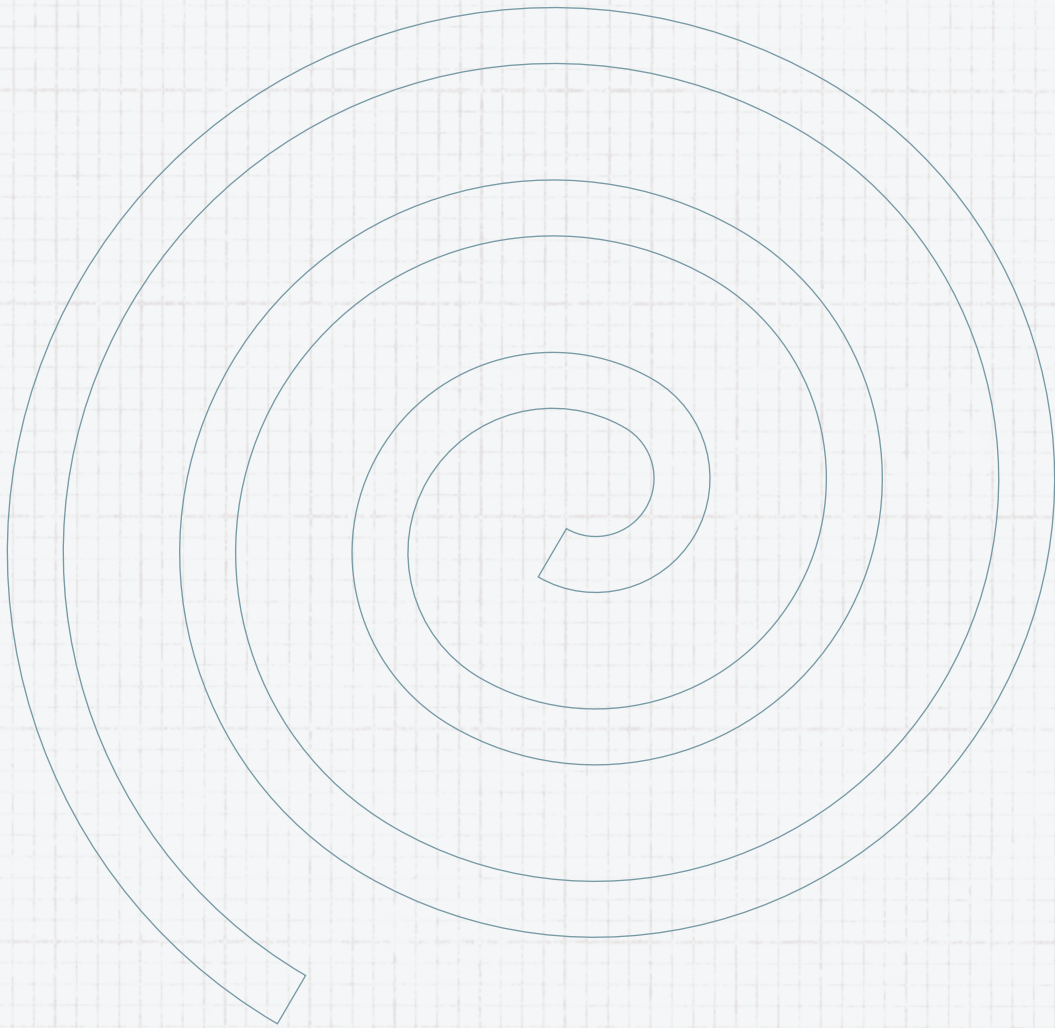




# SMALL GROUP PARTICIPANT SHEETS





## **THE CLARITY SPIRAL**

# Group Session 1

## **SMALL GROUP EXERCISE**

### **Instructions - Naming the God-Dream**

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 \_\_\_\_\_.

