch and complete Part of Course Session 2 (Your Ability). Take at least one personality, spiritual gifts, or strengths assessment, whether one suggested by your group leader or one of the following: APEST, DISC, Myers-Briggs (via 16Personalities or Truity), CliftonStrengths. Most of these can be found online in both free and paid versions.

Group Session 3

Pre-Work: Watch and complete part of Course Session 2 (Your Ability) and assessments from last session

SMALL GROUP QUESTIONS

“See It”

1. Romans 12:6 says, “We have different gifts, according to the grace given to each of us.” What do you think grace and gifts (abilities) have to do with one another?
2. Have you ever taken an assessment of your personality, spiritual gifts, or strengths that helped you look into your unique abilities or wiring? What did you learn from those assessments? (What did you like about that experience? What did you not like about that experience?)
3. What do you secretly think you would be good at that you have never told anyone? (What has kept you from trying out that hunch?)
4. What abilities do you not have that you wish you had? Why? (What might it look like for you to live and train the abilities that you have instead of wishing you had abilities that you see in others? What makes it hard to do that?)
5. Which four abilities in your Ability Brainstorm best describe what you are good at? (Why did you land on those four abilities? What do you think is unique about your combination of abilities?)

(continued)

Group (Cont'd) Session 3

SMALL GROUP EXERCISE

“Be It” - Assessment Interpretation

Explanation

Every ability is a grace from God. Whether we are talking about natural abilities or miraculous abilities, these gifts are given to every believer to build up the body of Christ and to testify to the unique grace on each of us. It is not cocky or arrogant to name these things because they do not come from yourself. When God's grace on you is named and embraced, you function with incredible power. Assessments can help us name some of these abilities. Unfortunately they can also be used to label and limit people. But when these assessments are done well and confirmed within a community of people, they often bring extraordinary freedom and confidence to the one who is willing to receive them.

(continued)

Group Session 3 (Cont'd)

Instructions

Review the assessments that you took in preparation for this session and even include others that you have taken in the past. Write down key insights from each. Also note common themes and connections that tie the results together, especially ones that you may have overlooked when you were only looking at one assessment at a time.

Assessment	Insights

Common Themes and Connections:

Instructions

One place to investigate your abilities is what brings you a sense of accomplishment. These accomplishments don't have to be things that you have been recognized for. Rather, they are often

(continued)

Group (Cont'd) Session 3

subtle moments that leave you feeling deeply fulfilled even if no one else notices.

Think about times that you accomplished something that gave you a deep sense of satisfaction. List at least five events or activities. For each accomplishment, consider what abilities you have that made it happen. Where else have those abilities shown up in your life?

#1 Sense of Accomplishment

#2 Sense of Accomplishment

#3 Sense of Accomplishment

#4 Sense of Accomplishment

#5 Sense of Accomplishment

Two Words

Go back to your Two Words from the last group session and add another five or ten more pairs based on your Passion Brainstorm and today's discussion and exercise.

Assignment

Watch and complete Part of Course Session 2 (Your Context)

Group Session 4

Pre-Work: Watch and complete Part of Course
Session 2 (Your Context)

SMALL GROUP EXERCISE

“See It”

1. What kinds of environments are you drawn to? Why? (What kinds of environments repel you? Why?)
2. Of the environments where you've worked, which felt like home? Why? (Which environments stretched you for the better? What was it about that environment that stretched you? How did you benefit?)
3. Read Matthew 15:21-28. How did Jesus define the context of his ministry in this passage? What took Jesus beyond his comfort zone? (What does this teach you about operating in your ideal context?)
4. What kinds of people bring out your best? (With whom have you worked in the past whose gifts and passions interacted powerfully with yours? What did these people have in common?)
5. Which are the four most important features of your ideal context listed in your Context Brainstorm worksheet? (How do they bring out your best?)

(continued)

Group (Cont'd) Session 4

SMALL GROUP EXERCISE

“Be It” - Activator/Advantage

Explanation

We can't reach everyone. We can't thrive everywhere. Understanding your context means coming to terms with your limitations. It means recognizing both where your impact is the greatest and also where you are likely to see very little return on your investment of effort. Jesus demonstrated this with great discipline throughout his ministry. He stayed in a confined geographic area, yet the impact of his ministry reached all over the world. He invested in a limited group of people, yet his movement has reached to millions and millions of people of all different ethnicities and cultures. By embracing limitations his ministry became unlimited. This is what identifying your ideal context is all about. One exercise that helps you identify your ideal context is called Activator/Advantage.

Instructions

Identifying your activator helps you understand your motivation. Command refers to your motivation to lead others. Creativity refers to your motivation to help people see the world as you see it. Contribution refers to your motivation to lend meaningful support to something bigger than yourself. Rank these activators according to how strongly they motivate you from most to least. Identifying your advantage helps you understand where you excel relative to others. Some people are good with things (physical stuff). Others are good with people (interacting with them, consoling them, motivating them, and so on). Still others are good with ideas (including information and data). Rank

Group (Cont'd) Session 4

these advantages according to where you see the best results for your effort from most to least. Then share your activator and advantage rankings with the group.

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

(continued)

Group (Cont'd) Session 4

Explanation

Not every workplace is the same. The values of workplace—what the people there find most important—often determine why one person thrives there and another person withers. Workplace motivators are a list of 23 different reasons that people might like where they work. Knowing whether your motivators match your work environment can be a strong clue to your ideal context.

Instructions

Circle your top five workplace motivators from the 23 on the page. Then share them with the group.

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

Two Words

Go back to your Two Words from the last group session and add another five or ten more based on your Context Brainstorm and today's discussion and exercise.

Assignment

Finish Course Session 2 (Sweet Spot Diamond Summary). Watch and complete Course Sessions 3 (The Calling Sandwich) and 4 (Two Word Brainstorming Techniques).

Group Session 5

Pre-Work: Finish Course Session 2 (Sweet Spot Diamond Summary). Watch and complete Course Sessions 3 (The Calling Sandwich), 4 (Two Words Brainstorming Techniques)

SMALL GROUP EXERCISE

“See It”

1. What is your Signature Scripture? (Why did you pick this passage of Scripture? How does this passage point to your calling?)
2. Do you feel that your Big Sentence describes you accurately? Why or Why not? (What part of your Big Sentence needs help to describe you better?)
3. Have you settled on the Two Words that name your Sweet Spot? If so, what are they? (If you haven't settled on them, how are you stuck?)
4. How confident are you about your Two Words? (How do they make you feel when you think about them?)
5. Who can you share your Two Words with this week who can confirm them or help you refine them?

(continued)

Group (Cont'd) Session 5

SMALL GROUP EXERCISE

“Be It” -Thesaurus

Explanation

One of the best ways to move your Two Words to even greater specificity is by using a thesaurus. A thesaurus gives you multiple different ways to describe the big ideas that are in your mind for both of your Two Words.

Instructions

Take time to use a thesaurus to refine your Two Words. (merriam-webster.com is a good option.) Then share your refined Two Words with the group.

Assignment

Watch and complete Sessions 5 (Evaluate Your Two Words), 6 (Your Two Words). Next time we're going to celebrate where God has brought us through this journey. Be prepared to share your Sweet Spot summary (Signature Scripture, Big Sentence, and Two Words).

Group Session 6

Pre-Work: Finish Course Session 2 (Sweet Spot Diamond Summary). Watch and complete Course Sessions 3 (The Calling Sandwich), 4 (Two Words Brainstorming Techniques)

SMALL GROUP EXERCISE

“See It”

1. How would you describe your current state of clarity in regard to finding your One Thing?
2. What was the biggest insight that you learned about yourself through this journey? (How has that insight changed the way you think about your life and work?)
3. How has naming your Sweet Spot changed or challenged your life most? (What shifts in your thinking or behavior have you made as a result of this process?)
4. What was your biggest divine moment in this journey? Where did God meet you in an unexpected way?
5. Whom in this group would you like to thank for their contribution to what you've learned about God and yourself through this course?

(continued)

Group (Cont'd) Session 6

SMALL GROUP EXERCISE

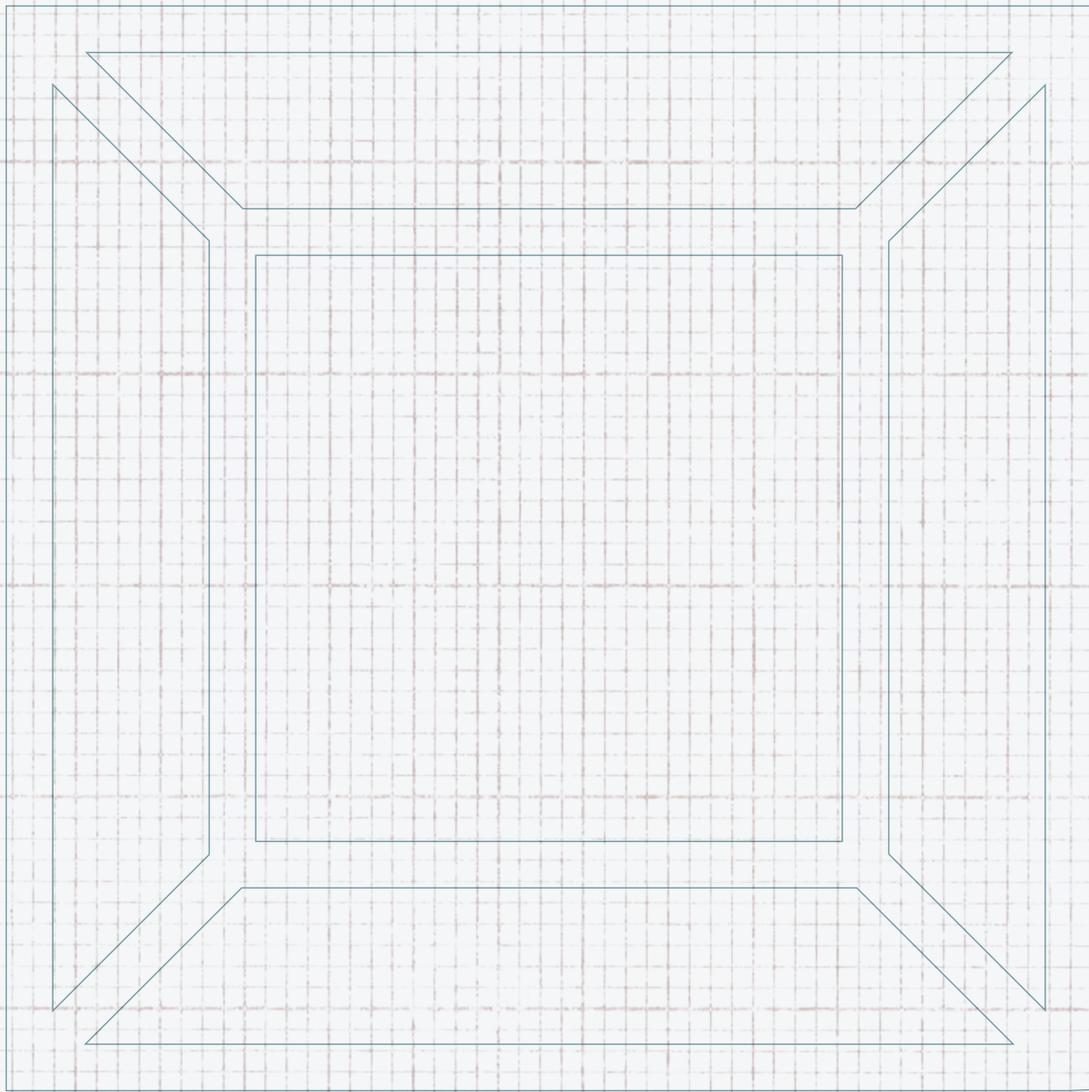
“Be It” - Two Word Celebration (Read 1 Corinthians 12:12–27.)

