

Objective, Big Idea & Biblical Focus:

Help participants map out the high points and hard times over the course of their life in a visual manner, while beginning the process of breaking down their narrative into chapters.

BIG IDEA: If you don't interpret your story, your past will determine your future. If you DO interpret your story, your past can fuel your future.

John 15:15-16. "...I chose you, and appointed you so that you might go and bear fruit, fruit that will last". Your story is the testimony of how God has chosen you and His purpose is to bear fruit through you.

How it Works:

Give people 7 minutes to write out their list of top 10 high points and hard times on the Hinge Moments worksheet.

Once everyone has finished, have them score each hinge moment on a scale of 1 to 10, positive or negative, depending if it's a high point or hard time.

Participants circle the top 10 most defining hinge moments of their life (2 minutes).

Give participants 5 minutes to map out the top 10 hinge moments on the Life-Line worksheet. (It doesn't have to be even between hard/high.)

Have participants insert three break points into their Life-Line, creating four different chapters in their life (with the age range for each chapter - not naming yet)

Coaching Tips:

The purpose of the 7 minute deadline is to get their 'blink' responses. It doesn't need to capture every moment. Just the most important ones. Did that experience START as hard or high?

Demonstrate using your own hinge moments and Life-Line on the whiteboard as you go through the exercise. Be sensitive as a coach to those that will find it hard to travel back through parts of their story. Remind participants that their passions come out of their story.



Reference:

Journey 1 Workbook, pg. 21-23
 Younique Experience Notebook, pg. 9

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Session 2

Hinge Moments

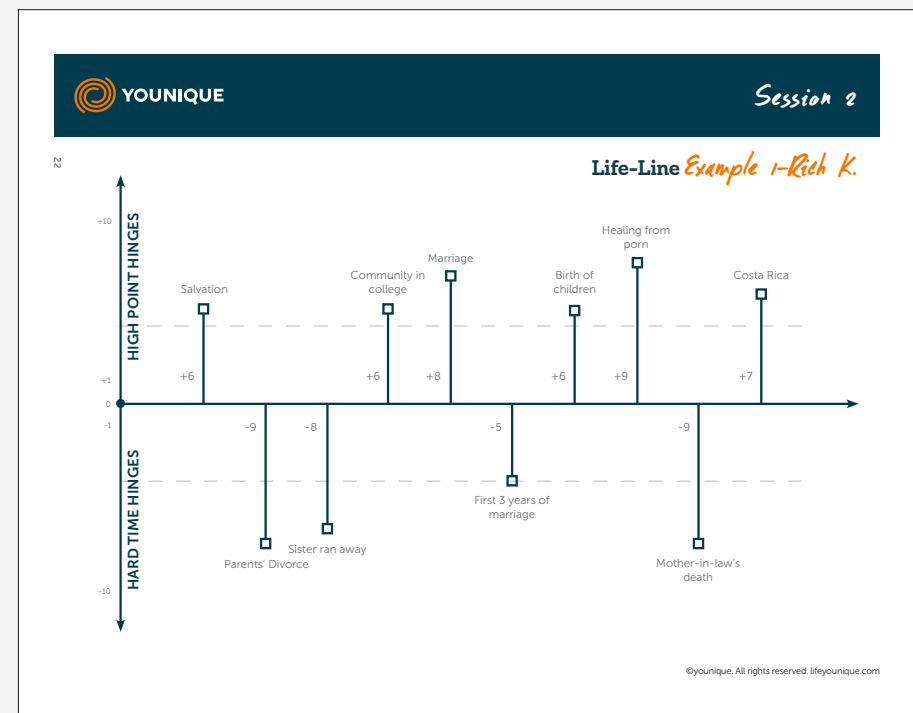
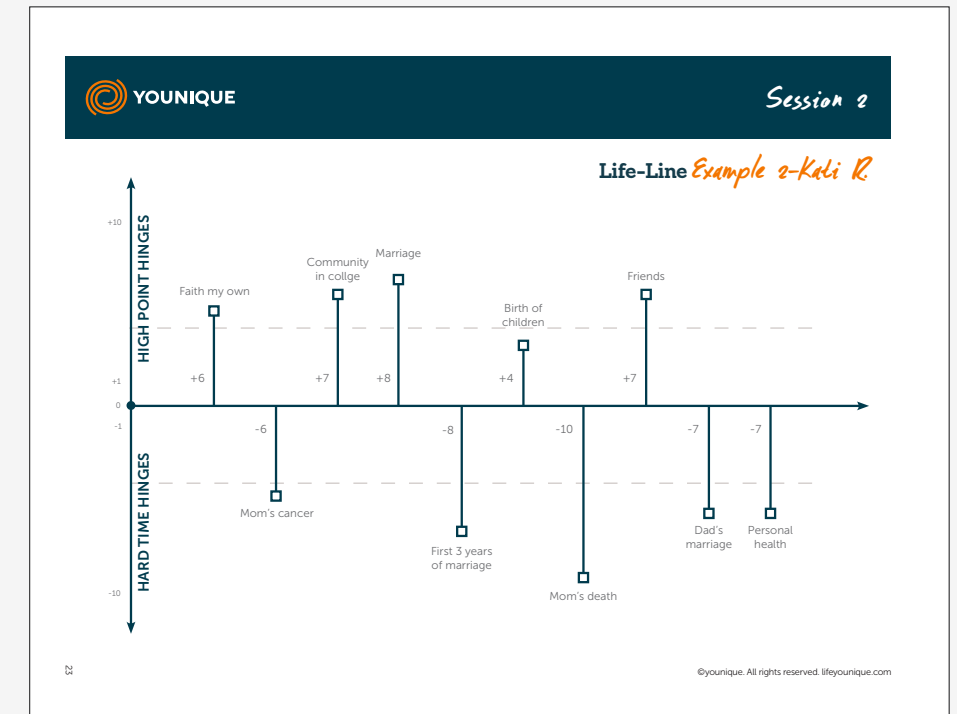
A hinge moment is when the trajectory of your life changed. Examples of hinge moments include: marriage, change in jobs, relocation, graduation, divorce, or death. Questions to reveal hinge moments include:

- How did relationships impact my life direction?
- What major life events sent me in a new direction?
- How did tragedy or loss mark a new chapter in my life?
- What recognitions, achievements or promotions created a new trajectory for my life?
- What spiritual awakenings (conversion) changed me?

<p>LIST TOP TEN HIGH POINTS</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>LIST TOP TEN HARD TIMES</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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Please complete the Life-Line worksheet on pg. 9 of your Younique Experience Notebook.

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Chart your top ten "hinge moments" ranking them 1-10 as either high points or hard times.

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* Adapted from Donald Miller, Storyline

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