# Group Session 2

## SMALL GROUP EXERCISE

### Instructions - Barriers to Self-Awareness

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**

**Barrier Three: The Captivation of Money**

*(continued)*



# Group (Cont'd) Session 2

**Barrier Four: The Preoccupation of Life**



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



# Group Session 3

## SMALL GROUP EXERCISE

Instructions - Celebrations, Struggles, and Significance

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			

# Group Session 4

## **SMALL GROUP EXERCISE**

### **Instructions - Dream Job Description**

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.

### **5 Most Important Tasks**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **2 Things I Would Love to Do**

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

*(continued)*

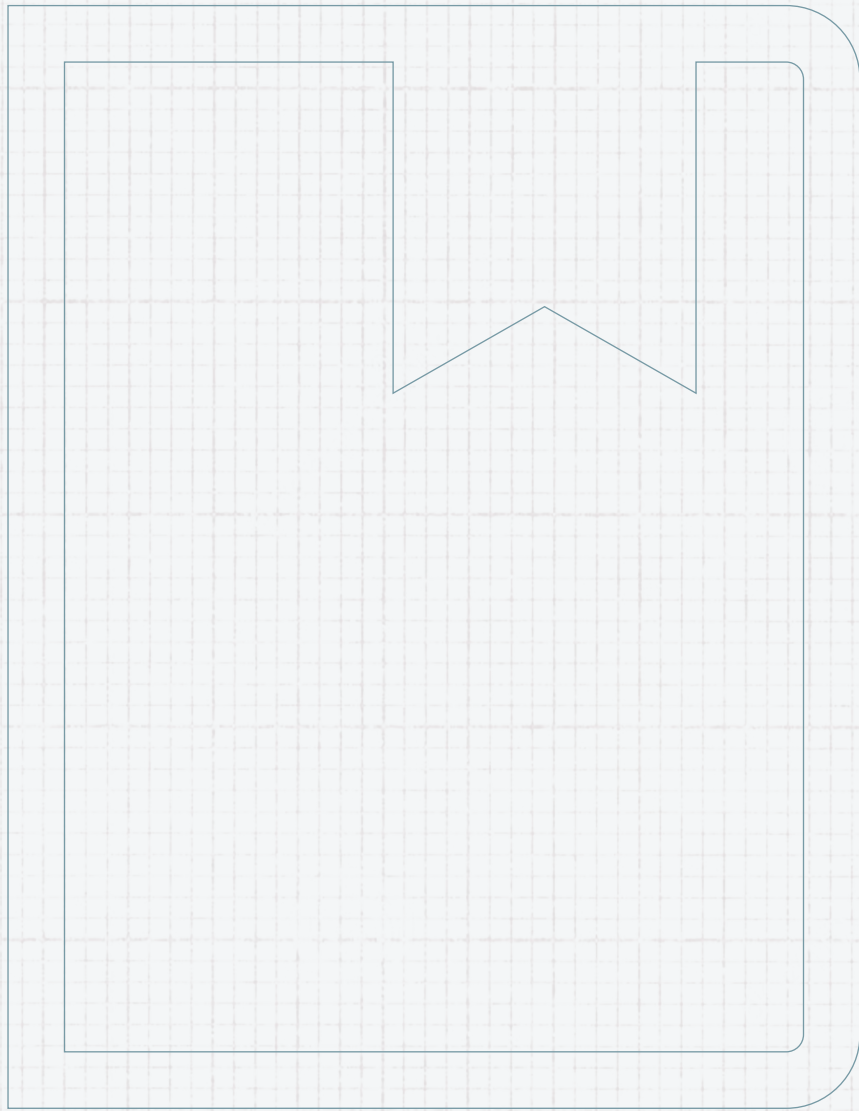
# Group (Cont'd) Session 4

## **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 \_\_\_\_\_.



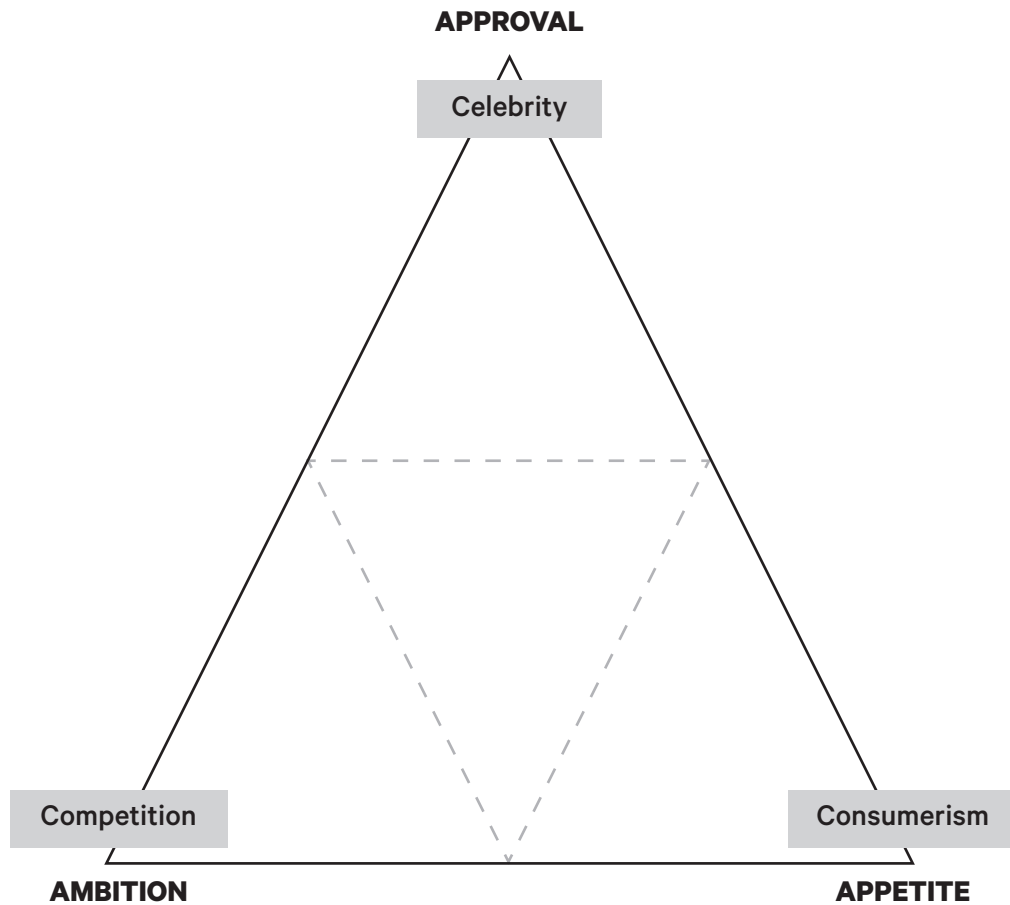
**YOUR STORY MATTERS**



# Group Session 3

## SMALL GROUP EXERCISE

Consumerism, Competition, Celebrity



# Group Session 4

## **SMALL GROUP EXERCISE**

### **Instructions - Six-Word Title**

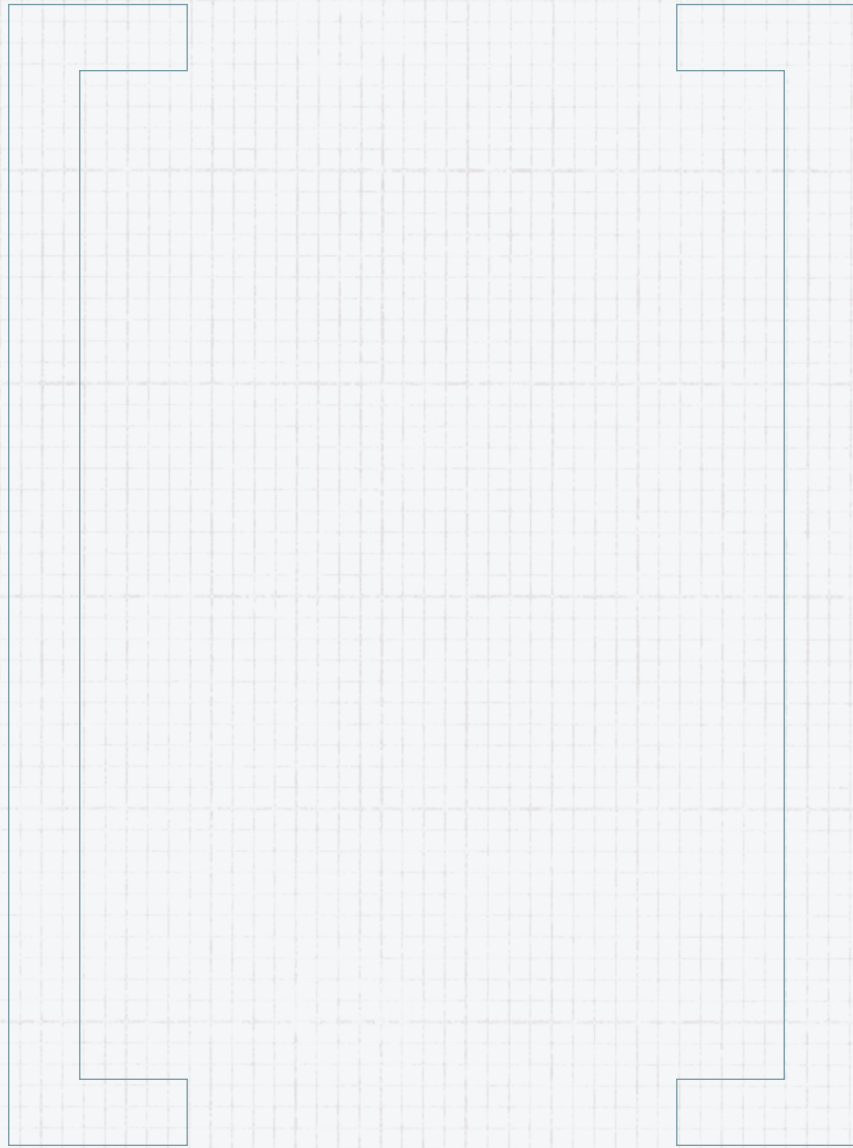
Today we are going to use the Hemingway Challenge not to tell our stories but instead to title our stories. Take six minutes to come up with a six-word title to your life story. Let these examples get your imagination going.

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**

# Group 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. \_\_\_\_\_

# Group Session 2

## SMALL GROUP EXERCISE

### Instructions - Opposite Offenders

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.

Offender	One-Word Summary	Opposite (Antonym)



# Group Session 3

## **SMALL GROUP EXERCISE**

### **Instructions - Assessment Interpretation**

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:**

*(continued)*

# Group (Cont'd) Session 3

## **SMALL GROUP EXERCISE**

### **Instructions - Sense of Accomplishment**

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 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

# Group Session 4

## **SMALL GROUP EXERCISE**

### **Instructions - Activator/Advantage**

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 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

*(continued)*

# Group (Cont'd) Session 4

## ADVANTAGE

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

People | Things | Ideas

#1

#2

#3

## Instructions - Workplace Motivators

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

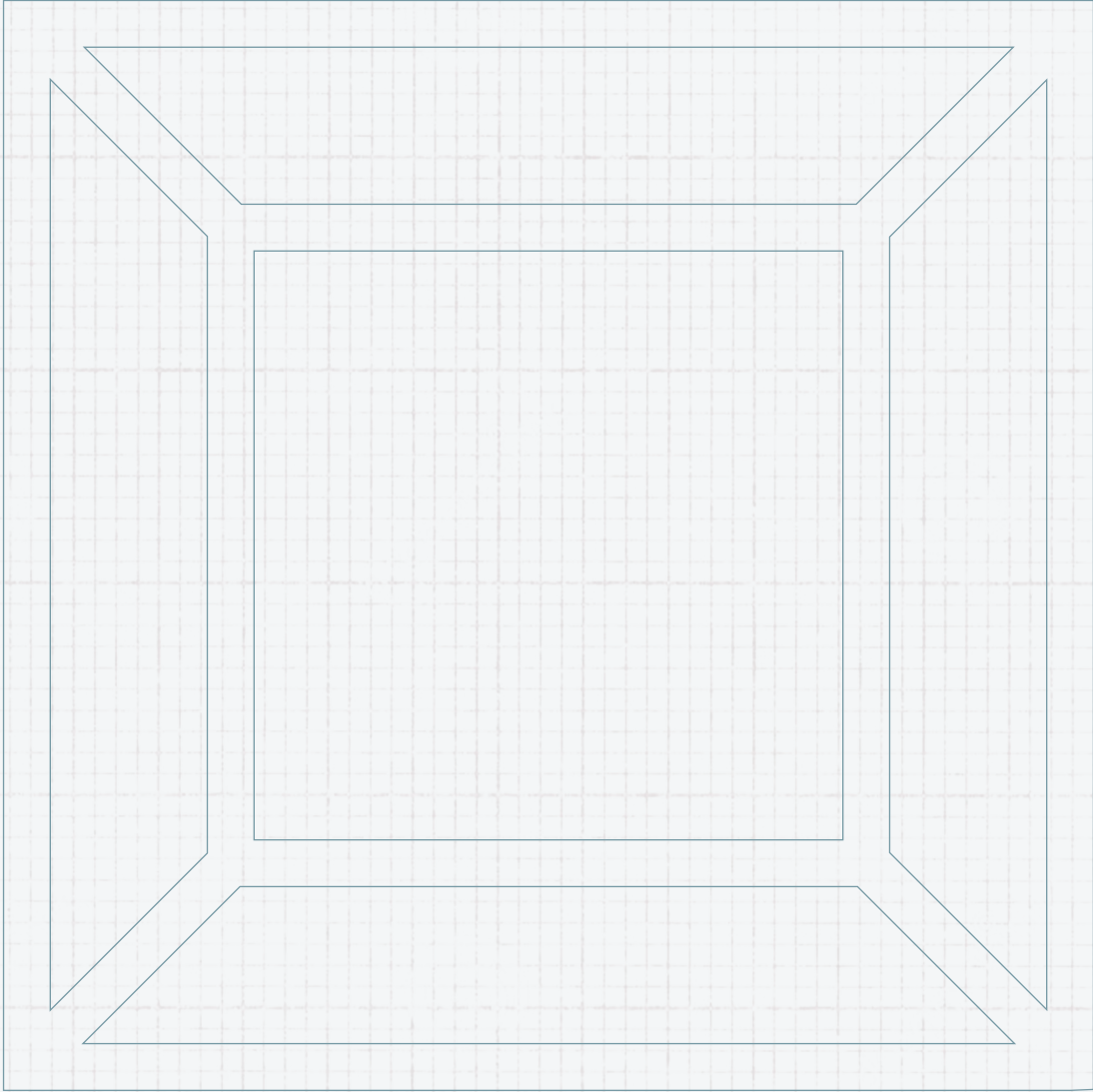
Problem Solving

Variety

Excelling

Learning

Purpose



**LIVING ON MISSION**



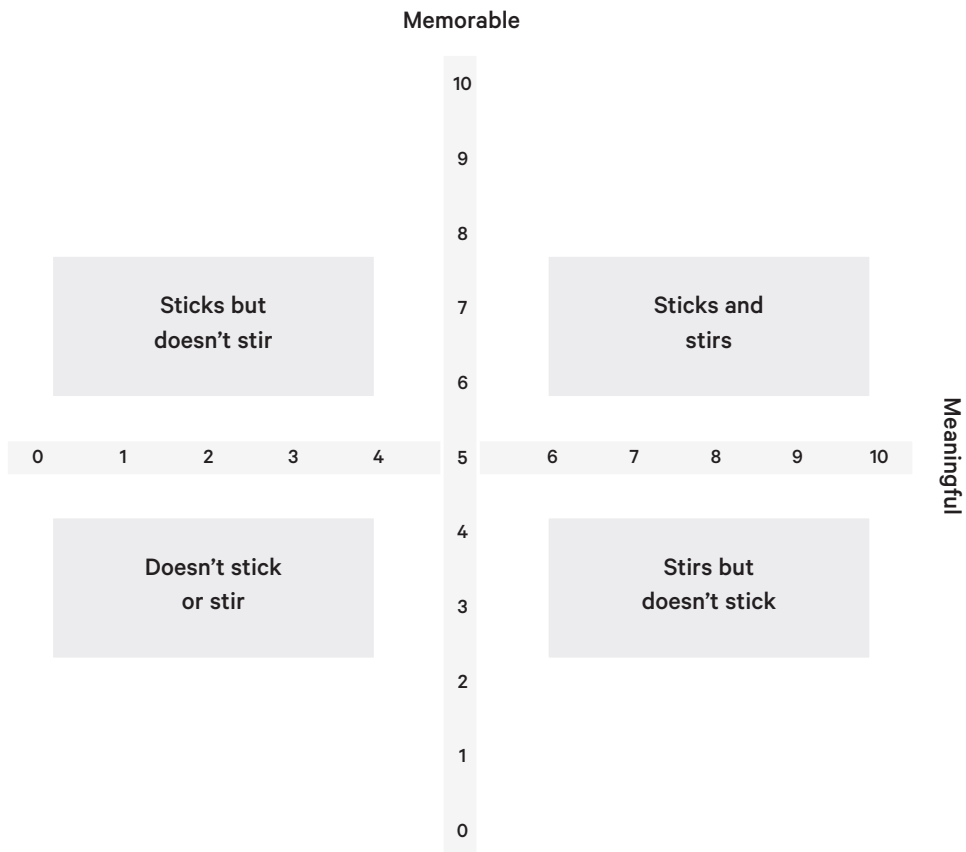


# Group Session 2

## SMALL GROUP EXERCISE

### Instructions - Meaningful/Memorable Matrix

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.



# Group Session 3

## **SMALL GROUP EXERCISE**

### **Instructions - Defining the Problem**

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 \_\_\_\_\_ .”

*(continued)*

# Group Session 4

## SMALL GROUP EXERCISE

### Instructions - Values Check

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

# Group Session 5

## SMALL GROUP EXERCISE

### Instructions - Prayer Partners

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.

