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Journey 2

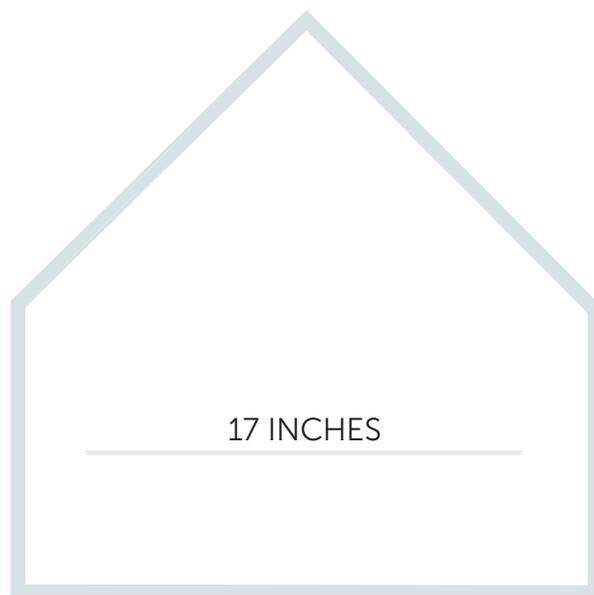
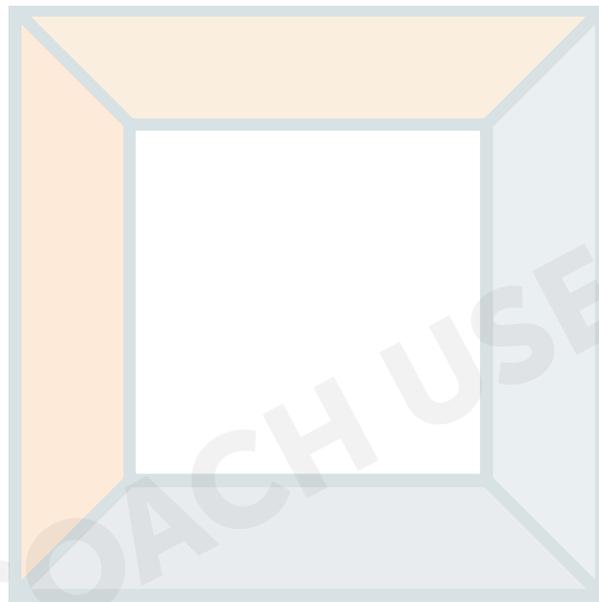
“Don't wait for
extraordinary
opportunities, seize
common occasions and
make them great.”

– Orison Swett Marsden



1
Session

Vision Frame Inside



Live the Dream

Jeremiah 29:4-14, NIV

⁴This is what the Lord Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon: ⁵"Build houses and settle down; plant gardens and eat what they produce. ⁶Marry and have sons and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease. ⁷Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper." ⁸Yes, this is what the Lord Almighty, the God of Israel, says: "Do not let the prophets and diviners among you deceive you. Do not listen to the dreams you encourage them to have. ⁹They are prophesying lies to you in my name. I have not sent them," declares the Lord.

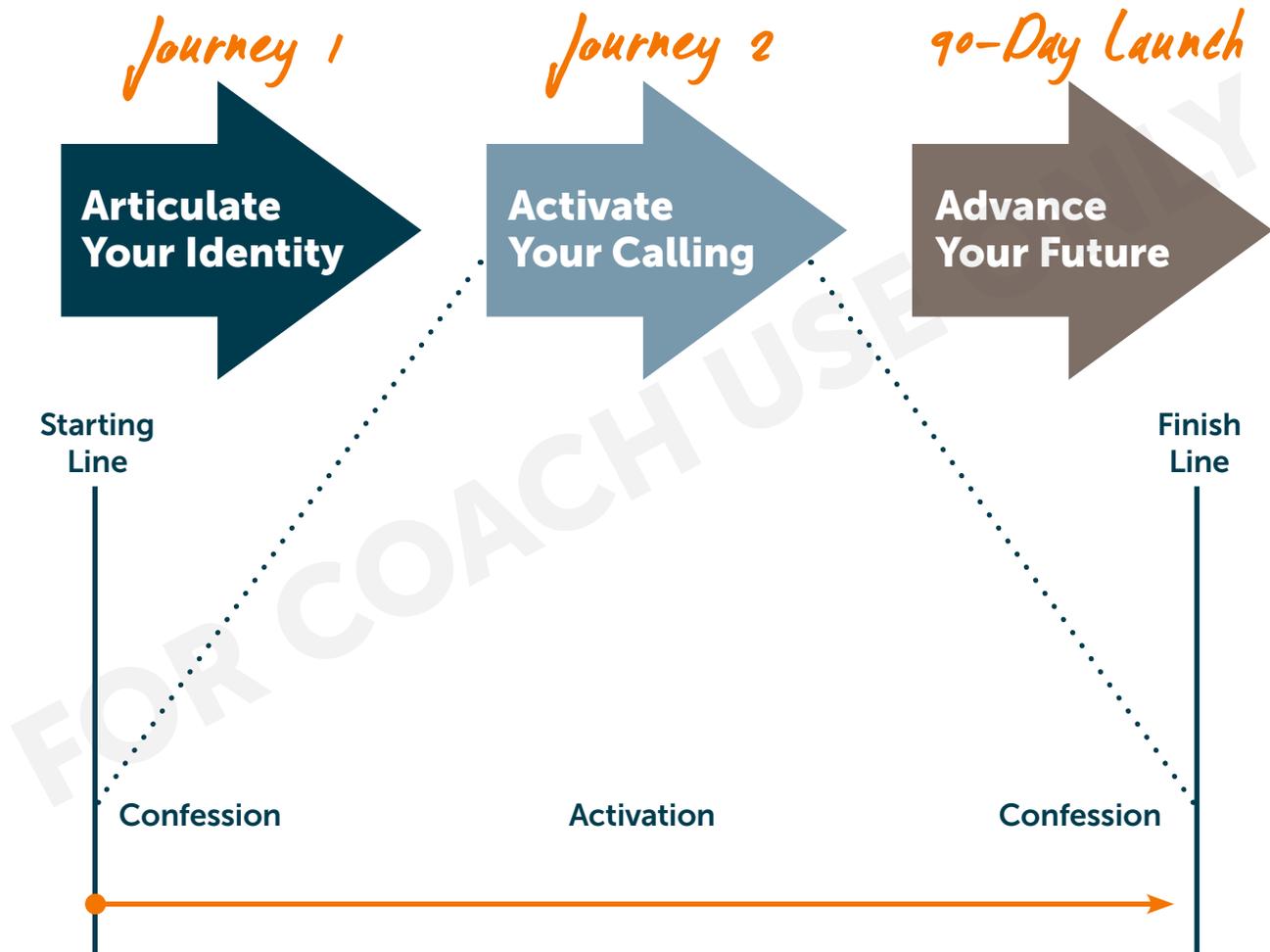
¹⁰This is what the Lord says: "When seventy years are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place. ¹¹For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. ¹²Then you will call on me and come and pray to me, and I will listen to you. ¹³You will seek me and find me when you seek me with all your heart. ¹⁴I will be found by you," declares the Lord, "and will bring you back from captivity. I will gather you from all the nations and places where I have banished you," declares the Lord, "and will bring you back to the place from which I carried you into exile."

BIG THOUGHT: "Most people confuse _____ dreams _____ with _____ fantasy _____".

1. Dreams _____ are rooted in _____ reality. Fantasies _____ deny _____ reality.
2. Dreams move _____ through _____ reality. Fantasies _____ escape _____ reality.
3. Dreams _____ become _____ reality. Fantasies leave you _____ stuck _____ in reality.

Activating Your Calling

Journey 2 Overview



“A confessing community can be honest about personal struggles without hiding personal successes.” — Dave Rhodes

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? <i>(celebrate)</i>	What is Broken? <i>(fix)</i>	What is Confused? <i>(clarify)</i>	What is Missing? <i>(add)</i>
Personal				
Family				
Faith				
Vocation				
Community				

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	-Finances, cash flow, debt	-I consistently try to overextend myself		-I don't have a long-term financial plan at age 45
Family	-Relationships with the kids	-It's easy to speak the wrong "love language" to my wife -Romy wants to feel like she is making more meaningful life contribution	-We feel pain and confusion in our marriage after 4 miscarriages	-I desire a deeper emotional connection with Romy
Faith	-Identity in Christ			-Margin for better personal and spiritual health
Vocation	-Auxano and my impact vocationally -Favor with Lifeway		-RT have a big "life gate" in 2017 with Abby and Auxano -Understanding best mix of consulting, training, writing, toolmaking and building	
Community		-Success at Auxano creates tension with my involvement at Clear Creek		-Time with friends has been pushed out of life considerably

Life Domains Assessment *Example 1 - Marci*

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	<ul style="list-style-type: none"> -Community/people in life -Sharing wholeness with other women 	<ul style="list-style-type: none"> -More rest -More time in word -More time with/life-giving friends 	<ul style="list-style-type: none"> -Where to invest (feel like I have options, want the best) 	<ul style="list-style-type: none"> -Rhythms of rest and retreat -Play time and time to create
Family	<ul style="list-style-type: none"> -Kids in good places -Extended family 	<ul style="list-style-type: none"> -Need basement -Organize home -Need play time 	<ul style="list-style-type: none"> -Mom live with me? -Space for others that feel like family 	<ul style="list-style-type: none"> -Play time with kids and Gabe -Date night -Teach kids new sports
Faith	<ul style="list-style-type: none"> -Identity -Preach -Clarity -Out: PTA 	<ul style="list-style-type: none"> -Time with unbelievers -Build relationship with neighbors 	<ul style="list-style-type: none"> -How to best model relationship with God to kids. Being intentional here. 	<ul style="list-style-type: none"> -More time and space for listening -Time in prayer
Vocation	<ul style="list-style-type: none"> -10KF -Volunteer 	<ul style="list-style-type: none"> -Needing rhythm of work and family and home needs 		<ul style="list-style-type: none"> -Opportunity to grow in new areas
Community	<ul style="list-style-type: none"> -Investing well -Kids -Intentional relationships 	<ul style="list-style-type: none"> -Lower personal expectations to have everything together -Busyness 		<ul style="list-style-type: none"> -Space for smaller groups of time together, more talking



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

– Bernard Baruch



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Session

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

Reflections

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“Great things are not
done by impulse, but by
a series of small things
brought together.”

– Vincent Van Gogh



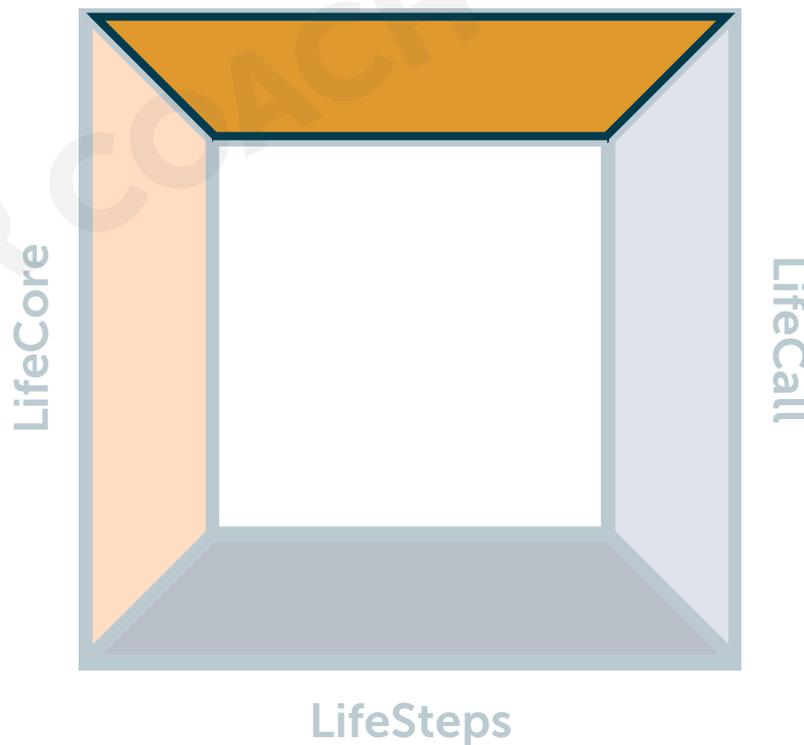
Session
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Personal Vision Frame

LifeScore Overview

THE TOOLS FOR LIFESCORE INCLUDE:

- Storyline Creation
- Thriving, Surviving, Reviving
- Bucket List



Moving to Storylines from Domains

A Giant Leap Forward in Life Design

Virtually all life planning methodologies use domains. Domains represent different areas or aspects of life that make life complete, such as family, career, social life, etc. We have already conducted a **Four Life Domains** Assessment that uses the five domains of Tom Paterson. The methodology may not use the term “domain” but there is always some type of category to assess and plan for life. For example, the personal productivity blogger Michael Hyatt uses the term “life accounts” instead of domains.

One example of domains from the Bible is *Luke 2:52*. Luke, the biblical writer who is also a doctor, reports on Jesus’ development in regard to four domains: wisdom, stature, favor with God and favor with men. These correspond with mental, physical, spiritual and social domains.

Other example of domains include the highly adapted “Wheel of Life” that breaks life into 6-10 categories. The wheel emphasizes a holistic view and the importance of achieving balance. The wheel of life categories used by performance coach Tony Robbins are below. The book, *Designing Your Life*, by authors Burnett and Evans use four simple categories, also listed below.

Examples of Life Domain Categories			
The Bible (<i>Luke 2:52</i>)	Tom Paterson	“Wheel of Life” by Tony Robbins	<i>Designing Your Life</i> by Burnett and Evans
Wisdom	Personal	Health and Wellness	Health
Stature	Family	Mind and Meaning	Love
Favor with God	Faith	Love and Relationships	Work
Favor with Men	Vocational	Productivity and Performance	Play
	Community	Career and Business	
		Wealth and Lifestyle	
		Leadership and Impact	

Moving to Storylines from Domains (continued)

A Giant Leap Forward in Life Design

One improvement in the *Younique Experience* is the pivot away from domains to use storylines. A storyline is a major theme in your life's unfolding narrative. It's a sub-story of your *LifeCall* and one of the key developing plots of your life.

It's usually not hard to make the jump from a domain to a storyline. Why do we recommend a change?

The Five Benefits of Using Storylines

1. Storylines are not limited by physical _____ time _____ and _____ space _____ categories.
2. Storylines elevate the power of _____ identity _____ which is more fundamental than activity.
3. Storylines highlight God's _____ authorship _____ and sovereign goodness in my life.
4. Storylines are more _____ personal _____ and therefore they become more practical and powerful.
5. Storylines become the basis of a _____ God _____ - centered life assessment tool.

Storyline Brainstorming

NAME YOUR TOP FOUR STORYLINES AFTER REFLECTING ON THE FOUR HELPFUL LISTS AND STORYLINE TRAINING

--	--	--	--

Storyline 1

Storyline 2

Storyline 3

Storyline 4

--	--	--	--

Storyline Brainstorming

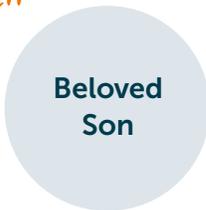


Please complete the My Storylines worksheet in your Younique Experience Notebook.

Storyline Creation *Examples 1*

Storyline 1	Storyline 2	Storyline 3	Storyline 4

Will



Tricia



Caleb



Luke



Storyline Creation *Examples 2*

Storyline 1	Storyline 2	Storyline 3	Storyline 4

David L

Christ
Carnator

Engaging
Hufagad

Breakthrough
Investor

Joy
Discoverer

Heather

Sweet
Reliance

Intentional
Intimacy

Gracious
Reconciliation

Joyful
Vitality

Kathy

Committed
Believer

Passionate
Family

Beauty
Bringer

Joyful
Neighbor

Chad

MVP

Almost
Heaven

Hanging
Banners

The Finer
Things



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Journey 2

“Start where you are,
with what you have,
and that will always
lead you into something
greater.”

– Mary Manin Morrissey

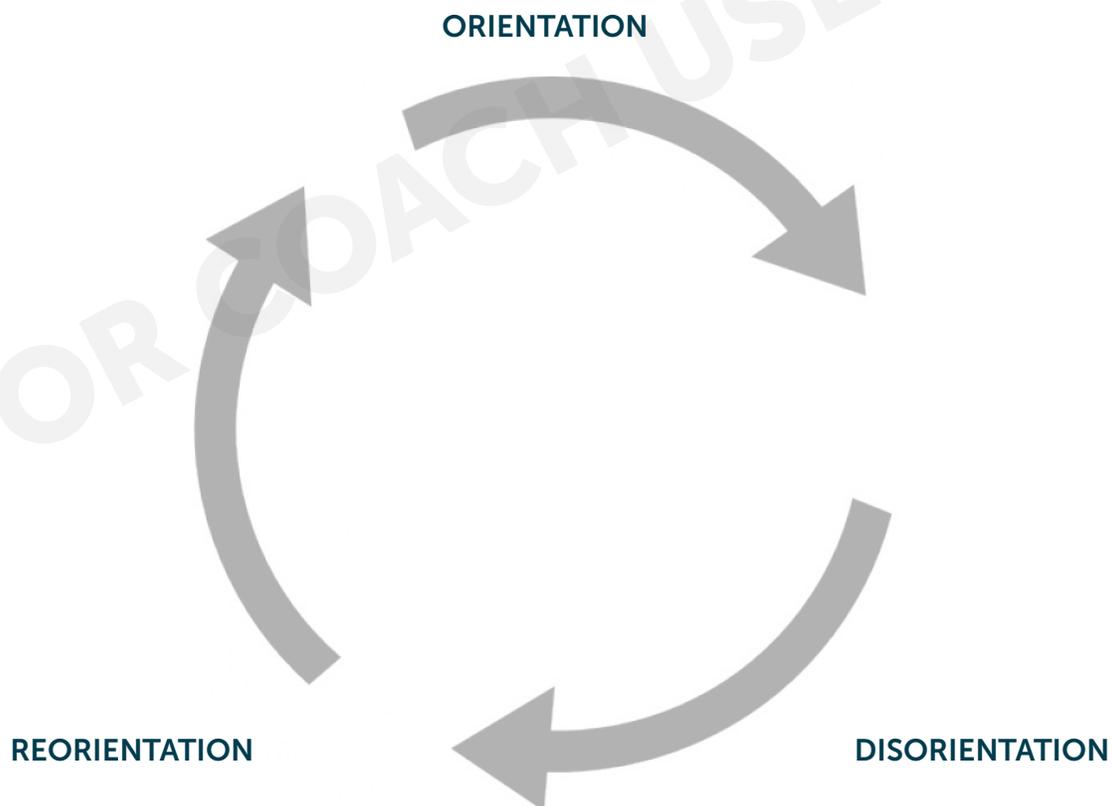


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Session

Psalms Spirituality: A Biblical Approach to Life Assessment

Thriving, Surviving and Reviving

1. The Psalms are a unique part of biblical revelation. All revelation is God speaking to humankind. But only the Psalms show how humankind should talk back to God.
2. According to Walter Brueggemann, the best way to categorize the Psalms and to relate them to your life is to see each one as a God- directed moment in one of three life states:



Psalms Spirituality

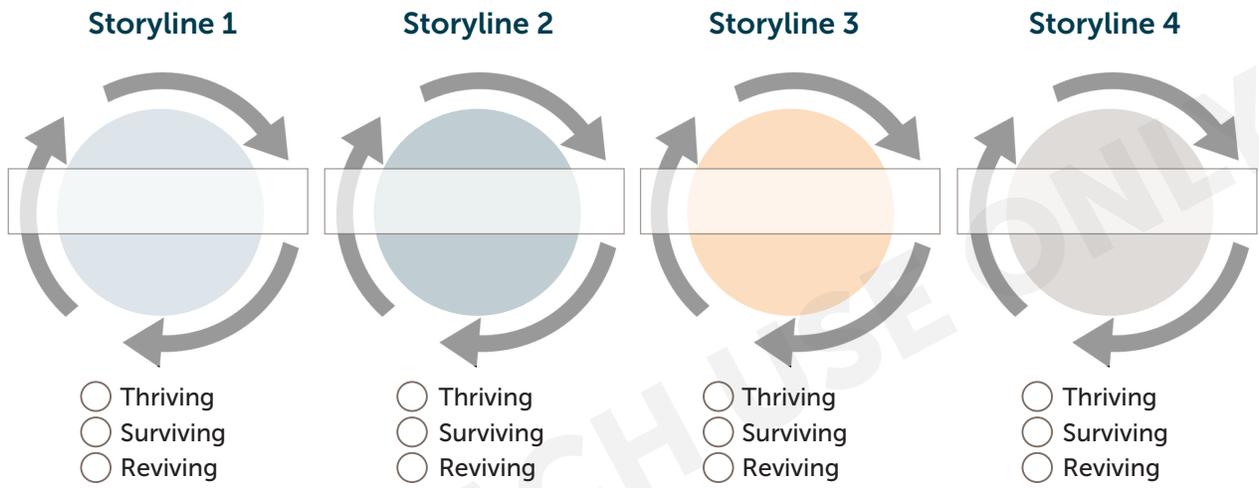
Thriving, Surviving and Reviving

3. These life states correlate with Scripture's broadest narrative and the individual lives of saints defining life as a gospel-centered, faith-accessed story cycle.
 - Thriving = Goodness at creation = Season of Summer.
 - Surviving = Judgement through sin/brokenness = Season of Fall & Winter.
 - Reviving = Restoration by Grace = Season of Spring.

4. The paramount observation is this: Spiritual maturity is not about how well you are doing or feeling, it's about going to God despite how you are doing or feeling.

5. Using "Thriving, Reviving and Surviving" as categories of assessment for our Storylines keeps our weekly reflection:
 - Ultimately God - centered, not man - centered.
 - Reminds us of the hope of the gospel, temporally and eternally.
 - Builds an anticipation of the guaranteed and redemptive goodness of God.
 - Nurtures awareness with myself and with God.
 - Accounts for having highs and lows in different areas of life at the same time.
 - Gives permission for the wide range of emotion in life. It's okay not to be okay.

Storyline Assessment *Reporting*



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Reflections

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“Opportunity is missed
because it is dressed
in overalls and looks
like work.”

– Thomas Edison



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Session

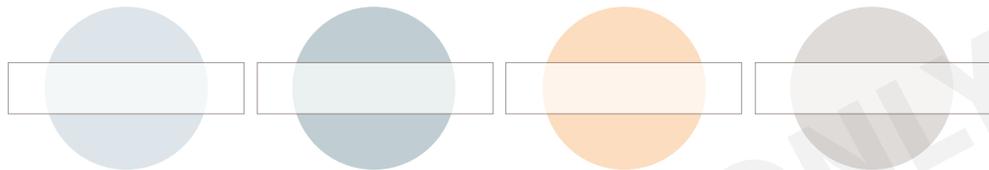
Bucket List Worksheet

Storyline 1

Storyline 2

Storyline 3

Storyline 4

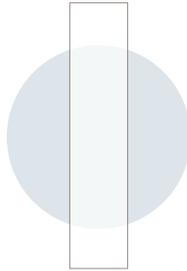


	Storyline 1	Storyline 2	Storyline 3	Storyline 4
A thing to do				
A place to go				
A skill to learn				
An objective to achieve				
A possession to obtain				

Bucket List *Listening*

THINGS THAT I HEARD ON OTHER'S BUCKET LIST THAT MIGHT NEED TO GO ON MINE:

Storyline 1



Bucket List

1. _____
2. _____
3. _____
4. _____
5. _____

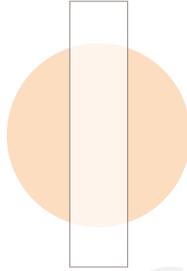
Storyline 2



Bucket List

1. _____
2. _____
3. _____
4. _____
5. _____

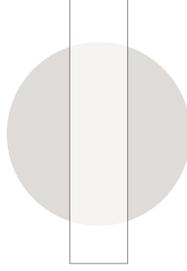
Storyline 3



Bucket List

1. _____
2. _____
3. _____
4. _____
5. _____

Storyline 4



Bucket List

1. _____
2. _____
3. _____
4. _____
5. _____



Please complete 20 bucket list items on the Storyline Bucket List worksheet in your Younique Experience Notebook.



Storyline Bucket List *Example 1 - Dave*

Storyline 1

Faithful Follower

Bucket List

1. Finish life well--Acts 13:36
2. Read the Bible 20 times
3. Known as a Sage
4. Read 10 books/year
5. Remain faithful to Kim
6. Die without grievances
7. Live without regrets
8. Forgive those who wrong me
9. Passion for God increases/year

Storyline 2

Full House

Bucket List

1. Marriage that gets better/year
2. Kids marry Godly spouses
3. Buy 10,000 people lunch
4. No debt
5. Give away \$1000 1000 times
6. Kids love God
7. 5,000 leaders in home
8. Pay for kids car and college
9. Kim dies having fulfilled dreams

Storyline 3

Catalytic Impact

Bucket List

1. Preach in 50 countries
2. Principle discipler of 100 leaders
3. Younique as prominent as FPU
4. Release 100 Movements
5. Write 5 books
6. Produce 1,000 communications
7. BigC church becomes training ctr
8. Speak in 40 states
9. Help Grace plant 100 churches

Storyline 4

Recreational Traveler

Bucket List

1. Visit every state
2. Go to 50 countries
3. Become a 3 handicap in golf
4. Friends know me as Chi-Chi
5. Golf 20 courses the pro's play
6. Fly 1,000,000 miles
7. Drive the US coast to coast
8. Run a marathon
9. Have a 4 pack



Storyline Bucket List Example 1 - Dave

Storyline 1

Faithful Follower

Bucket List

- 10. Live fit
- 11. Rest well
- 12. Never stop reforming
- 13. Grow in APEST where I'm weak
- 14. Defeat ambition
- 15. Be able to trust desires of heart

Storyline 2

Full House

Bucket List

- 10. Share 1,000,000 laughs
- 11. Tell kids I love them 10K times
- 12. Take 20 trips we never forget
- 13. All inclusive trip with Kim/year
- 14. Pay kids gas when they visit
- 15. Move in extended family

Storyline 3

Catalytic Impact

Bucket List

- 10. Preach to 1,000,000 people
- 11. Drive bus to conferences
- 12. Do ministry with best friends/fmly
- 13. Have all neighbors in home
- 14. Surrender every talk to HS
- 15. Die still dreaming

Storyline 4

Recreational Traveler

Bucket List

- 10. Own a convertible
- 11. Join a country club
- 12. Pay for extended fmlly vacations
- 13. Play in Bill Norris golf tournamnt
- 14. Take trip with each child/year
- 15. Vacation w/best friends/2 years



Storyline Bucket List Example 2 - Jay

Storyline 1

Intimate Connection

Bucket List

1. Train 100 people to hear God
2. Leave journals for kids
3. Read the Bible 25 times
4. Pray like it's my only Resource
5. Raise up 50 worshipers
6. Give 25K a year
7. Walk in the Spirit daily
8. Play guitar - lead worship
9. Pray with Melisa weekly

Storyline 2

Open Table

Bucket List

1. Spend significant time each child
2. Kids reproduce FOM
3. Live close to friends
4. Go on 3 family vacations/year
5. Vacation to HI with kids
6. Vacation to Scotland with kids
7. Kids always have room
8. Give 100K to each child
9. 1000 people say "I found home"

Storyline 3

World Mobilizer

Bucket List

1. Write 5 books
2. Start a "Go" School
3. Mentor 100 Exponential leaders
4. Coaching business
5. Install Younique to 100 churches
6. Help start churches in 20 cities
7. Plant 5 churches personally
8. Start City Gospel Coalition
9. Help plant 500 MC's

Storyline 4

Playful Adventurer

Bucket List

1. Hike a 14'
2. Ski on 4 continents
3. Ski when I'm 75
4. Annual trip with friends
5. Take a comedy tour
6. Surf ECoast, WCoast, Hawaii
7. Own 2 jet skis
8. Own ski-boat
9. Own a mountain home



Storyline Bucket List Example 2 - Jay

Storyline 1

Intimate Connection

Bucket List

- 10. Annual prayer retreat
- 11. Engage 10 Prayer Rhythms
- 12. Start a Soul Care School
- 13. Prayer movement in 10 cities
- 14. Train 100 people to heal
- 15. Read 10 books/year

Storyline 2

Open Table

Bucket List

- 10. Kids friends sleep over
- 11. Neighbors want more
- 12. Feed 10,000 people at our table
- 13. Release kid's dreams
- 14. Multiply 10 MC's
- 15. Buy a training home

Storyline 3

World Mobilizer

Bucket List

- 10. Seed 10 start-ups
- 11. Make \$250K/year
- 12. Become a Lead Pastor
- 13. Prayer Walk 50 cities
- 14. Write practical MC guide
- 15. Start 3 businesses

Storyline 4

Playful Adventurer

Bucket List

- 10. Raft the Colorado
- 11. Camp in Yellowstone
- 12. Learn golf
- 13. Lead 25 Mountain Excursions
- 14. Hike the Grand Canyon
- 15. See sunrise/set in 25 countries



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Journey 2

“The price of anything
is the amount of
life you exchange
for it.”

– Henry David Thoreau



6
Session

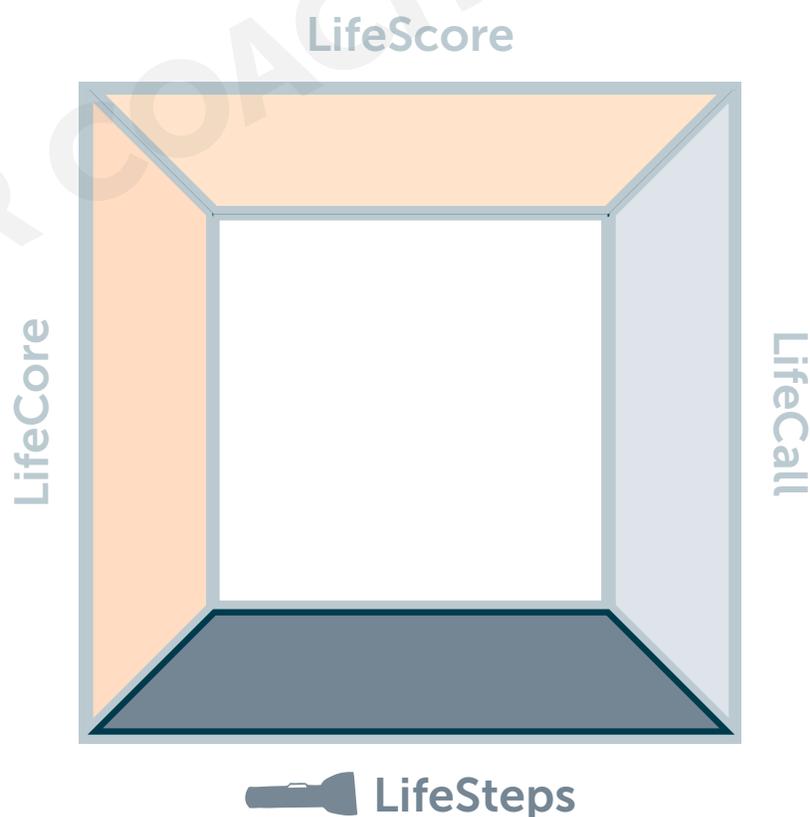
Personal Vision Frame

LifeSteps Overview

LifeSteps: One area of focus in each storyline based on a current assessment of roles, resources and replenishment in your life.

THE TOOLS FOR LIFESTEPS INCLUDE:

- Role Mapping
- Resource Assessment
- Replenishment Rhythms



LifeSteps

Roles, Resources and Replenishment

Read Psalm 18:20-36

David moves from playing _____ defense _____ to playing _____ offense _____ in his life.

Most people are only playing _____ defense _____ with their life.

David gains confidence in his life by _____ stepping _____ where God has given him light to _____ step _____.

Confidence is based on identifying _____ God's _____ grace _____.

BIG THOUGHT: "*LifeSteps*: the _____ one _____ area of _____ focus _____ in each Storyline based on a current _____ assessment _____ of your _____ roles _____, _____ resources _____ and _____ replenishment _____ in your life.

LifeSteps form the _____ strategy _____ part of the **Personal Vision Frame.**"

Focus Your LifeSteps

Focus	Younique Tool	
1. Role	Role	Map
2. Resource	Resource	Assessment
3. Replenishment	Replenishment	Rhythm

Role Mapping

Most people take time to think about what they are doing. Few people take time to think about how they are doing it. The truth is that we all have many different roles that we play in our lives. But are we in the right roles and are the roles that we find ourselves playing the kind of roles that maximize our LifeCall? One of the exercises that will help you determine the appropriate LifeSteps in your life, is to complete a Role Map. This Role Map will help you identify the different roles that you are currently playing in each Storyline and help you determine if these are the right roles and what changes might need to be made for you to maximize your LifeCall.

Instructions: One of the most effective strategies you can use to develop your LifeSteps is to identify and clarify the different roles that you are playing in your life.

Step #1 *Fill in your Storylines in each of the Storyline Circles on your Role Map Sheet.*

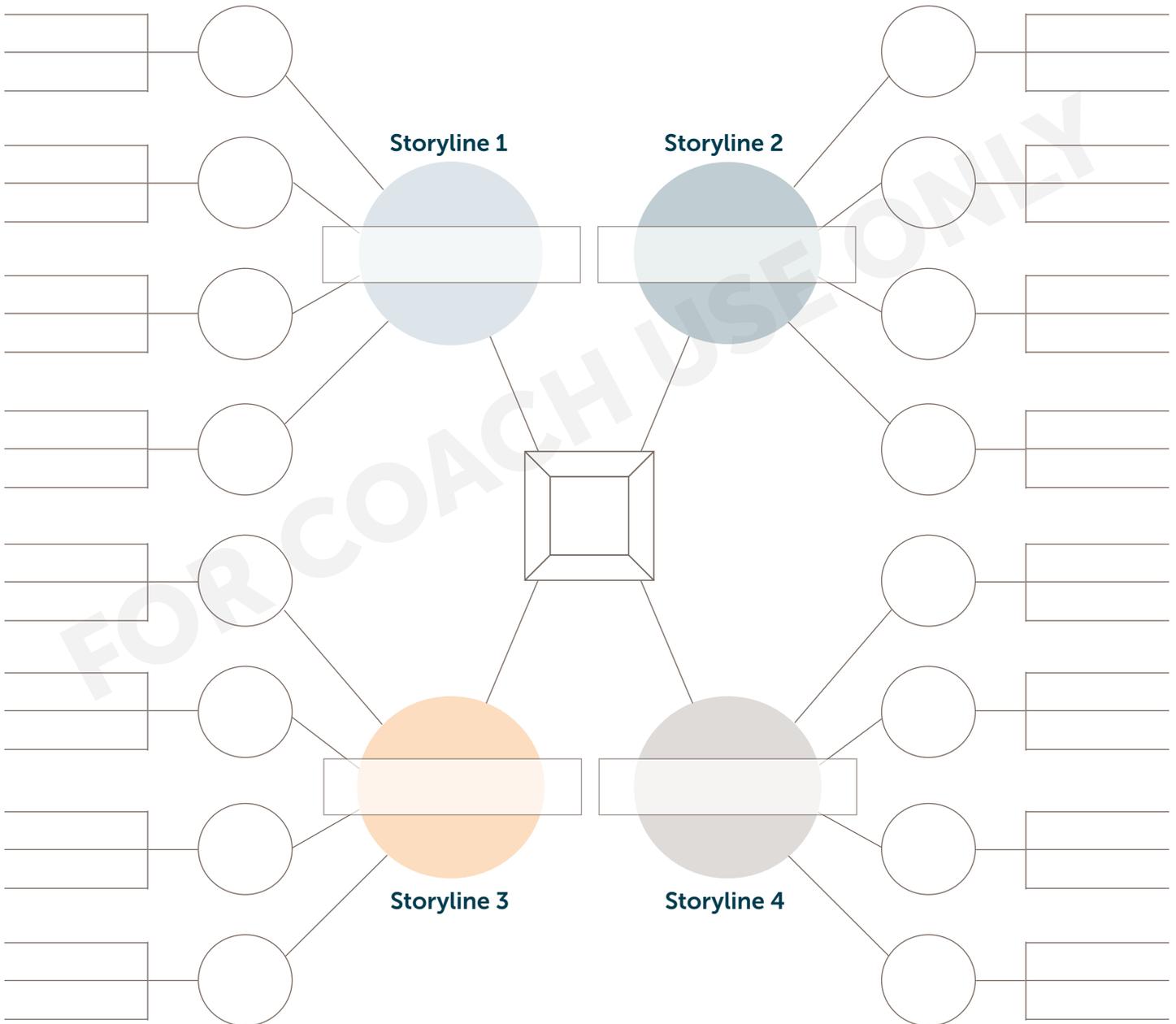
Step #2 *Identify the 4 Primary Roles that you are playing in each Storyline. Primary Roles create a general sense of how you function in that Storyline.*

Step #3 *Identify the 3 Secondary Roles that best describe the way you accomplish your Primary Roles. Secondary roles provide a specific sense of how you function in your Primary Roles.*