Explanation

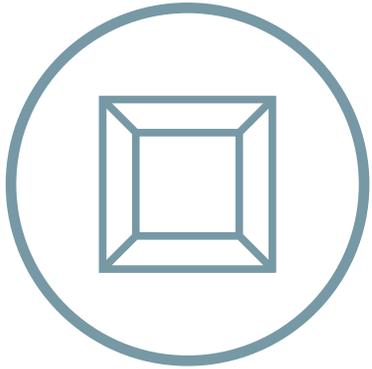
What’s great about going through Finding Your One Thing together is that we each recognize our own uniqueness and we have opportunity to appreciate the uniqueness of others. We are all called to be unique but none of us is called to be independent. We need each other. In 1 Corinthians 12, Paul eloquently describes the church as the body of Christ. He probably got this metaphor from when he was first confronted by Jesus on the road to persecute Christians in Damascus. In a vision Jesus asked Paul (known as Saul at the time), “Saul, Saul, why are you persecuting me?” Here on the Damascus Road Jesus shows us how intimately he is connected to his church—the church is his body. Today we want to take a moment to celebrate each part of that body, to recognize each other’s uniqueness and recognize the important contribution that each of us is called to make both to Christ’s body and through this body to the world. No one in the world is exactly like you, and today we come to celebrate that uniqueness together.

Instructions

One by one, share your Sweet Spot summary with the group. You may want to have a little fun by placing everyone’s name in a bowl and picking them out one at a time. After each one has shared their Sweet Spot, allow time for the group to affirm the person. Become the body of Christ together and honor each part with the dignity it deserves.



LIVING ON MISSION



Thank you for leading a small group through Living on Mission by Younique. This brief introduction will help you use this resource to stimulate your group's learning.

Each small group session is tied to the videos that participants will watch and exercises they will complete before you get together as a group. Each group session has two parts, which you can lead in either order according to what works best for your group:

“SEE IT”

These are five groups of questions for discussion. Each question grouping has a starter question with one or two follow-up questions in parentheses. You don't have to ask every question; use your judgment as to which ones to hit on. These questions are meant to help your group process the work that they have done on their own and to share their breakthrough and results with others.

“BE IT”

This is a tool or exercise that enables participants to put the lesson into practice in their own lives. It often requires a few minutes for people to work on their own followed by group discussion. The tool or exercise is critical for turning the discussion into a true learning experience.

(continued)

Before your group gets started with the first session, take three steps to make sure everyone is ready to go when you get together:

1. Create a Yunique account if you haven't yet. Someone in your church should have sent you the link to create an account. If you have an account already, log in at lifeyunique.com/login.
2. On your account dashboard, click "View courses on Thinkific." Select Living on Mission. Before the first group session, do Course Session 1 (Living on Mission).
3. Invite your group to create a Yunique account; share with them the same link that was given to you. Also direct them to do the course sessions above before your first meeting together.

May God make breakthrough learning happen in your group!

The Yunique Team

Group Session 1

Pre-Work: Watch and complete Course Session 1
(Living on Mission)

SMALL GROUP QUESTIONS

“See It”

Take some time to introduce yourself to the group and share one thing you’re looking forward to in the next six months. Once everyone has introduced themselves, use the following questions to get to know one another better and to think about what it means to live on mission.

1. When you hear the word “mission,” what first comes to your mind? (What do you think it means to live on mission? Who are some of the people you know who you would say are living on mission? What do their lives look like?)
2. Have you ever tried to write out a mission statement for your life before? (If so, what went well? What went wrong?)
3. What resonated with you the most from the video? (What challenged you the most from the video?)
4. In the video, Dave mentioned three questions that we will answer in this course: “What?” “Why?” and “Who?” Which of these questions interests you the most? (Why?)
5. What do you most hope to gain from this Living on Mission course? (Why?)

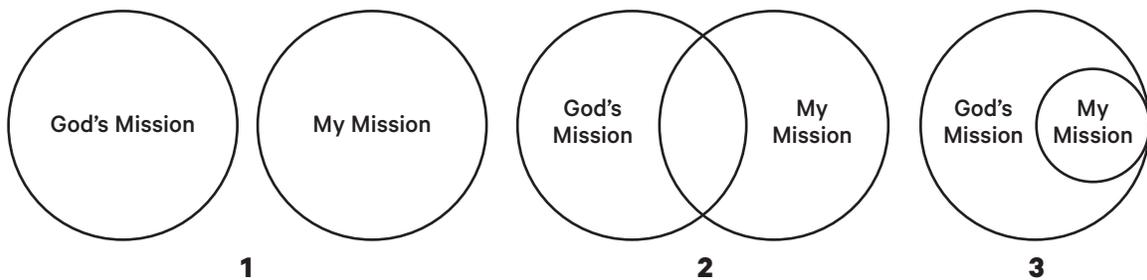
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Group ^(Cont'd) Session 1

SMALL GROUP EXERCISE "Be It" - The Mission of God

Explanation

God is on mission in our world. Living on mission means discovering how God has wired us to live on mission with him. Unfortunately, our lives don't always assume that posture. There are three different ways that people relate their personal mission in life to God's mission.



In picture 1, God has a mission and I have a mission, but there is no connection between the two.

In picture 2, part of my mission in life overlaps with God's mission, but the rest of it doesn't have to do with what he is doing.

In picture 3, my entire mission is one part of God's mission in the world.

The Christian's appropriate posture toward mission is illustrated by picture 3. Our mission is found in God's mission. So today we want to start discovering our mission by first taking time to articulate God's mission.

(continued)

Group (Cont'd) Session 1

Instructions

Pair up with a partner. Take six minutes to come up with a six-word summary of God's mission in the world (for example, "To save that which was lost"). Put your final version in the first row of six blanks below. Then share your summary with the group. Write down the other pairs' summaries in the other rows. (Note: In the sessions to come, you'll do this and other exercises for your own mission.)

MISSION OF GOD

Assignment

Watch and complete Course Sessions 2 (Special Calling), 3 (LifeCall)

Group Session 2

Pre-Work: Watch and complete Course Sessions 2-3 (Special Calling), (LifeCall)

SMALL GROUP QUESTIONS

“See It”

1. What Two Words did you come up with to describe your special calling? (Why did you choose these two words to describe your special calling?)
2. What six words did you land on in the Six Word exercise? (How did you go from the two words you started with to the six words you ended up with?)
3. What is your final LifeCall statement? How many words did it turn out to be? (How confident are you in this statement? What do you still want to refine?)
4. How might your LifeCall statement change how you think about success? (How might it guide you through difficult times in your life?)
5. How much of your life is aligned with your current LifeCall statement? (How might you use this statement to help you re-align and prioritize your life differently?)

(continued)

Group (Cont'd) Session 2

SMALL GROUP EXERCISE

“Be It” - Meaningful/Memorable Matrix

Explanation

As the saying goes, “words create worlds.” Language creates culture. Right from the beginning in Genesis 1 we see the power of words to create everything, and this principle repeats throughout Scripture. So how we speak matters. That is why it is important for us to fight for the very best language when we talk about our lives.

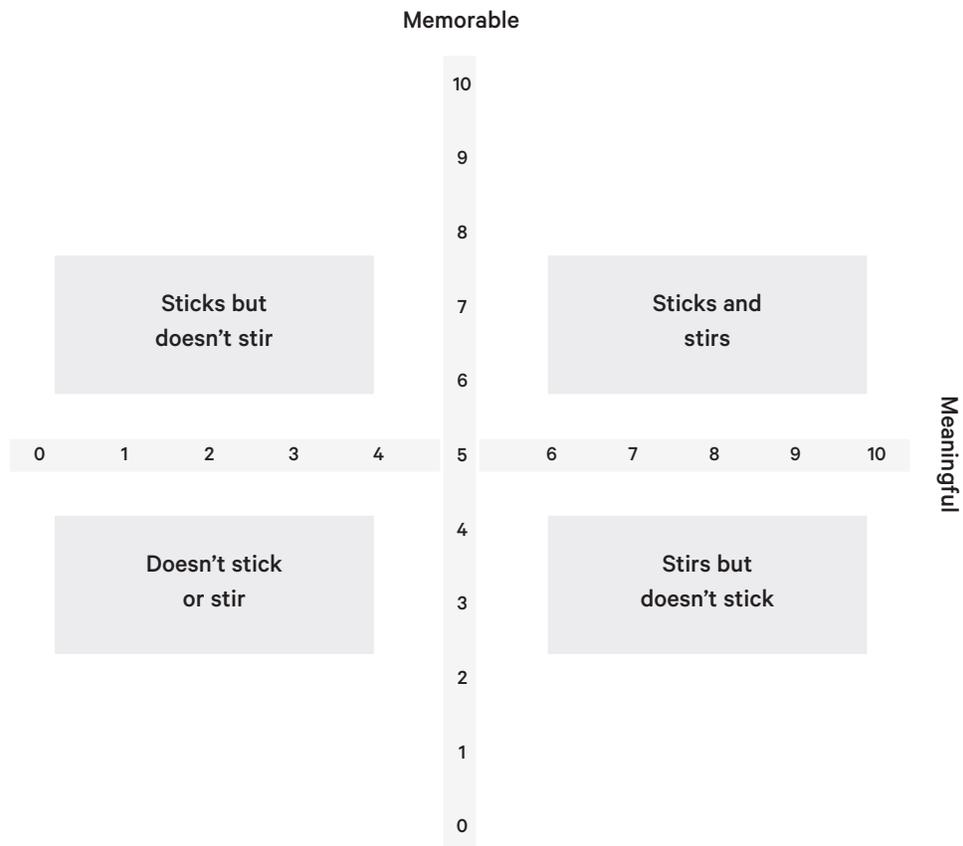
Good language is both meaningful and memorable. It’s meaningful in that it stirs the heart because it’s true, but it’s also memorable in that it sticks in the mind because it’s catchy. To fight for good language is to struggle for the words that both stir and stick.