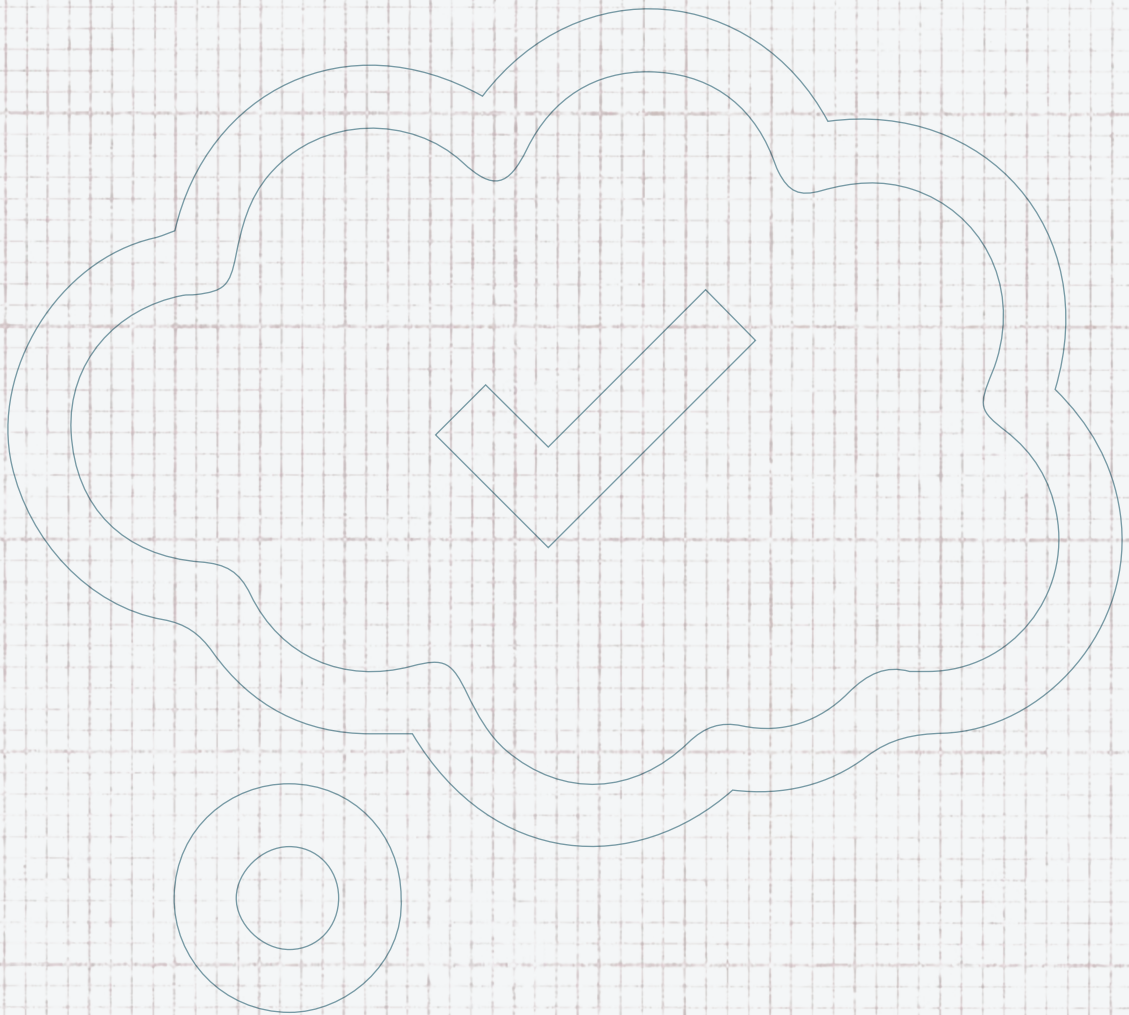
#### Past Partners

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

#### Present Partners

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





**ACHIEVING LIFE DREAMS**

# Group Session 1

## **SMALL GROUP EXERCISE**

### **Instructions - Dream Blockers**

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.

**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.

# Group <sup>(Cont'd)</sup> Session 1

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

# Group Session 2

## **SMALL GROUP EXERCISE**

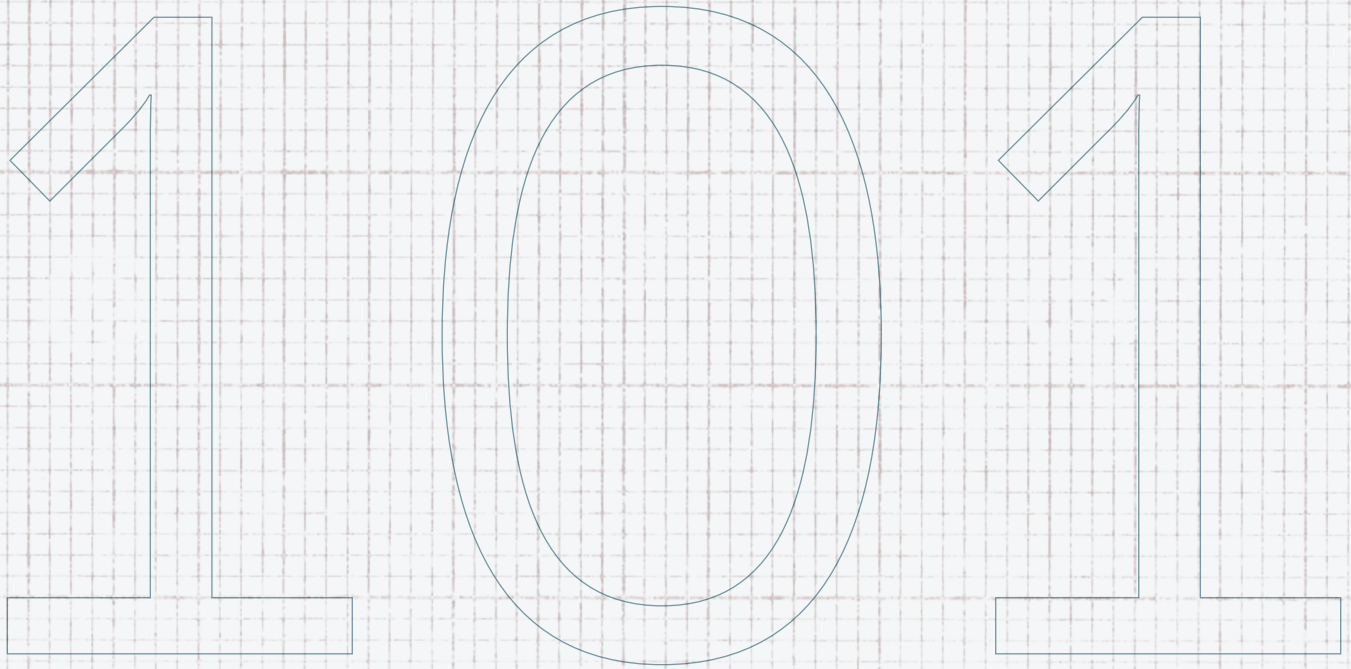
### **Instructions - Dream Filters**

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 re-creation 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?







**LIFE PLANNING 101**

# Group Session 2

## SMALL GROUP EXERCISE

### Instructions - Dream Check

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

# Group Session 3

## SMALL GROUP EXERCISE

### Instructions - Mountain Climbers

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



# Group Session 4

## **SMALL GROUP EXERCISE**

### **Instructions - Hear and Act Matrix**

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 <sup>(Cont'd)</sup> Session 4


	<b>High Hearing</b>	
_____		_____
or		and
_____		_____
<b>Low Acting</b>		<b>High Acting</b>
_____		_____
and		or
_____		_____
	<b>Low Hearing</b>	

# Group Session 5

## SMALL GROUP EXERCISE


### Instructions - Weekly Reflection

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:


**Health**

- Thriving
- Surviving
- Reviving

 Storyline 2:


**Love**

- Thriving
- Surviving
- Reviving

 Storyline 3:

**Work**

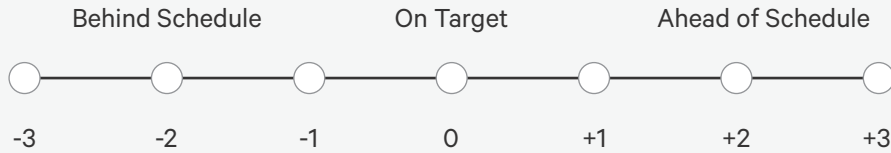
- Thriving
- Surviving
- Reviving

 Storyline 4:

**Play**

- Thriving
- Surviving
- Reviving

Color or check, the circle below to represent how you are progressing toward your goal.



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 ...



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