



Objective, Big Idea & Biblical Focus:

To help participants assess and confess how the various domains of their life are going (Personal, Family, Faith, Vocation)—where they are hitting and not hitting the mark.

BIG IDEA: We need “brutiful” honesty AND a deep belief that in the end we will win. This is confession and faith.

Jeremiah 29:4-14. Confession is the first step to activating dreams.

How it Works:

Share the Stockdale Paradox Illustration. From John Collins’ book Good to Great - an interview with Admiral John Stockdale Stockdale was highest ranking military officer captured in Vietnam war, tortured for 20 years

Q: How did you survive? A: Never lost sight that I would survive and this would be defining life moment.

Q: Who didn’t make it out? A. Optimists who believed we would be out in the short term and as holidays came and went they lost heart.

Those that survived embraced the paradoxical reality: the discipline to embrace brutal facts of current reality yet never lost sight that in the end they would win. In the Christian worldview we call this confession (declaring what is) and faith (declaration of what is not but what will be)

Walk through the Life Domains Assessment (from Tom Patterson) worksheet with participants, giving examples as you go.

Participants have 20 minutes to work through the assessment. (Show them the two example pages in the Participant Guide if they need help)

Coaching Tips:

Encourage participants to be as honest as possible in confronting the current reality of their present situation. The more honest they are now the more traction they will get later. This is not about filling in all the boxes, only the ones that are appropriate to their life and reveal what is real.



Reference:

Journey 2, pg. 6-11

YOUNIQUE *Session 1*

Life Domains Assessment
Four Helpful Lists with Life Domains
 adapted from Tom Paterson's book *Living the Life You Were Meant to Live*

LIFE DOMAINS	What is Working? (celebrate)	What is Broken? (fix)	What is Confused? (clarify)	What is Missing? (add)
Personal				
Family				
Faith				
Vocation				
Community				

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YOUNIQUE *Session 1*

Life Domains Assessment Example 1 - Will
Four Helpful Lists with Life Domains
 adapted from Tom Paterson's book *Living the Life You Were Meant to Live*

LIFE DOMAINS	What is Working? (celebrate)	What is Broken? (fix)	What is Confused? (clarify)	What is Missing? (add)
Personal	-I know who I am	-I occasionally try to control myself		-I don't have a long-term financial plan at age 19
Family	-Relationship with the kids	-It's easy to spend the money "too quickly" to my wife, "I'm" they want to feel like she is making more money! (I'm not)	-The first year and a half in our marriage after 1 miscarriage	-I desire a deeper emotional connection with Eliza
Faith	-Identity in Christ			-Maybe for better personal and spiritual health
Vocation	-Assess and my impact personally -How will I follow		-It has a big "life goal" in our will they had none -Understanding best use of money (saving, giving, investing and building)	
Community		-Success of those around us will be challenge at this time		-Time with friends has been pushed out of life completely

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YOUNIQUE *Session 1*

Life Domains Assessment Example 1 - Mariel
Four Helpful Lists with Life Domains
 adapted from Tom Paterson's book *Living the Life You Were Meant to Live*

LIFE DOMAINS	What is Working? (celebrate)	What is Broken? (fix)	What is Confused? (clarify)	What is Missing? (add)
Personal	-I am grateful for life -Strong evidence with "I am" words	-More rest -More time to work -More time with life-giving friends	-Wishes to invest (feel like I have options, want the best)	-Wishes of rest and retreat -More time and time to invest
Family	-Kids in good places -Extended family	-Bad financial decisions have had play time	-More time with wife -Space for others (dad, full life, family)	-More time with kids and wife -More space -More time to invest
Faith	-Identity -Faith -The PTB	-Time with believers -Build relationship with neighbors	-How to best make relationship with God in this busy professional life	-More time and space for listening -Time to pray
Vocation	-Self -Believer	-Building habits of work and family and love work		-Opportunity to grow in new areas
Community	-Inviting will -Relationships	-Less personal connections to have everything together -Myself		-Space for another group of five together -More listening

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YOUNIQUE *Journey 2*

“The art of living lies less in eliminating our troubles than in growing with them.”
 - Bernard Baruch

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 Session

YOUNIQUE *Session 2*

Life Domains Assessment Reporting

3 BIGGEST REFLECTIONS:

Reflection #1

Reflection #2

Reflection #3

2 STRUGGLES THAT EMERGED:

Struggle #1

Struggle #2

2 PLACES TO CELEBRATE:

Celebration #1

Celebration #2

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