(continued)

Group Session 2 (Cont'd)

Instructions

Evaluate the language of your LifeCall statement as it is now. How memorable is it on a scale of 0 (you can't remember it at all) to 10 (you can't forget it)? How meaningful is it from 0 (you would be fine changing it tomorrow) to 10 (you can't ever imagine changing it)? Mark where the two numbers coincide on the matrix. Where does your LifeCall need to go—up, to the right, or both? Share with the group.



Assignment

Watch and complete Course Session 3 (Clarity and Commitment)

Group Session 3

Pre-Work: Watch and complete Course Session 3
(Clarity and Commitment)

SMALL GROUP QUESTIONS

“See It”

1. When you think of someone who was clear about their mission who do you think of (besides Jesus)? (This doesn't have to be a Bible answer—could be someone from history, a movie, etc.). (Why do you think of them?)
2. When you think of someone who was resolutely committed to their mission (besides Jesus), whom do you think of? (Why do you think of them?)
3. Which comes more naturally to you, clarity or commitment? (Why? When in your life have you been the most clear? When in your life have you been the most committed?)
4. Where did you end up when you graphed yourself on the Clarity and Commitment worksheet? (Were you surprised by your results?)
5. Which strategy is most important for your next step of growth—revelation, imagination, inspiration, or discipline? (What would it take for you to make one step toward true north? What is your biggest obstacle? How willing are you to pursue what you need to grow?)

(continued)

Group (Cont'd) Session 3

SMALL GROUP EXERCISE

“Be It” - Defining the Problem

Explanation

“When the days drew near for him to be taken up, he set his face to go to Jerusalem” (Luke 9:51 ESV). There may be no greater description of clarity and commitment in human history than this. It is a hinge moment in Jesus’ life in ministry and in the gospel of Luke. Jesus knows where he is headed. Jesus knows what it will cost him. But he has set his face toward Jerusalem and in the end nothing can stop him from accomplishing his mission. He is living at true north.

Today we want to consider what it would take for us to live with this kind of clarity and commitment in our own lives. To do so we need to define the journey in front of us, because defining the problem is at least half of the solution. We also want to make our movement in the direction of true north doable. So today’s exercise is to identify the next step you need to take by determining what to start doing and what to stop.

(continued)

Group (Cont'd) Session 3

Instructions

Identify which is the greater need you have right now, increasing clarity or commitment. Name three things you need to stop doing and three things you need to start doing to see that area grow. Then share your conclusions with one another.

“In order to take my next step in _____
(clarity or commitment), I need to stop doing
_____ and _____ and start
doing _____
and _____.”

Assignment

Watch and complete Course Sessions 4 (Life Core Values), 5 (Your 4 LifeCore Values).

Group Session 4

Pre-Work: Watch and complete Course Sessions 4 (LifeCore Values), 5 (Your 4 LifeCore Values).

SMALL GROUP EXERCISE

“See It”

1. How would you describe the difference between mission and values? (What do values have to do with living on mission? Why do you think it is important to name them?)
2. What four things offend you most? How do these offenders point to things that might be your values?
3. Read Matthew 16:21–28. What value or values of Jesus are evident by what he said and did in this passage? (How did these values appear throughout Jesus’ life?)
4. What four LifeCore values did you identify through the exercises in this session? (How confident are you that these values answer the “why” question of your life? Is there anything missing? If so, what?)
5. Where would you graph your current articulation of your values on the Meaningful/Memorable Matrix from our last group session? (What do you need to take it further up and to the right?)

(continued)

Group ^(Cont'd) Session 4

SMALL GROUP EXERCISE

“Be It” - Values Check

Explanation

When people name their values, one of the major, common pitfalls they fall into is naming “aspirational” values rather than “real” values. Aspirational values are values that you wish you had or values that you think others expect you to have. They may be principles that you agree with in theory, but they are rarely practiced in life. Real values, on the other hand, are the values that drive you at the core of who you are and that form the internal mechanism through which you make decisions. They are core convictions that affect you at every level. While it is okay to have an aspirational value that you desire to grow into, what you don’t want to do is ignore the very real values that act as an internal compass for your life. Naming these values is what the LifeCore exercises in Younique are all about. One of the best ways to check whether a value you are naming is real or aspirational is to try to trace it back to your life story.

(continued)

Group (Cont'd) Session 4

Instructions

List your values on the chart below. Then in the space beside each, write where you believe that value originated in your life story and also where you have best demonstrated that value in your life story. If you can't name either, consider whether the value is a real value, not an aspirational one. When you can recognize where a value originated or how it has been demonstrated, consider how that experience has formed you into the person you are today.

Value	Origin in My Story	Demonstrated in My Story

Assignment

Watch and complete Course Session 6 (LiveSent)

Group Session 5

Pre-Work: Watch and complete Course Session 6
(Live Sent)

SMALL GROUP EXERCISE

“See It”

1. What did you like most about the teaching on “living sent”? (What part intrigued you the most? What challenged you the most?)
2. Who brings out your best? Who needs your best?
3. What place brings out your best? What place needs your best?
4. What was your biggest insight from working through the Live Sent tool? (How has this insight shifted your understanding of what is important in your life?)
5. Where do you see a greater gap between your life today and your ideal life—on the “sent from/with” side or on the “sent to” side? (What is a good step you can take to close that gap? What has to change for that step to happen?)

(continued)

Group (Cont'd) Session 5

SMALL GROUP EXERCISE

“Be It” - Prayer Partners

Explanation

The quality of our lives is directly related to the quality of people we choose to live life with. Even the most meaningless tasks bring deep fulfillment to our lives when those tasks are done with the right people. So today, think about who might become your prayer partners, classified in two groups.

The first group consists of people who have impacted your life in the past but you interact with them less frequently or intimately these days. These are people to pray for in three ways: first by interceding with God on their behalf, second by reaching out to thank them for what they have meant to you in the past, and third by thinking about ways you can partner with them in the future.

The second group consists of people active in your life right now whom God may be inviting you to partner with. Start by contacting these people and asking them how you can pray for them. Later get together for lunch or have them over to your house to grow a partnership in faith and mission.

(continued)

Group (Cont'd) Session 5

Instructions

List ten people from your past whom you want to thank for being part of your life and mission. Then list five people who are in your life right now with whom you want to invest your life and engage your mission. (People on either list may also be on your Live Sent worksheet.) Schedule time to call or get together with all 15 in the next two weeks.

Past Partners

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

Present Partners

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

Assignment

Watch and complete Course Session 7 (Living on Mission). Come prepared to share your finalized LifeCall (mission) and LifeCore (values) with the group. (Leader: Look at next session's guide now to make special arrangements in enough time.)

Group Session 6

Pre-Work: Watch and complete Course Session 7
(Living on Mission)

SMALL GROUP EXERCISE

“See It”

1. What word would you use to describe our journey together through this course? (Why did you choose that word?)
2. What impacted you most from our time together in this course? (Why? How has it changed the way you view and live life?)
3. Who in this group would you like to thank for the way they have helped you by talking about their own life? (How did what they shared help you understand your own mission better?)
4. How might we encourage and support each other in living on mission when the course is over? (What is a practical step we could take in the next two weeks?)
5. Whom do you know who would benefit from this course? (How could you encourage them to do it?)

(continued)

Group (Cont'd) Session 6

SMALL GROUP EXERCISE

“Be It” - Celebration

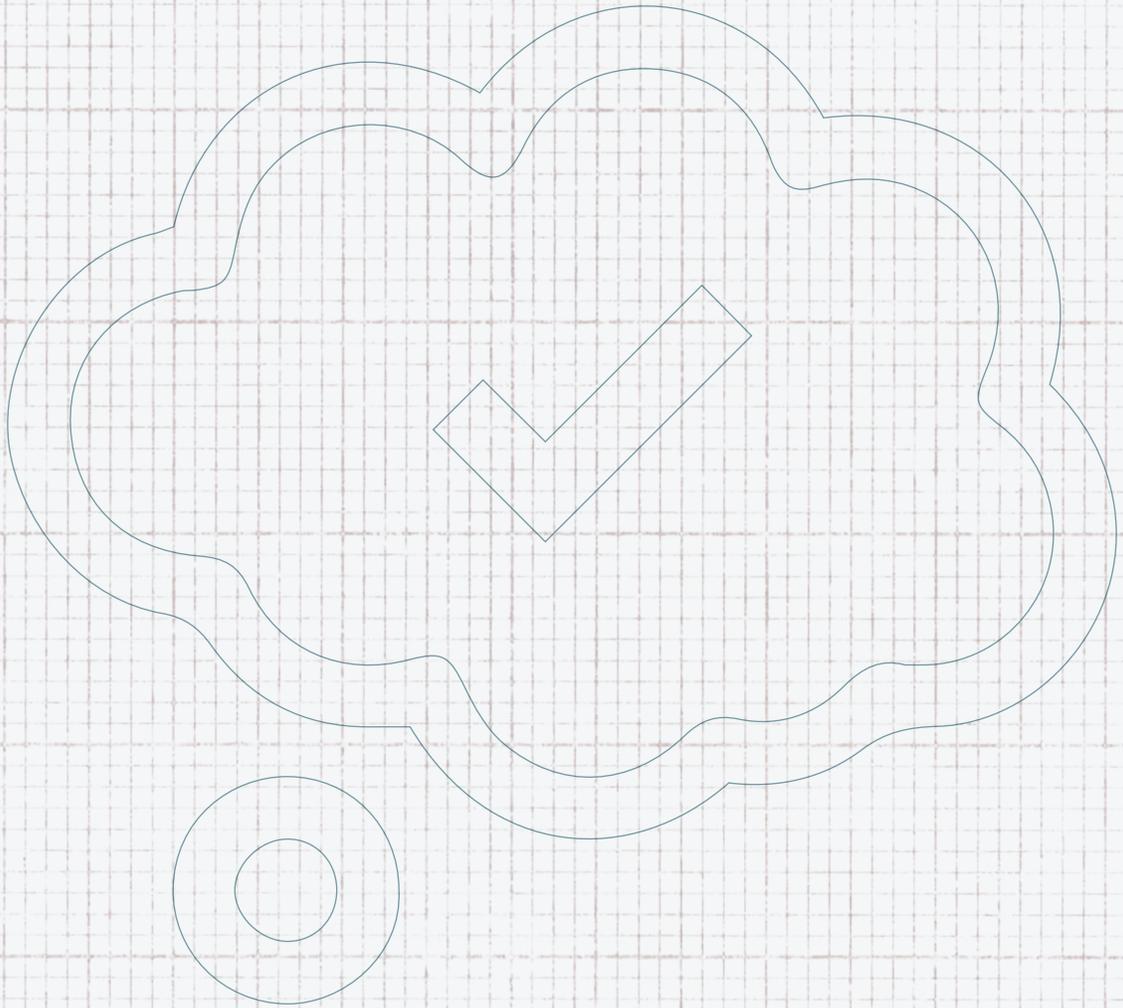
Explanation

Take the bulk of this session to celebrate each person in your group. Each one gets to share all their work from the past five sessions with the other members of the group.

Instructions

1. Make the room a celebrative environment. Consider decorations, food, and drinks.
2. Play “This Is Me” from the workshop session of The Greatest Showman (https://youtu.be/XLFEvHWD_NE). This movie musical is the story of P. T. Barnum and his quest to find extraordinary talent in ordinary places. This theme song shares the important truth that each of us have a special gift to offer the world and shows how powerful it is to step into the ring and share with the world the person God has designed you to be.
3. Put each person’s name in a bowl and draw them out one by one.
4. When each person’s name is drawn, have them step into the “center of the ring” and read their full name, their LifeCall (mission), and their LifeCore (values). Then loudly celebrate the person and speak affirming words.

This is what it looks like to be the church—having a cheering section that believes in the person God has made you to be and supporting you and partnering with you as you become that person!



ACHIEVING LIFE DREAMS



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“SEE IT”

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“BE IT”

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(continued)

Before your group gets started with the first session, take three steps to make sure everyone is ready to go when you get together:

1. Create a Younique account if you haven't yet. Someone in your church should have sent you the link to create an account. If you have an account already, log in at lifeyounique.com/login.
2. On your account dashboard, click "View courses on Thinkific." Select Achieving Life Dreams. Before the first group session, do course sessions 1 (Overview) and 2 (10/10 List).
3. Invite your group to create a Younique account; share with them the same link that was given to you. Also direct them to do the course sessions above before your first meeting together.

May God make breakthrough learning happen in your group!

The Younique Team

Group Session 1

Course Sessions 1 (Overview), 2 (10/10 List)

SMALL GROUP QUESTIONS

“See It”

Take some time to introduce yourself to the group and complete this sentence: “I’ve always wanted to . . .” Once everyone has introduced themselves, use the following questions to get to know one another better and to think about the power and possibility of dreaming.

1. Based on how God is described in the Bible, do you think that he wants to bless your dreams? Why or why not? (What teachings or stories in the Bible agree with your answer?)
2. When have you personally experienced this principle that Will spoke of: “Most people who write things down significantly increase their likelihood of achieving a goal, an aspiration, or a dream”? (How did that experience shape you from then on? On a scale of 1 to 5, how would you rate your habit of writing down goals and dreams?)
3. What are three of the great accomplishments or experiences on your list of ten from the past? (What made them so special? How might they influence your dreams for the future?)
4. What are three of the accomplishments or experiences you are dreaming about on your list of ten for the future? (What makes them significant to you?)
5. What steps have you already taken toward accomplishing items on your list of ten future accomplishments? (Are you excited to get going on them, intimidated about it, or both? Why do you think you feel that way?)

(continued)

Group (Cont'd) Session 1

SMALL GROUP EXERCISE

“Be It” - Dream Blockers

Explanation

Most people don't really believe that God has their best interest at heart. They believe that God is right, but they don't believe that God is good. They know that they are supposed to serve God with the gifts and talents they have, but they really don't believe that the life that God wants for them is anything more than what they are currently experiencing. Maybe past expectations they had of life have been disappointed. Or maybe they can't see beyond the current realities that seem all too difficult to overcome in their present. Either way, they get trapped in believing that their best posture as a Christian is to simply accept their present reality as their permanent reality. In the end, they give up on dreaming about the future. They survive in the present and at best fantasize about their future. They become insomniacs by night and zombies by day. Yet dreaming is an important spiritual competency that most people have to be disciplined into.

Instructions

Reflect on the dream blockers that get in the way of imagining a better future than your current reality. Rank the following four dream blockers according to how much they stand in the way of your ability to dream. Then share your dream blockers with the group.

(continued)

Group (Cont'd) Session 1

The Disappointments of the Past: Sometimes we have trouble dreaming about the future because of what we have experienced in the past. Disappointed by failed expectations or wounded by unexpected suffering, we can't bring ourselves to expect good from the future.

The Obstacles of the Present: Sometimes our current realities loom so large that we have trouble seeing over them. We become so overwhelmed by our current struggles that we never believe that we will move past what we see today.

The Theology of Less: Sometimes our biggest obstacle to dreaming lies in a hidden belief that we should simply be content with our current life and never expect anything more. To dream of more seems childish at best and selfish at worst. What we believe God demands of us leads us to accept our current reality as God's best for our lives.

The Comparison of More: Sometimes our inability to dream for God's best lies in our captivity to keeping up with the Joneses. We don't imagine God's dream for us because we can only imagine having what our acquaintances have and doing what they do.

Dream Blockers	Rank
The Disappointment of the Past	
The Obstacles of the Present	
The Theology of Less	
The Comparison of More	

Assignment

Watch and complete Course Sessions 3 (Redeeming Your Life), 4 (20 Boxes of Possibility)

Group Session 2

Course Sessions 3 (Redeeming Your Life), 4 (20 Boxes of Possibility)

SMALL GROUP QUESTIONS

“See It”

1. What do you think about Dave’s statement that “dreaming begins with gratitude; gratitude opens up our minds to imagination”? (What questions would you ask Dave about this if he were here? On a scale of 1 to 5, how much is your gratitude stimulating your imagination lately? Why do you say that?)
2. From highest to lowest, how would you rank the prominence of dreaming, fantasizing, and surviving in your life? (When was the last time these were in a different order for you? What is one habit you could adopt that would help you put dreaming on top if it isn’t there already?)
3. When has someone else benefitted because you got a big win in your life (in any area)? (Who might still be living in poverty and captivity in their life because you are not dreaming about your life?)
4. How do you think you can spot the difference between narcissistic dreaming and getting in on God’s dream for your life? (How have you been tempted by narcissistic dreaming in the past? How can we encourage you to pursue God’s dream as we go through this course together?)
5. What dream in your 20 Boxes of Possibility would you never have come up with without having to fill in all the boxes of that tool? (How would you compare your proficiency in dreaming now with what it was before you started the course?)

(continued)

Group (Cont'd) Session 2

SMALL GROUP EXERCISE

“Be It” - Dream Filters

Explanation

One of the biggest struggles that people have when they begin to dream is an inner voice that tells them that dreaming is selfish. It absolutely can be! That's why we want to make sure that the dreams we list aren't self-indulgent cravings but fit with God's view of a truly good life.

Instructions

Use the four questions below to examine your life dreams. Dreams that don't have a good answer for at least one of the four dream filters should be adjusted or taken off your list.

1. How is the life dream facilitating deeper intimacy or special bonding with people?
2. How is the life dream enabling personal recreation or particular inspiration?
3. How is the life dream providing a general blessing or unique investment?
4. How is the life dream providing increased faith or gospel advancement?

Assignment

Watch and complete Course Session 5 (100 Life Dreams)

Group Session 3

Course Session 5 (100 Life Dreams)

SMALL GROUP QUESTIONS

“See It”

1. When does your creativity naturally emerge? (What is one dream that recently bubbled up in that creative time?)
2. Do you tend more to discount a dream for being too big or for being too small? (Why? What step can you take to uninhibit yourself for that kind of dream?)
3. What dreams have others told you that they see in you? (How do you tell the difference between someone else’s dream for you and a God-dream someone sees in you?)
4. Who is one person whom you dream of being like in some way? (What is it about the person that triggers your dream? How do you tell the difference between inspiration to be a richer you and mere imitation to be like someone else?)
5. What is one of your recurring “Kleenex moments”? (What does it say about what you dream of? How is that reflected in your list?)

(continued)

Group (Cont'd) Session 3

SMALL GROUP EXERCISE

“Be It” - Dream Team

Explanation

Dreaming isn't always easy. Sometimes we get stuck and need the help of others. In fact, one of the best ways to learn the skill of dreaming is to listen to others' dreams. So today we're going to make our small group a dream team by sharing a few of our life dreams with one another.

Allow the dreams you hear from others to stir dreams in you that you might have forgotten about or not even have thought of before. Adapt other people's dreams to make them your own. You might find a dream partner to collaborate with to accomplish some of your dreams together.

