

Objective & Big Idea:

To introduce the regular rhythm of Weekly Reflecting as a Keystone Habit utilizing the guide as a tool for reflection and planning to join God in who He has called us to be and what He has called us to do.

BIG IDEA: Weekly Reflection helps you consistently look at the dashboard of your life, providing an environment for regular recognition with the opportunity for quick recovery, as you keep your eye on the road toward your preferred future.

How it Works:

Walk through each component of the guide:

Storyline dashboard: How am I? This is an overall question for each storyline while also a check-in to see if the NOW Rhythm they have chosen to step into is still helping them move forward based on the assessment on how they are doing. Do I need to persevere or pivot?

90 Day Goal: “Am I on target, behind or ahead?” This is so the participant keeps their eye on the SMART goal they are chasing after.

Articulate both the obstacles of the past week and new approaches for the upcoming week.

Invite the Lord into your reflection with the prayer guide of 4 sentence prayers.

Coaching Tips:

Remind participants this is a new habit which will require a regular time and place in their schedule to be consistent. Only 15 minutes - keep it simple and attainable.



Reference:

90 Day, pg. 1

YOUNIQUE *90-Day launch: Week 1*
Weekly Reflecting Guide

Week of: _____ My 90-day goal: _____

Storyline 1	Storyline 2	Storyline 3	Storyline 4
<input type="radio"/> Thriving <input type="radio"/> Surviving <input type="radio"/> Reviving			

Color or check, the circle below to represent how you are progressing toward your goal. Score a plus one, two or three for the degree to which you are "ahead of schedule". Score a minus one, two or three for the degree to which you are "behind schedule".

"BEHIND SCHEDULE"
"ON TARGET"
"AHEAD OF SCHEDULE"

Unexpected obstacles I encountered this week:

New ideas for how I will approach next week:

My four sentence prayer:

- God you are:
- Thank you for:
- Guide me in:
- Empower me to: