



30-Day LifePlan Rally Schedule

Pre-Work: To Be Completed before we begin on October 5th

- Read Chapters 1-4 from the Younique Book
- Watch Clarity Spiral Course
 - Includes 8 videos, 48 minutes total
 - Average video length: 6 minutes
 - Set aside 90 min to complete videos and exercises

| Session | Journey 1 Workbook Pages |
|-------------------------|--------------------------|
| Clarity Spiral Overview | Page 4 |
| Courage to Know | Pages 5-6 |
| Experience to Grow | Pages 7-8 |
| Value to Show | Pages 9-13 |
| Risk to Go | Pages 14-15 |

- Watch Your Story Matters Course
 - Includes 8 videos, 71 minutes total
 - Average video length: 9 minutes
 - Set aside 2 hrs to complete videos and exercises

| Session | Journey 1 Workbook Pages |
|-----------|--|
| Session 2 | Pages 21-23 Notebook, pg 9 (to complete Life Line) |
| Session 3 | Pages 24-32 Notebook, pg 10 (to complete Life Discovery Grid) |
| Session 4 | Page 35 |
| Session 5 | Pages 36-40 Notebook - pg 12 (to complete Life Drifts Grid) |

- Complete all assessments (Step 1 at www.lifeyounique.com)

30-DAY Rally

30-Day LifePlan Rally Schedule

Reading & Online Course Work During 30-Day Rally

Week #1

- Read Chapters 5-8
- Watch Find Your One Thing Course
 - Includes 13 videos, 60 minutes total
 - Average video length: 5 minutes
 - Set aside 2 hrs to complete videos and exercises

Week #2

- Read Chapters 9-11
- Watch Living on Mission Course
 - Includes 8 videos, 69 minutes total
 - Average video length: 9 minutes
 - Set aside 2 hrs to complete videos and exercises

Week #3

- Read Chapters 12-14 and Chapter 25
- Watch Achieving Life Dreams Course
 - Includes 7 videos, 80 minutes total
 - Average video length: 7 minutes
 - Set aside 2 hrs to complete videos and exercises

Week #4

- Read Chapters 14-19
- Watch Life Planning 101 Course
 - Includes 6 videos, 41 minutes total
 - Average video length: 7 minutes
 - Set aside 90 min to complete videos and exercises

Before 90-Day Launch

- Read Chapters 20-24 and Chapters 26-27