Step #4 *After completing your secondary roles, ask yourself these questions:*

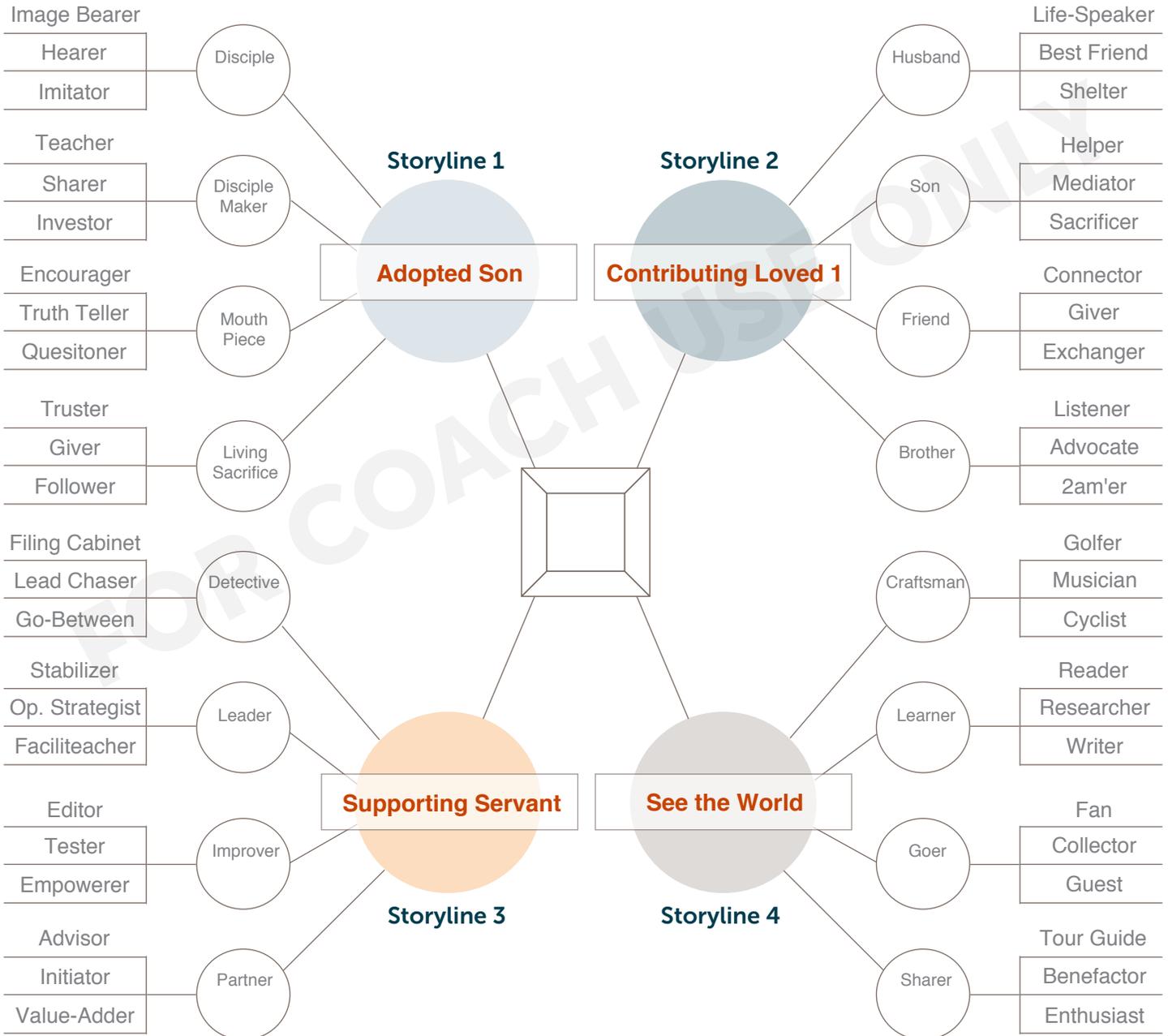
1. What role(s) needs to change?
2. What role(s) do I need to add or subtract?
3. What role(s) needs my attention the most?
4. What role(s) needs to be emphasized?

My Role Map Worksheet

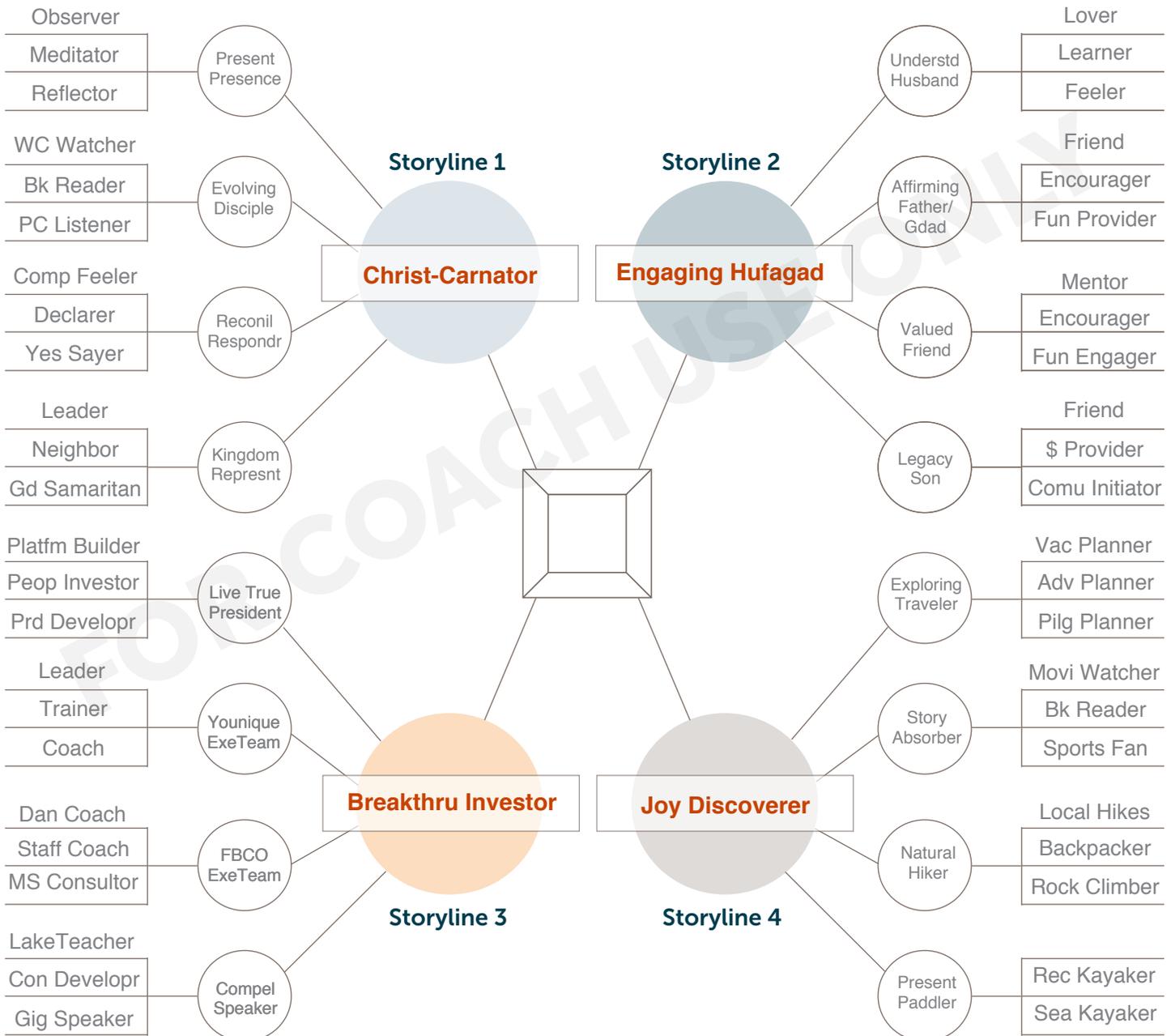


Please complete the My Role Map worksheet in your Younique Experience Notebook.

My Role Map *Example 1 - Luke*



My Role Map *Example 2 - David L*



Role Mapping *Reporting*

Which areas of your Role Map were hardest for you to fill out? Why?

Which roles on your Role Map do you feel you are stepping into well?

Which roles on your Role Map have you been unintentionally neglecting?

Are there any Storylines where the roles that you are currently playing might need to be shifted?

Reflections

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Journey 2

“The only person you
are destined to become
is the person you
decide to be.”

– Ralph Waldo Emerson



Session

7

The Five Capitals

Read Matthew 25:14-30

3 Things that Keep Us from Investing:

1. **Insecurity:** We UNDERVALUE what we have been GIVEN.
2. **Fear:** We OVERVALUE what we could LOSE.
3. **Misperception:** We MISVALUE who God IS.

Currency of the Five Capitals

Spiritual Capital: WISDOM, POWER and AUTHORITY

Relational Capital: FRIENDS, FOLLOWERS and FAMILY

Physical Capital: TIME, ENERGY and HEALTH

Intellectual Capital: CREATIVITY, CONTENT and CREDENTIALS

Financial Capital: DOLLARS, CENTS and ASSETS

Gold Bars Exercise

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital		
Relational Capital		
Physical Capital		
Intellectual Capital		
Financial Capital		

Priority and Pivot Point:

Capital that Needs to Increase Most: _____

Investment that Needs to be Made to Increase that Capital:



Please complete the Gold Bars Resource Assessment worksheet in your Younique Experience Notebook.

Gold Bars Exercise *Example 1 - Karen*

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital	1	9
Relational Capital	5	7
Physical Capital	4	5
Intellectual Capital	2	7
Financial Capital	5	6

Priority and Pivot Point:

Capital that Needs to Increase Most: *Spiritual Capital*

Investment that Needs to be Made to Increase that Capital:

I need to get into an intentional disciplinmaking relationship w/ mentor

Gold Bars Exercise *Example 2-Terry*

THE FIVE CAPITALS	MY LIFE NOW	MY LIFE 3 YEARS FROM NOW
Spiritual Capital	6	10
Relational Capital	4	7
Physical Capital	1	7
Intellectual Capital	4	5
Financial Capital	2	5

Priority and Pivot Point:

Capital that Needs to Increase Most: Physical Capital

Investment that Needs to be Made to Increase that Capital:

I need to get a trainer and work out on a regular basis.



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Journey 2

“The act of discovering
who we are will force
us to accept that we
can go further than
we think.”

– Paulo Coelho



8
Session

Replenishment Rhythms

Genesis 1:1-13, NIV

¹ In the beginning God created the heavens and the earth. ² Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

³ And God said, "Let there be light," and there was light. ⁴ God saw that the light was good, and he separated the light from the darkness. ⁵ God called the light "day," and the darkness he called "night." ***And there was evening, and there was morning—the first day.***

⁶ And God said, "Let there be a vault between the waters to separate water from water." ⁷ So God made the vault and separated the water under the vault from the water above it. And it was so. ⁸ God called the vault "sky." ***And there was evening, and there was morning—the second day.***

⁹ And God said, "Let the water under the sky be gathered to one place, and let dry ground appear." And it was so. ¹⁰ God called the dry ground "land," and the gathered waters he called "seas." And God saw that it was good.

¹¹ Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. ¹² The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good. ¹³ ***And there was evening, and there was morning—the third day.***

Rest



Work



Please complete the My Replenishment Rhythms worksheet in your Younique Experience Notebook.

Replenishment Rhythms Worksheet

What Rhythms do I need to focus on Daily?

REST	WORK

Biblical ideas discussed: _____

What Rhythms do I need to focus on Weekly?

REST	WORK

Biblical ideas discussed: _____

What Rhythms do I need to focus on Quarterly?

REST	WORK

Biblical ideas discussed: _____

What Rhythms do I need to focus on Yearly?

REST	WORK

Biblical ideas discussed: _____

Replenishment Rhythms Worksheet *Example 1 - Chad*

What Rhythms do I need to focus on Daily?

REST	WORK
<ul style="list-style-type: none"> • Bed by 10pm • Exercise 	<ul style="list-style-type: none"> • Open Bible

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

REST	WORK
<ul style="list-style-type: none"> • Take my day off • Date night with Amanda 	

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

REST	WORK
<ul style="list-style-type: none"> • 2 day unplug • Daddy daughter dates 	

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

REST	WORK
<ul style="list-style-type: none"> • Guys Trip • Get-away with just Amanda 	<ul style="list-style-type: none"> • Maintain what I have

Biblical ideas discussed: Seasons

Replenishment Rhythms Worksheet *Example 2 - Luke*

What Rhythms do I need to focus on Daily?

REST	WORK
<ul style="list-style-type: none"> Starting my day from a place of rest and margin, (don't work at night, work in the AM) Pausing to reflect and get perspective on the day so far 	<ul style="list-style-type: none"> Planning to eat lunch Mid-day check-in with Taylor

Biblical ideas discussed: Sleep

What Rhythms do I need to focus on Weekly?

REST	WORK
<ul style="list-style-type: none"> Consistent uninterrupted dates with Taylor Time to play music for fun 	<ul style="list-style-type: none"> More intentional wrap up the week convo with David Block time on Friday for work beyond work

Biblical ideas discussed: Sabbath

What Rhythms do I need to focus on Quarterly?

REST	WORK
<ul style="list-style-type: none"> Look more out at trips and travel opportunity for fun 	<ul style="list-style-type: none"> Reviewing personal budget performance against goals Spending time to review my journal notes

Biblical ideas discussed: Celebrations & Feasts

What Rhythms do I need to focus on Yearly?

REST	WORK
<ul style="list-style-type: none"> Seizing opportunity with parents and in-laws to travel Spending a dedicated day in silence and solitude 	<ul style="list-style-type: none"> Planning to go to a new places with our community group

Biblical ideas discussed: Seasons



LifeStep One Area of Focus in each Storyline

Select your area of focus by using Role OR Resource OR Replenishment as a starting point. Think of these as three different lenses from which you decide on one. Then you can complete the grid by thinking through how the Role, Resource and Replenishment are related.

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)				
Resource (Capital you are trying to increase)				
Replenishment (Rest or Work)				



LifeStep Example 1 – Steve
One Area of Focus in each Storyline

Select your area of focus by using Role OR Resource OR Replenishment as a starting point. Think of these as three different lenses from which you decide on one. Then you can complete the grid by thinking through how the Role, Resource and Replenishment are related.

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)	Favored Son	Faithful Encourager	Future Forger	Free for All
Resource (Capital you are trying to increase)	Listener	Mentor	Entrepreneur	Competitive Golfer
Replenishment (Rest or Work)	Spiritual	Spiritual	Financial	Relational
	Rest	Work	Work	Rest



LifeStep Example 2-Cindy
One Area of Focus in each Storyline

Select your area of focus by using Role OR Resource OR Replenishment as a starting point. Think of these as three different lenses from which you decide on one. Then you can complete the grid by thinking through how the Role, Resource and Replenishment are related.

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
	Adopted Daughter	Valued Teammate	Difference Maker	Hobby Lobby
Role (from RoleMap)	Reader	Host	Saleswoman	Exerciser
Resource (Capital you are trying to increase)	Intellectual	Relational	Relational	Physical
Replenishment (Rest or Work)	Work	Rest	Work	Rest

Reflections

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YOUNIQUE

Journey 2

“The meaning of life
is to find your gift.
The purpose of life
is to give it away.”

