



Objective & Big Idea:

Help participants mine out and articulate the most important values and motivations that answer the big “why” question of their life.

BIG IDEA: Your values aren't what you do; your values are what characterize everything you do - the WHY that reveals the WHO in all that you do.

How it Works:

Explain to participants the three different forms that a LifeCore can take, Let them know they will have a few hours out of session to work through it on their own: 1 word, 2 words, Short phrase

Explain how the “because statements” and the “demonstrated by” statements work to make the value unique.

Because statement: the “why behind their why”, helping bring further language to why that value is important to them.

Demonstrated by: answers how value plays out and takes shape in the everyday of life. This is a helpful but not crucial component to the LifeCore articulation.

Offer examples for further guidance from the examples in the workbook and your own. Have participants record their final or “best I can say it today” articulation onto the Vision Frame Reporting Sheet in preparation for sharing with the group.

Coaching Tips:

This is the hardest part of Journey 1. Participants will need your help! Encourage them to be consistent with the pattern of LifeCore phrases. Consistent cadence will help their values be portable and memorable.





Reference:

Journey 1, pg. 82
Younique Experience Notebook, pg 19



LifeCore Worksheet

1. Core Value = _____
...because _____
Demonstrated by: _____
2. Core Value = _____
...because _____
Demonstrated by: _____
3. Core Value = _____
...because _____
Demonstrated by: _____
4. Core Value = _____
...because _____
Demonstrated by: _____



Vision Frame Reporting

NAME _____

Two Words:

_____ing _____

LifeCall:

_____ exists to:

LifeCore:

Value #1: _____

...because _____

...demonstrated by: _____

Value #2: _____

...because _____

...demonstrated by: _____

Value #3: _____

...because _____

...demonstrated by: _____

Value #4: _____

...because _____

...demonstrated by: _____

