

Objective, Big Idea & Biblical Focus:

Give an overview of what the Ability Circle is about and the practical components participants will walk through to understand their abilities more fully.

BIG IDEA: Everything in Ability Circle is being able to name where there is grace in your life.

Jesus did not put energy where He did not have grace from the Father. We want to learn how to follow the grace we have been given. Ability Circle gives us a lens for this. John 4:34 1 Timothy 4:12-15 “...do not neglect your gift...”

How it Works:

Give a brief overview again of how Ability fits into the wider Sweet Spot tool. We’ve done the Passion Circle, now we are doing Ability.

Talk through the core question that the Ability Circle is asking - “What can I do the best?”

Walk through the various items participants will walk through to help them see where they are going within the Ability Circle.

Everything in the Ability Circle is about being able to name where there is grace in participants’ lives.

Land the plane on how knowing their Abilities intersects with finding, understanding and living out their true unique calling.

Coaching Tips:

Naming is an important piece throughout the Bible, it’s often how God discharges authority. It’s critical that participants understand this.

Allow space for what people may have experienced before. Some people have had assessments or personality tests that were wonderfully powerful in naming them. Others had experiences that were negative and they felt labeled.



Reference:

Journey 1, pg. 51
Younique Experience Workbook, pg. 14-15

YOUNIQUE *Session 5*

Ability Circle Overview

WHAT CAN I DO
THE BEST?

ABILITY CIRCLE INVENTORY

- Name Meaning
- Personality (Insights)
- Spiritual Ability (A.P.E.S.T.)
- Talent (StrengthsFinder)
- Sense of Accomplishment
- Ability 360

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Ability Circle Inventory

Name Meaning [page 54 from Workbook]

Name #1 Meaning

Name #2 Meaning

Name #3 Meaning

Personality (Insights) [page numbers listed below are from the Insights profile]

My 8 Type (Conscious Wheel Position) page 16

Colors above the midline page 17

Sentence that describes me most pages 5-6

Strengths (top 2) page 7

Value to the Team (top 2) page 9

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Ability Circle Inventory (continued)

StrengthsFinder [page 69 from Workbook]

Spiritual Ability [page 73 from Workbook]

A.P.E.S.T. Top 2

Sentence that describes me most

Sense of Accomplishment—Top 3 [page 75 from Workbook]

Ability 360 [page 76 from Workbook]

Key Learning #1

Key Learning #2

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