



Objective, Big Idea & Biblical Focus:

Courage to Know comes from an honest look in the mirror as well as an awareness of the two common distractions we face. Demonstrate that the Younique journey is both a discovery of self and a discovery of God, and a surrendering of more of ourselves to more of who we discover God is.

BIG IDEA: If you don't know who God has called you to be, then you will settle for whatever people pay you to be.

Our understanding of our identity flows from our understanding of who God is. Likewise, the more self-awareness we pursue the greater the clarity we can have to co-create with God, honoring Him and helping others.
John 15:15-16

How it Works:

APPLICATION: the Ultimate Awareness Matrix is helping participants get a sense of “Courage to Know” for the Clarity Spiral.

Build out the Ultimate Awareness matrix, one quadrant at a time, using examples to explain each quadrant.

Have participants identify which quadrant they usually tip towards.

How did they get there? What forces might have been at work?

Coaching Tips:


Help people name the different ditches that they are prone to or have seen in their different Christian experiences.

Call people to co-creating with God. “You can only give as much as you know about yourself to as much as you know about God”. - Peter Barnes.



Reference:

Journey 1 Workbook, pg. 5-6

 YOUNIQUE
Session 1

Imperative One
Courage to Know

1 **Courage to Know**

1. Two Primary Distractions:


- The _____ Expectation _____ of Others
- The _____ Projection _____ of Self

2. We need brutiful honesty.

Expectations	Projections	Surrender

"It's not about what you can do, it's about what only you can do."
— *Jim Singleton*

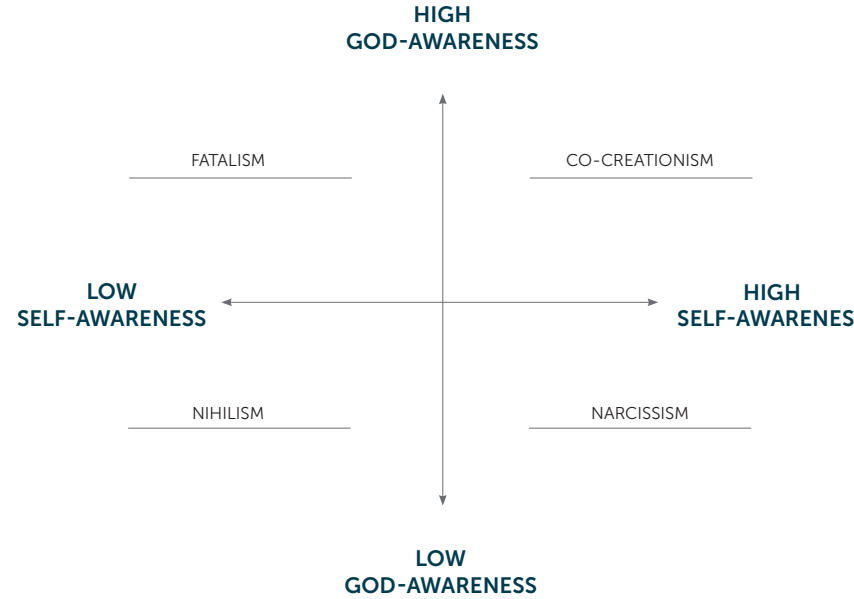
©youunique. All rights reserved. lifeyouunique.com 5

 YOUNIQUE
Session 1

Imperative One
The Ultimate Awareness Matrix

"You can only give as much as you know about yourself to as much as you know about God." — Peter Barnes

HIGH GOD-AWARENESS



LOW GOD-AWARENESS

©youunique. All rights reserved. lifeyouunique.com 6

