

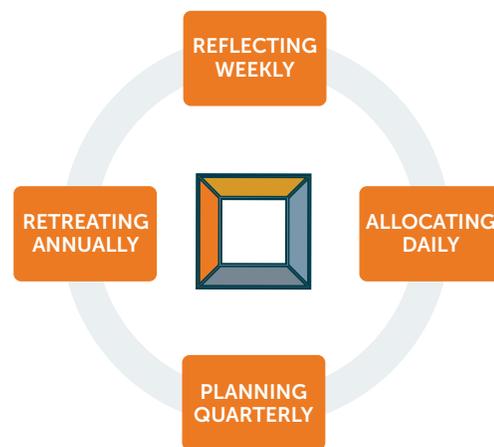
## Life-Making Cycle

### *How to Review and Renew Your Yunique LifePlan*

Your **Yunique LifePlan** is the completed Vision Frame and Horizon Storyline. Together, these represent four codified expressions that declare your identity (LifeCall, LifeCore, LifeSteps and LifeScore on the Vision Frame) and the four views into the future that visualize your direction. (3 years, 1 year, 90-days and next week of your Horizon Storyline).

Another way to think of your **LifePlan** is that there are four ideas to master identity or self-awareness in life and four things to master direction or visionary planning in life.

The goal of the Life-Making Cycle and the tools associated with it is to help make you “unconsciously competent” at living from your Yunique **LifePlan**. Unconscious competence is the ability to be so deeply aware of your **LifePlan** that you are continually and almost subconsciously “referencing” it in daily relationships and decision-making. It is not something forced or “additional” to your life, but becomes seamlessly integrated with how you think. Keep in mind that we will use the Journey 3 experience as the first 90-days where you can practice with a cohort the Life-Making Cycle tools. It is impossible to become unconsciously competent at any task without moving through a phase of “conscious competence;” the phase where you are practicing, stumbling, and learning with conscious effort.



### HOW DOES THE LIFE-MAKING CYCLE WORK?

The Life-Making Cycle is built on three rhythms of review as you allocate daily energy, attention, resources and love to live from your LifeCall. We think of this as making your most meaningful life. While we speak to the importance of daily allocation of your life, we do not embed tools at the daily level. This omission is intentional. We believe that each individual must strive to be aware of their plan on a daily basis, as a result of a prescribed weekly review. As a reminder, even though we don't have a daily tool per se, you will most likely have at least one daily rhythm step in one of your storylines as you move toward your 90-day goal.



## Life-Making Cycle (continued)

### How to Review and Renew Your Yunique LifePlan

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#### ENGAGING THREE RHYTHMS

##### Reflect Weekly

The core practice of the Life-Making Cycle is the weekly cadence of reflection. During this time which can be accomplished in 15 minutes to one hour (depending on your personal preference), you will self-assess your four storyline rhythm steps and movement toward your 90-day goal with a **Weekly Reflecting Guide**.

##### Plan Quarterly

In addition to your weekly reflection you will plan your next 90-day goal and reset your rhythm steps using a **Quarterly Planning Guide**. Doing this four times a year means that the bottom two horizons of your Horizon Storyline are being completely renewed and updated four times a year. We recommend that you block 2-4 hours for this step and connect it to life-giving times, places and activities. Build this in your calendar in a way that you will most certainly look forward to it!

##### Retreat Annually

The final rhythm to engage is a yearly personal retreat. At this time you will update the annual horizon on your Horizon Storyline in addition to the quarterly planning work. That is, you will reset and redefine the four most important objectives of the following year as you move toward your 3-year beyond-the-horizon picture.

During the annual retreat, you also have the opportunity to review your personal Vision Frame. You can review your LifeCore and run through the exercises of your LifeSteps again. At the yearly retreat we recommend that you tweak any articulation on your Vision Frame if you can refine it for better accuracy or deeper meaning. No previous articulation is sacrosanct. These tools are for you to improve as you get more **experience to grow**.

We recommend that you schedule and annual retreat for 1-2 days. You will use the **Annual Retreating Guide** for the first time.



## Life-Making Cycle (continued)

### How to Review and Renew Your Younique LifePlan

#### CALENDAR BLOCKING - THE FIRST BIG APPLICATION STEP

Fifty percent of accomplishing the Life-Making Cycle is calendaring and "time-blocking" in advance. This step is so important we want to give you time to calendar while we are defining and recommending the renewal rhythm.

**Reflect Weekly:** What is the best time and place for you on a weekly basis?

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**Quarterly Planning and Annual Retreating:** What days will you plan to spend 2-4 hours for planning? On every fourth quarterly planning time slot you will do an annual retreat for 1-2 days. The annual retreat is indicated by the shaded box below:

**Year One:** 4 quarterly planning days with one annual retreat that includes quarterly planning.

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**Year Two:** 4 quarterly planning days with one annual retreat that includes quarterly planning.

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**Year Three:** 4 quarterly planning days with one annual retreat that includes quarterly planning and a three-year renewal of the beyond-the-horizon vision.

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