(continued)

Group Session 4

Course Session 6 (Your Life Dreams)

SMALL GROUP EXERCISE

“See It”

1. Are you more likely to dismiss a dream because it's too conventional or because it's too “out there”? (What dream might be on your list if you gave yourself permission to go the opposite way of your tendency?)
2. What low-effort-low-reward pleasures take up your time and attention from pursuing life dreams? (What deal could you make with yourself to shift some of your attention from the one to the other?)
3. Does making a dream “official” by putting it in writing pump you up with excitement or shut you down with fear? (How would you precisely name the fear? If that fear came true, what is the worst that would happen?)
4. Whose expectations (past or present) do the most to limit your dreaming? (What are those expectations? How much does the Bible back up those expectations?)
5. When you look at your life dreams list so far, which resource for accomplishing them is in shortest supply: time, money, or courage? (What is one habit you could establish that would increase the resource you lack to achieve your life dreams?)

(continued)

Group (Cont'd) Session 4

SMALL GROUP EXERCISE

“Be It” - Achieve the Dream

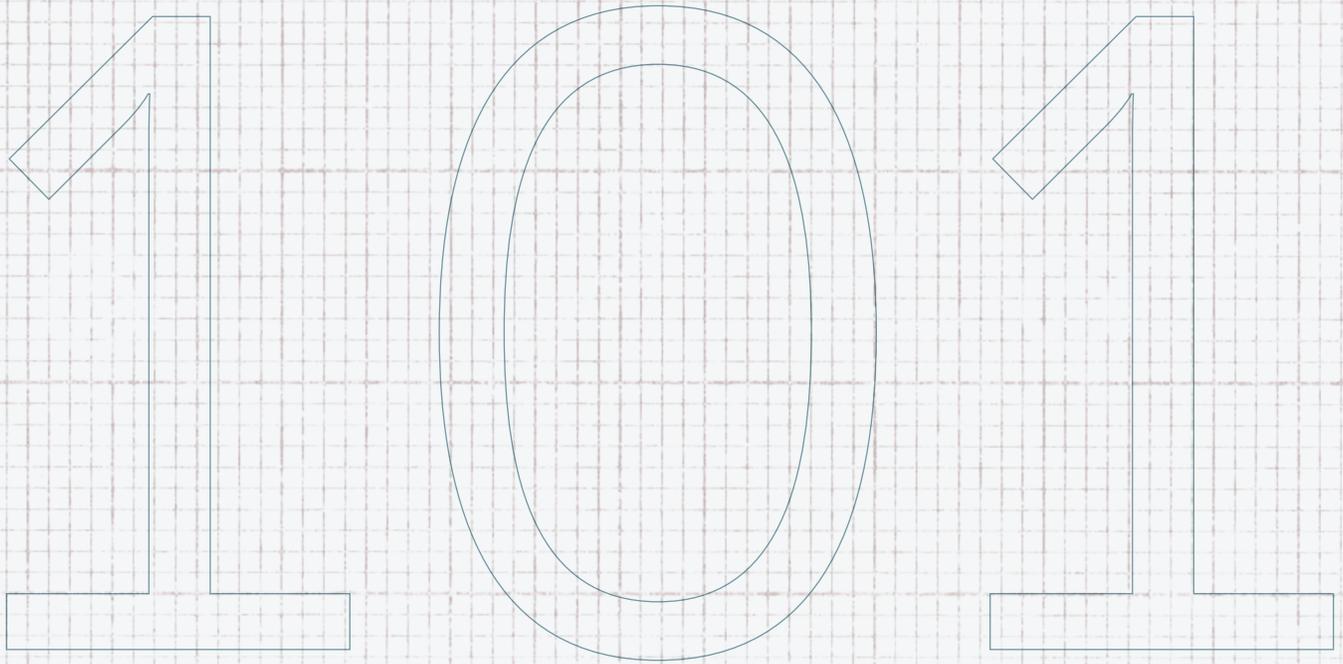
Explanation

The first step to achieving your life dreams is to start naming them, which you've been doing through the whole course. But you might be surprised how the simple act of naming your life dreams out loud in front of others starts to orient your life toward them. Today we're going to do that and have them celebrated by those around us.

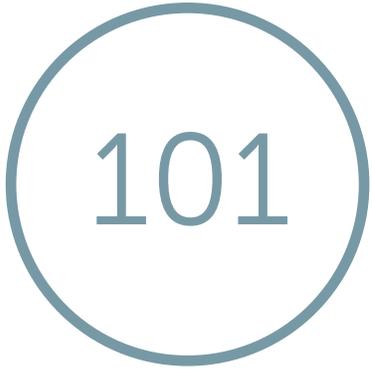
Instructions

Set an atmosphere of celebration. You may want to bring in food, invite people from outside the group, or prepare the room in a celebratory fashion.

Have each person read their life dreams list to the group. Celebrate the person's dreams and speak affirming words about what they shared.



LIFE PLANNING 101



Thank you for leading a small group through Life Planning 101 by Younique. This brief introduction will help you use this resource to stimulate your group's learning.

Each small group session is tied to the videos that participants will watch and exercises they will complete before you get together as a group. Each group session has two parts, which you can lead in either order according to what works best for your group:

“SEE IT”

These are five groups of questions for discussion. Each question grouping has a starter question with one or two follow-up questions in parentheses. You don't have to ask every question; use your judgment as to which ones to hit on. These questions are meant to help your group process the work that they have done on their own and to share their breakthrough and results with others.

“BE IT”

This is a tool or exercise that enables participants to put the lesson into practice in their own lives. It often requires a few minutes for people to work on their own followed by group discussion. The tool or exercise is critical for turning the discussion into a true learning experience.

(continued)

Before your group gets started with the first session, take three steps to make sure everyone is ready to go when you get together:

1. Create a Yunique account if you haven't yet. Someone in your church should have sent you the link to create an account. If you have an account already, log in at lifeyunique.com/login.
2. On your account dashboard, click "View courses on Thinkific." Select Life Planning 101. Before the first group session, do course sessions 1 (Where You Are Headed) and 2 (Tombstone Tweet).
3. Invite your group to create a Yunique account; share with them the same link that was given to you. Also direct them to do the course sessions above before your first meeting together.

May God make breakthrough learning happen in your group!

The Yunique Team

Group Session 1

Course Sessions 1 (Where You Are Headed),
2 (Tombstone Tweet)

SMALL GROUP QUESTIONS

“See It”

Take some time to introduce yourself to the group and share something important or special you have planned in the next six months. Once everyone has introduced themselves, use the following questions to get to know one another better and to think about where your life is headed.

1. What has planning the future been like in your experience? (How has your approach to planning the future—including not planning the future—been useful to you? What frustrations or disappointments has it caused you?)
2. How is the Horizon Storyline different from other planning approaches you’ve seen or tried in the past? (What questions do you have about it?)
3. On a scale of 0 (supereasy) to 10 (superhard), how difficult was it for you to do the Tombstone Tweet exercise? What made it easy or hard? (What made it encouraging or discouraging?)
4. What is your Tombstone Tweet? (What feelings arise in you when you think about it? What about it makes you feel that way?)
5. How does thinking about the end of your life affect how you think about your life currently? (What does it inspire you to keep doing? What does it inspire you to change?)

(continued)

Group ^(Cont'd) Session 1

SMALL GROUP EXERCISE

“Be It” - End in Mind

Take turns reading Isaiah 46:9–10; Ecclesiastes 7:8; Psalm 139:13–16; Jeremiah 1:5; Acts 13:36.

Explanation

God always begins with the end in mind. In fact, he himself is called both the Alpha (beginning) and the Omega (ending). God began with the end in mind when he created our world. He did it when he chose Israel to reveal him to the world. And he does it when he knits us together in our mother’s wombs. Dreaming with God about our lives starts with thinking about our lives from God’s perspective. What is the purpose that God wants to accomplish with our lives in our generation? Already we have begun to dream with God for that future as we sought to write out our Tombstone Tweet. Today, we want to submit our future to God by praying our Tombstone Tweets over each other.

Instructions

Break into smaller groups of two or three people. In the twos and threes, have each person reread their Tombstone Tweet. Then each other person will pray that God will make that tweet a reality, specifically naming its details.

Assignment

Watch and complete Course Session 3 (3-Year Dream)

Group Session 2

Course Session 3 (3-Year Dream)

SMALL GROUP QUESTIONS

“See It”

1. What are the major milestones that you anticipate over the next three years? (How do these milestones excite you? How do they challenge you?)
2. What do you most hope will be different about your life three years from now? (How long have you hoped this would change? How much confidence do you have that God will enable this to change in the next three years?)
3. What image or metaphor expresses your 3-year dream? Why? (What about this image stirs your soul?)
4. What are the details of the life you hope for in three years (your vivid description bullets)? (What areas of your life are covered by these bullets? What areas aren't represented yet?)
5. What feelings does your 3-year dream evoke in you? (What might have to happen over the next 12 months for that dream to begin to come true?)

(continued)

Group (Cont'd) Session 2

SMALL GROUP EXERCISE

“Be It” - Dream Check

Read Proverbs 16:1–9.

Explanation

Just because we have a dream for our lives doesn't necessarily mean that it is God's dream for us. The secret to dreaming and planning from a biblical perspective is not to present God our dreams but to align our life with the dreams and plans that God has for us. Proverbs 16:1-9 reminds us of this. So, before we go any further we want to do a dream check.

(continued)

Group (Cont'd) Session 2

Instructions

Use the five-question dream check below to evaluate the dream that you have placed in the Beyond the Horizon slot on your LifeMap. If you can answer yes to the 5 questions, then you are ready to continue with the Life Planning 101 course. If there are questions you can't give an affirmative answer to, then go back to your Beyond the Horizon Worksheet and work with the Spirit of God to adjust your dream until you can say yes to all five questions.

1. Do I feel like my dream represents the heart of God for my life?	Yes / No
2. Does my dream require me to be dependent on God working in my life?	Yes / No
3. Would my dream benefit or bless anyone other than me if it were to come to fruition?	Yes / No
4. Does my dream integrate the work of God across the areas of health, love, work, and play?	Yes / No
5. Would accomplishing this dream bear witness to those around me that I am someone who is walking with God, whose steps are ordered by God?	Yes / No

Assignment

Watch and complete Course Session 4 (1-Year Objectives)

Group Session 3

Course Session 4 (1-Year Objectives)

SMALL GROUP QUESTIONS

“See It”

1. As you look at your life today, what positive things do you have to build on? (How have you celebrated these things before God? Whom have you told about God’s goodness in these things?)
2. What is missing from your life today? (What is broken in your life today? What is confused?)
3. What are your four 1-year objectives? (On a scale of 1 to 5, how satisfied are you that these adequately name your priorities for the next year? What would it take to get your opinion of them to a 5?)
4. Do you think there is a greater risk that your 1-year objectives are too large or that they are too small? (What adjustments, if any, might you make to right-size them for a one-year period?)
5. Imagine yourself 12 months in the future and all your 1-year objectives have been met. How are other people likely to describe you and your life that they couldn’t say today? (Now imagine that your objectives have been partly but not completely achieved. Do you think naming them will have been worth it? Why or why not?)

(continued)

Group (Cont'd) Session 3

SMALL GROUP EXERCISE

“Be It” - Mountain Climbers

Read Ecclesiastes 4:9–12; Proverbs 15:22.

Explanation

The four 1-year objectives that we each have identified are the four mountains we will be climbing this year. Yet mountains are rarely scaled or conquered by people who go it alone, and in addition, a great hike is best experienced when friends go with us. An important part of accomplishing our four 1-year objectives is identifying who will climb these mountains with you. Throughout the Bible, God brings people together to accomplish the work that he has called them to do. These verses in Ecclesiastes and Proverbs provide a picture of why traveling companions are so important for our journey. Today we want to identify some of these traveling companions that God might have sent to help us accomplish our objectives and for us to help them along their way as well.

(continued)

Group (Cont'd) Session 3

Instructions

Write down each of your four objectives in the spaces in the table. In the column next to the objective, write down a list of friends, family, mentors, or experts that you could lean on to help you accomplish these objectives. Activate the relationships on this list to help you accomplish your objectives.

Objectives	People to Climb with You

Assignment

Watch and complete Course Session 5 (90-Day Goal)

Group Session 4

Watch and complete Course Session 5 (90-Day Goal)

Instructions

Fill in the blanks on the Hear and Act Matrix. First, if we don't hear from God and we don't take action, we remain ignorant and incompetent (lower left).

Second, if we hear from God but we don't act on what we've heard, at best we increase our knowledge, but at worst we become foolish; as Jesus says in Matthew 7:26, the foolish person is the one who "hears these words of mine and does not put them into practice." (In the upper right write "knowledge" and "foolishness.")

Third, if we take action without hearing from God, at best we develop skill, but at worst we cause trouble. Just because we are acting on something doesn't mean we are doing the right thing. (In the lower right write "skill" and "trouble.")

But lastly, if we both hear what God is saying and act on it, we receive wisdom and power (upper right). Wisdom is not the opposite of knowledge; it is knowledge plus revelation that comes when we live out what we know. In the same way, power is not the opposite of skill; it is skill plus authority that is ours when we put into practice what we hear God say.

So a 90-day goal is a chance to grow in wisdom and power if we hear what God is saying when we set the goal and we act accordingly over the next 90 days.

(continued)

Group Session 5

Course Session 6 (NOW Rhythms)

SMALL GROUP EXERCISE

“See It”

1. Which area of your life—health, work, love, or play—has the most rhythms (habits) happening regularly? Which area has the least? (What do you learn about your life by making this comparison?)
2. Which NOW rhythm (if any) is something you’ve been thinking about doing for a long time? Which (if any) had you never thought of until this exercise?
3. Which NOW rhythms belonging to others in the group are most interesting to you? (What can you learn from those NOW rhythms that might affect your own, whether the ones you just created or future ones?)
4. What connections do you see between any of your NOW rhythms and your 90-day goal? (Your 1-year objectives? Your 3-year dream?)
5. What practical steps do you still have to take to ensure that your NOW rhythms get built into your life for the next 90 days? (How can we encourage and support you in your NOW rhythms once this course is over?)

(continued)

Group ^(Cont'd) Session 5

SMALL GROUP EXERCISE

“Be It” - Weekly Reflection

Read Matthew 7:24–29.

Explanation

In this teaching, Jesus defines the difference between wisdom and foolishness. Wisdom is hearing what God is saying and acting on it. Foolishness is hearing but not acting on it. So we're going to learn a tool to help us act on everything we have heard God say the last few weeks.

So many times our life is caught in the crossfire of a battle between what is urgent and what is important. On the one side are the urgent agendas that everyone around us has for us. On the other side are important tasks that no one but God has for us to do. We are tempted just to try each day to make it through the gauntlet of urgent things while neglecting the important things. This is never more true than it is with our 90-Day goals and NOW-rhythms. Just because we have named these goals and rhythms doesn't mean we will actually do them. In fact, we most likely won't, unless we keep what's most important in front of us on a weekly basis.

This week's tool is called the Weekly Reflection Guide. It is designed to help you have a 20-minute stand-up meeting with yourself every week to remind you of what is most important. It also helps you continue to hear the voice of God and act on it by making necessary adjustments as life continues to happen and God continues to speak.

(continued)

Group Session 5 (Cont'd)

Instructions

Take 20 minutes each week to do the Weekly Reflection Guide. First, monitor how you are doing in your storylines, the important aspects of your life (health, love, work, and play). Second, review your progress toward completing your 90-day goal. Third, consider what adjustments you might need to make to keep making progress toward your goal and to be consistent in practicing your NOW-rhythms. Lastly, respond to God with thanks and prayer.

 Storyline 1:	 Storyline 2:	 Storyline 3:	 Storyline 4:
Health	Love	Work	Play
<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.

Behind Schedule On Target Ahead of Schedule



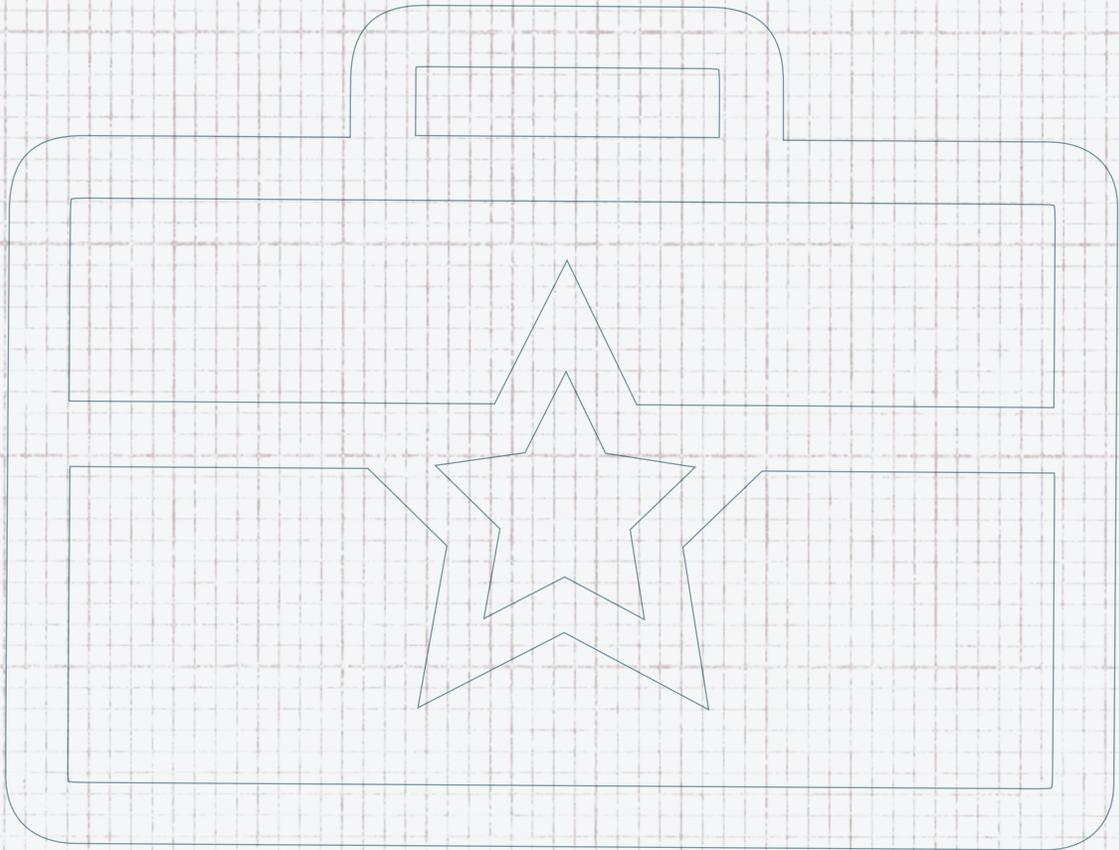
-3 -2 -1 0 +1 +2 +3

New Ideas for how I will approach next week:

Unexpected obstacles I encountered last week:

My four-sentence prayer:

- God, you are . . .
- Thank you for . . .
- Guide me in . . .
- Help me to . . .



YOUR DREAM JOB GUIDE



Thank you for leading a small group through Your Dream Job Guide by Younique. This brief introduction will help you use this resource to stimulate your group's learning.

Each small group session is tied to the videos that participants will watch and exercises they will complete before you get together as a group. This section will guide you through a series of group discussions.

Before your group gets started with the first session, take three steps to make sure everyone is ready to go when you get together:

1. Create a Younique account if you haven't yet. Someone in your church should have sent you the link to create an account. If you have an account already, log in at lifeyounique.com/login.
2. On your account dashboard, click "View courses on Thinkific." Select Your Dream Job Guide. Before the first group session, do course sessions 1 (Dream Job Big Picture), 2 (Make a Change), and 3 (Identity Circles).
3. Invite your group to create a Younique account; share with them the same link that was given to you. Also direct them to do the course sessions above before your first meeting together.

May God make breakthrough learning happen in your group!

The Younique Team

Group Session 1

Course Sessions 1 (Dream Job Big Picture), 2 (Make a Change), 3 (Identity Circles)

DISCUSSION QUESTIONS

1. How would you describe what “value” means on the Value-Vitality Map? (What questions do you have about value?) How would you describe “vitality”? (What questions do you have about vitality?)
2. Where do plot yourself on the Vocational Positioning System today? (How would you describe the journey you’ve taken to get there? What insight did you gain from this tool about your past and your present that you didn’t have before?)
3. Which do you think is the next area on the Vocational Positioning System for you to step into on your way to position 9? (Why? What alternative paths have you considered?)
4. Which do you think has the greatest potential to get you closer to your dream job: changing your “what,” your “why,” or your “how”? (Why do you think that? At this point, what do you think that change might look like practically?)
5. Is it useful for you to compare your job to a “vehicle” for your calling instead of the calling itself? Why or why not? (If it is helpful, what possibilities does the idea free you to consider? If not, what circumstances brought you to the conclusion that your job is your vocation?)

Assignment

Watch and complete Course Session 4 (Character Checkpoint)

Group Session 2

Course Session 4 (Character Checkpoint)

DISCUSSION QUESTIONS

1. As you think about making a career move, how much do you think you are running from something versus running toward the next step in your calling? Express it in numbers that add up to 100 (for example, 70-30, 50-50, etc.). (What does this tell you about your readiness to make a move?)
2. Whom have you seen in a workplace who had an obvious “rebel streak”? (What effects did that person have on the workplace? Where do you notice a rebel streak in your own heart, speech, or actions at work?)
3. How are you serving the people around you at work? (What is one thing you could do to serve more or better? How can you keep serving when your service isn’t recognized or rewarded?)
4. What has your current job cost you? (Do you believe you have given enough to your job? Why or why not? What would your coworkers say? What would your family say?)
5. Has your experience in your current job strengthened your trust in God, weakened it, or neither? Why do you say that? (On a scale of 1 to 5, how would you rate the likelihood that people in your workplace see your trust in God? What could you do that might increase it?)

Assignment

Watch and complete Course Sessions 5 (Change Your What), 6 (Change Your Why), 7 (Change Your How)

Group Session 3

Course Sessions 5 (Change Your What), 6 (Change Your Why), 7 (Change Your How)

DISCUSSION QUESTIONS

1. Can you relate to Parker Palmer's statement, "I realized I was doing an incredibly noble job living someone else's life"? If so, how has that played out for you? (Whose life, if anyone's, are you living now?)
2. What are your three favorite ideas from the Change Your What exercise? (On a scale of 0 [no way that could happen] to 10 [I could totally do this], how would you rate those possibilities?)
3. What would be missing in the world if your company didn't exist? (On a scale of 1 to 5, how much concern would you have for what your company provides to the world even if you didn't work there?)
4. What would be missing from your company if you didn't return to work? (How would your coworkers answer that question about you? How would the people who report to you, if any, answer that question? How about your boss?)
5. What is on the five-point job description you wrote for yourself? (How widely does this vary from your current job description? What in your ideal job description could you make more real in the next 30 days?)

Group Session 4

Course Sessions 8 (Stepping 10), 9 (Negotiation Checklist)

DISCUSSION QUESTIONS

1. In your work life, are you doing the same thing the same way you did last year? If so, how long has that been going on? (How have you seen the results of doing the same thing play out in your life?)
2. On a scale of 1 to 5, how would you rate yourself as a negotiator? (What advice from these sessions are you most eager to put into practice in your next negotiation?)
3. When have you ever been in too much of a rush to negotiate or request something from your employer? (What was the outcome? What would you do differently if you were to relive that situation?)
4. What, if anything, holds you back from negotiating with your employer? (How much of what's holding you back is outside yourself and how much is inside yourself? What is one thing you can do to overcome what's holding you back?)
5. What pressing needs of your organization or your supervisor have you noticed lately? (How could your talent, skill, and knowledge meet those needs? What might that look like as an unofficial addition to your job description?)

Assignment

Watch and complete Course Sessions 10 (Side Hustle), 11 (A Female Perspective)

Group Session 5

Course Sessions 10 (Side Hustle), 11 (A Female Perspective)

DISCUSSION QUESTIONS

1. Have you ever had a “side hustle” (or do you now)? What was it? (What was your reason for doing it? How much did you feel like you were being pulled in multiple directions?)
2. In your own words, how would you describe how a person can have a singular focus while working for multiple employers? (What does it take for a person to gain and maintain that singular focus?)
3. What side hustle could you do with the least amount of energy that would create or demonstrate the greatest amount of value? (What steps have you taken in this direction? What would be a good goal for your potential side hustle for 90 days from now?)
4. Women, in Kelly’s video, what was most encouraging to you? (What was most challenging to you? What insight from this video do you intend to act on? How?)
5. Men, how did Kelly’s video enlarge your understanding of the women in your workplace and your life? (What could you do that would best support the women around you in their vocation?)

Assignment

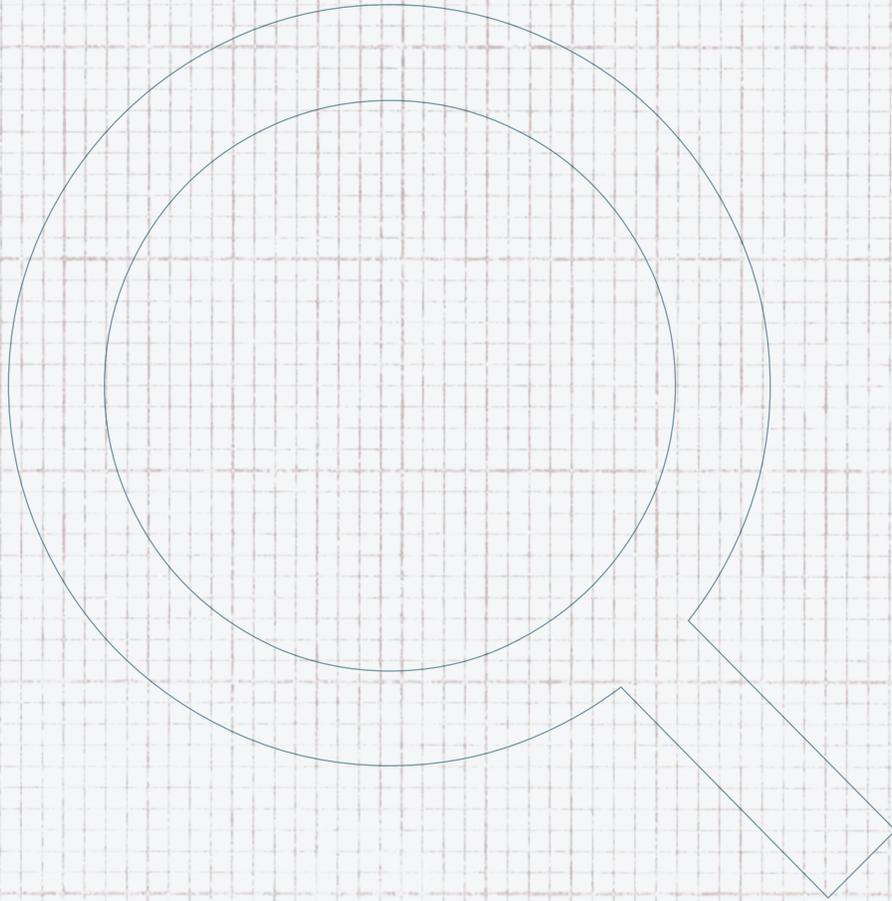
Watch and complete Course Sessions 12 (Vocation Decision Matrix), 13 (Your Dream Job)

Group Session 6

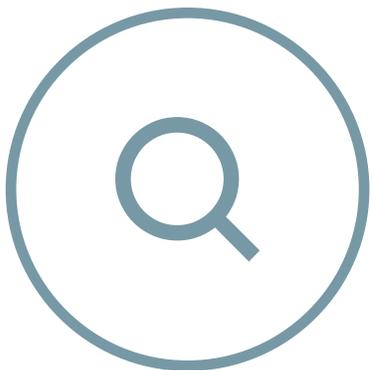
Course Sessions 12 (Vocation Decision Matrix), 13
(Your Dream Job)

DISCUSSION QUESTIONS

1. Have you ever faced a “risk to go” moment? If so, what was it? (How did you determine what you should do? If you went back to that moment, would you change what you did? Why or why not?)
2. Have you ever tried something vocationally and didn’t have the success you hoped for? What was it? (Did that experience change your approach to vocational decisions afterward? If so, how? If not, why not?)
3. What what-ifs do you have about past possibilities that you did not commit to? (Did that experience change your approach to vocational decisions afterward? If so, how? If not, why not?)
4. If you were faced with a “risk to go” moment now, what criteria would you list in the rows of your vocation decision matrix? (How does your current job measure up against those?)
5. What would be your biggest fears about leaving your job today for something you dream of doing? (How likely would those fears be to come true? What would be the consequences if they did?)



JOB SEARCH



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Before your group gets started with the first session, take three steps to make sure everyone is ready to go when you get together:

1. Create a Younique account if you haven't yet. Someone in your church should have sent you the link to create an account. If you have an account already, log in at lifeyounique.com/login.
2. On your account dashboard, click "View courses on Thinkific." Select Job Search. Before the first group session, do course sessions 1 (Welcome) and 2 (The Five Capitals).
3. Invite your group to create a Younique account; share with them the same link that was given to you. Also direct them to do the course sessions above before your first meeting together.

May God make breakthrough learning happen in your group!

The Younique Team

Group Session 1

Course Sessions 1 (Welcome), 2 (The Five Capitals)

DISCUSSION QUESTIONS

1. Which strategy for finding your next job are you most excited to learn: know yourself, reach beyond yourself, hire yourself, improve yourself, or invest in yourself? (What do you hope to learn from it?)
2. Other than financial capital, which capitals have you thought of as resources? (How have you used them in the past? Which capitals have you never thought of as resources before?)
3. Luke 2:52 says that Jesus grew in wisdom (intellectual capital) and stature (physical capital) and in favor with God (spiritual capital) and man (relational capital). How did Jesus draw on these capitals to get the financial capital he needed at different points in his life?
4. Which capital in your life is prospering the most right now? (What good things are happening in that aspect of your life?)
5. How does a person leverage a capital they are strong in to boost a capital they are weak in? (How can you leverage one of the capitals you are strong in to boost your weakest capital?)

Assignment

Watch and complete Course Sessions 3 (Know Yourself), 4 (Reach beyond Yourself)

Group Session 2

Course Sessions 3 (Know Yourself), 4 (Reach beyond Yourself)

DISCUSSION QUESTIONS

1. Read John 15:1–8. How is this teaching by Jesus pertinent to your job search? (How does a person “remain in Jesus” the way a branch remains in a vine?)
2. Do you keep a regular place and time to spend focused time with God in the Bible and prayer? If so, where and when? If not, what are the obstacles you face to keeping that regular time and place? (What might you do differently to overcome those obstacles?)
3. In your opinion, is it correct to think of networking as a biblical activity? Why or why not? (What Scriptures do you know that agree with your answer?)
4. Who are your first five family, friends, and followers to call? (Do you have a full list of 40? How many of them have you called so far?)
5. How have people responded when you’ve called? (What opportunities have you seen bubble up? Where are you stuck in this process, if at all?)

Assignment

Watch and complete Course Sessions 5 (Hire Yourself), 6 (Improve Yourself)

Group Session 3

Course Sessions 5 (Hire Yourself), 6 (Improve Yourself)

DISCUSSION QUESTIONS

1. If you knew that you were going to have a job on the other side of this time, what would you do to make the most of this period? (What have you done to get started? If you haven't pursued it, what's holding you back? How could you overcome the obstacle?)
2. What are your "live frogs"—the most important things for you to do in a day, which might be the toughest ones? (What is the best time in the typical day to "eat your frogs"?)
3. To whom can you give yourself away these days? (What can you contribute that would help them?)
4. What knowledge or skill do you want to acquire or deepen during this period? (How well does this area suit your gifts?)
5. Who could help you recognize a strength you could maximize? (How about a weakness you could shore up? How likely are you to call them and ask?)

Assignment

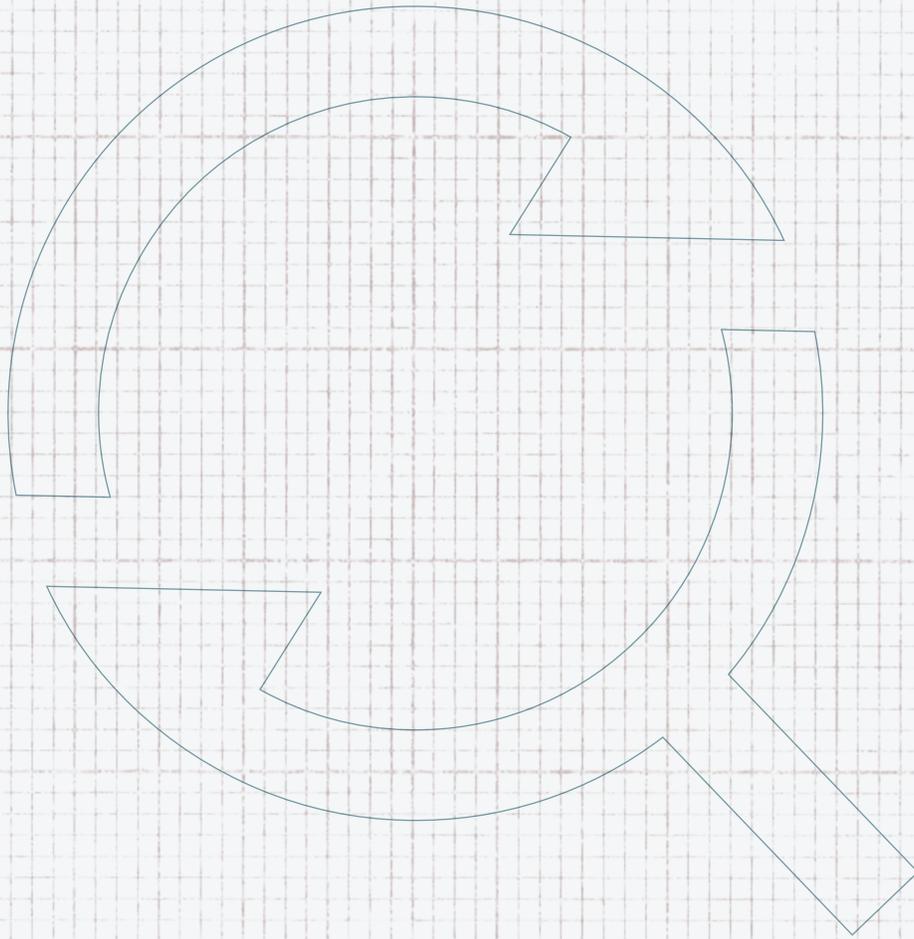
Watch and complete Course Sessions 7 (Invest in Yourself), 8 (Wrap-Up and Thank You)

Group Session 4

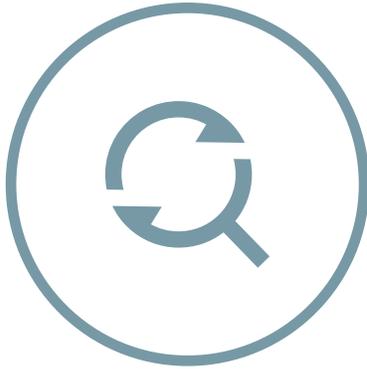
Course Sessions 7 (Invest in Yourself), 8 (Wrap-Up and Thank You)

DISCUSSION QUESTIONS

1. How much stress are your financial circumstances causing for you right now? (How is it affecting your relationships? How is it affecting your health?)
2. Have you seen evidences of God providing for you in unexpected ways during this time? What are they?
3. What surprises have you found where you could cut expenses (including negotiating with creditors)? (How can the rest of us do what you did?)
4. What surprises have you found on the income side? (Where should we be looking that we haven't looked yet?)
5. How can we support you as this course ends? (What would you like us to pray for you?)



JOB CHANGE



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1. Create a Younique account if you haven't yet. Someone in your church should have sent you the link to create an account. If you have an account already, log in at lifeyounique.com/login.
2. On your account dashboard, click "View courses on Thinkific." Select Job Change. Before the first group session, do course sessions 1 (Introduction) and 2 (Passion).
3. Invite your group to create a Younique account; share with them the same link that was given to you. Also direct them to do the course sessions above before your first meeting together.

May God make breakthrough learning happen in your group!

The Younique Team

Group Session 1

Course Sessions 1 (Introduction), 2 (Passion)

DISCUSSION QUESTIONS

1. When you hear the word “passion,” what do you think about? (What do you think is the difference between passion and excitement?)
2. In the video, Dave defined “passion” as “a conviction that becomes contagious because it withstands the test of pain.” Do you agree? Why or why not? (How does pain demonstrate or create passion in a person’s life? What passions have come out of your own pain points?)
3. Read Hebrews 12:1–3 as a group. What do you think was the “joy set before” Jesus that he endured the pain of the cross to get? (How did this joy fuel Jesus’ life?)
4. What is your life story in six sketches? (What did you title it? What did the sketches you chose tell you about what is important to you?)
5. What gives you the most energy when you do it, talk about it, or think about it? Why? (What do you have the most drive to pursue or accomplish? Why?)

Assignment

Watch and complete Course Session 3 (Ability)

Group Session 2

Course Session 3 (Ability)

DISCUSSION QUESTIONS

1. Romans 12:6 says, “We have different gifts, according to the grace given to each of us.” What do you think grace and gifts (abilities) have to do with one another?
2. Have you taken an assessment of your personality, spiritual gifts, or strengths that helped you look into your unique abilities or wiring? What did you learn from those assessments? (What did you like about that experience? What did you not like about that experience?)
3. What is your thinking wavelength? (Why does the world need people with your thinking wavelength? What kinds of jobs in your field should someone with your thinking wavelength avoid?)
4. What themes appear repeatedly in the assessments you’ve taken? (What do they tell you about where you thrive at work?)
5. What abilities do you not have that you wish you had? Why? (What might it look like for you to live and train the abilities that you have instead of wishing you had abilities that you see in others? What makes it hard to do that?)

Assignment

Watch and complete Course Session 4 (Context)

Group Session 3

Course Session 4 (Context)

DISCUSSION QUESTIONS

1. What kinds of environments are you drawn to? Why? (What kinds of environments repel you? Why?)
2. Of the environments where you've worked, which felt like home? Why? (Which environments stretched you for the better? What was it about that environment that stretched you? How did you benefit?)
3. Read Matthew 15:21–28. How did Jesus define the context of his ministry in this passage? What took Jesus beyond his comfort zone? (What does this teach you about operating in your ideal context?)
4. What are your top five workplace motivators? (What surprises did you find when you did this exercise? How have your motivators changed over the course of your life?)
5. How do you rank your activators? How do you rank your advantage? (What kinds of roles fit the combination of your top advantage and top activator?)

Assignment

Watch and complete Course Session 5 (Naming Your Sweet Spot)

Group Session 4

Course Session 5 (Naming Your Sweet Spot)

DISCUSSION QUESTIONS

1. Have you ever been told that you exist to glorify God and help others? Under what circumstances have you heard it—when, where, from whom? (In your heart and mind, how have you responded to a statement like that?)
2. What are the benefits of seeing yourself as a person created with a unique way of glorifying God and helping others? (How does it help you approach your work life as a follower of Jesus?)
3. Have you settled on the Two Words that name your Sweet Spot? If so, what are they? (If you haven't settled on them, how are you stuck?)
4. How confident are you about your Two Words? (How do they make you feel when you think about them?)
5. Who can you share your Two Words with this week who can confirm them or help you refine them?

Assignment

Watch and complete Course Sessions 6 (Vocational Positioning System), 7 (Decision-Making Matrix)

Group Session 5

Course Sessions 6 (Vocational Positioning System),
7 (Decision-Making Matrix)

DISCUSSION QUESTIONS

1. How would you describe what “value” means on the Value-Vitality Map? (What questions do you have about value?) How would you describe “vitality”? (What questions do you have about vitality?)
2. Where do plot yourself on the Vocational Positioning System today? (How would you describe the journey you’ve taken to get there? What insight did you gain from this tool about your past and your present that you didn’t have before?)
3. Which do you think is the next area on the Vocational Positioning System for you to step into on your way to position 9? (Why? What alternative paths have you considered?)
4. How do you think your last job change decision might have been different if you had the Decision-Making Matrix? Why or why not?
5. How would you explain to a young person the importance of discovering your sweet spot for making good decisions in life? (Whom do you know that you could share this with in the next two weeks?)

Assignment

Watch and complete Course Sessions 6 (Vocational Positioning System), 7 (Decision-Making Matrix)



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