– Pablo Picasso



9
Session

Tombstone Tweet

(#tombstonetweet)

Begin with the End in Mind

My Funeral

My Epitaph

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My tombstone tweet (no more than 280 characters):

Tombstone Tweet *Example 1 - Dave* (#tombstonetweet)

Begin with the End in Mind

*Best Friends
Kim and Kids
Pastors from around the country
People I don't know but my life impacted
Social Media Tribute (Rhodesisms)
Foundation - (\$1000 gifts)*

*"He completed his task"
"He maximized God's Investment"*

My tombstone tweet (no more than 280 characters):

*Welcome 2 the New Normal:
Where churches are training centers - not just teaching centers &
ordinary believers are living extraordinary lives.*

Tombstone Tweet *Example 2 - Kelly* (#tombstonetweet)

Begin with the End in Mind

Kelly was a playful and optimistic guide

Celebration

Kelly was her family's biggest champion

*Kelly created different storyboards
for people and organizations*

My Funeral

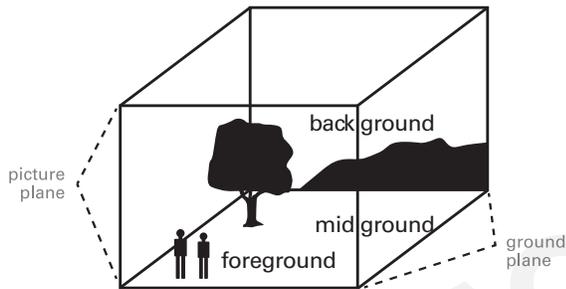
My Epitaph

My tombstone tweet (no more than 280 characters):

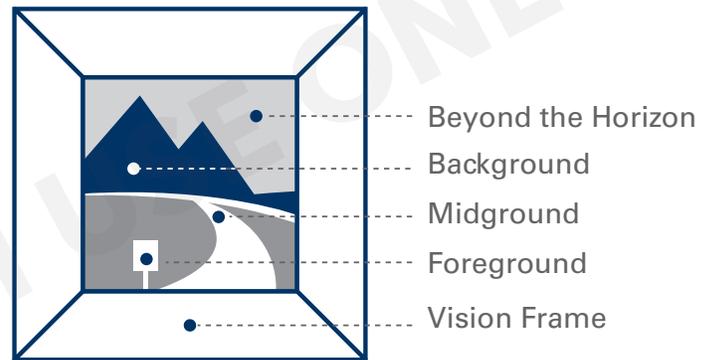
*Kelly helped me see myself through God's eyes and discover
my part in His eternal story.*

Horizon Storyline Overview

EVERY PICTURE CONTAINS THREE HORIZONS OF VISION

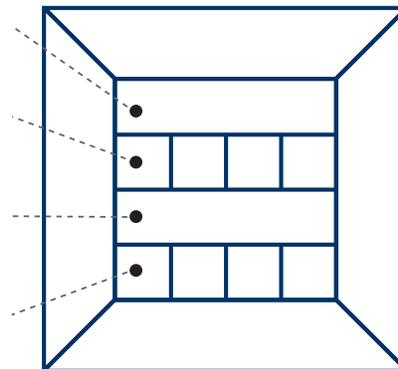


VISION AS FUTURE PICTURE



HORIZON NAME/TIMELINE

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Please complete the **Beyond the Horizon** box on the **Horizon Storyline** worksheet in your **Younique Experience** notebook by summarizing the work on this page.

Beyond the Horizon

Declaring One 3-Year Vision

BEYOND THE HORIZON (3 YEARS)

The beyond the horizon vision is a vivid picture of your life 3 years into the future. It is an aspirational sense of destination that clarifies what you hope to accomplish in this time window. It should build from a singular idea that can be stated as a sentence, anchored with a helpful image or metaphor, and as a vivid description paragraph. It is primarily qualitative and is designed to be a personal tool that you revisit for inspiration and focus.

- Shapes your life legacy and your largest sense of ultimate contribution.
- Creates deeper meaning for your life as you look ahead.
- Cultivates a life of deeper sacrifice for the things that matter most.
- Guides the development of one-year planning.

QUESTIONS FOR DEVELOPING BEYOND THE HORIZON

- When you picture your life 3 years from now, what do you see? What do you see that excites you the most?
- Articulate what you see as if it is complete. "I envision..." or "I will have..."
- Based on the journey you have been on during *Life Younique*, what has God been preparing you to do in the next 3 years?
- What will be the dominant theme in your life 3 years from now?
- What is the most important thing that should be different your life 3 years from now?
- How do you hope your family will be different?
- How do you hope your vocation will be different?

Beyond the Horizon (continued)

Declaring One 3-Year Vision

- What are the obvious thresholds in your life or turning points that will occur in the next 3 years? (graduations, retirement, financials, births, weddings, promotions, empty nest, relocations, etc.)
- If you are anticipating several thresholds in the next three years, how do you relate them together? Can you capture the meaning of these thresholds in one idea, theme or picture?
- Write down multiple bullet points of what you hope your life looks like. Think of images or metaphors to help you paint a picture.

Beyond the Horizon Worksheet

ONE PICTURE IDEA:

Image or Metaphor:

Space to Draw:

SHORT PHRASE DESCRIPTION:

Vivid Description Bullets:

- _____
- _____
- _____
- _____
- _____
- _____
- _____



Please complete the Beyond the Horizon box on the Horizon Storyline worksheet in your Yunique Experience Notebook.

Beyond the Horizon *Example 1 - Dave*

ONE PICTURE IDEA:

Image or Metaphor:

A Fast Moving Stream

Space to Draw:

SHORT PHRASE DESCRIPTION:

By August 1, 2019 I will be a fast moving stream defined as much by my banks as my flow - knowing how to embrace my limitation for maximum kingdom impact.

Vivid Description Bullets:

- Saying "No" more than I say "Yes"
- Local Impact-Invested in the local church (part-time)
- Global Influence - Yunique and 100M are established organizations
- Loving family well with both presence and proclamation
- Financially free
- Relationally thriving - marked by working with those I like to play with
- Physically fit - regularly testing BMI in the Healthy Category
- Regular Rhythms of Rest - protecting my rest time as much as I protect my work time
- Known as a sage

Beyond the Horizon *Example 2 - Will*

ONE PICTURE IDEA:

Image or Metaphor:

A Deep Well

Space to Draw:

SHORT PHRASE DESCRIPTION:

My life will be a deep well of blessing free of overflow to those around it.

Vivid Description Bullets:

- I see a giant pendulum swinging towards depth of identity from scope of activity.
- My rally cry is "Being more accomplishes more than doing more."
- I will be closing out an extended "warrior" life stage and fully entering a "king" one.
- I see a freer man with more margin, spontaneity, and flexibility.
- I see a day when I am not in a rush, with more time between phone calls, and relaxation at meals.
- I will focus on relational and spiritual capital by investing in four groups of people: my central circle (Romy, Poema, Jacob, Joel and Abby), the Auxano team, the Younique team and my neighbors.
- When I arrive three years from now, I will be prepared for the next chapter of new initiatives with the strength of an established platform for Younique, including a Younique trade book, financial freedom and replenished energy in my personal life domain.
- I see more adventure travel for both personal and vocational time, to at least four locations at year that create energy and anticipation every day.
- I want to be known as much for my joy as I am for my tenacity.

Background Horizon

Declaring Four 1-Year Objectives

BACKGROUND HORIZON (1 YEAR)

The background vision contains four ideas, primarily qualitative, that clarify the four most strategic emphases in the next years in order to fulfill your beyond the horizon vision. Each emphasis can be stated in a short phrase with two or three explanatory sentences. The background vision is not designed to inspire, but to clarify. As such, the background horizon:

- Clarifies a broad-level roadmap to approach the next year
- Directs long-term allocation of your life resources
- Limits blind spots that would inhibit progress
- Provides context for short-term goal setting (the next shorter horizon)

DEVELOPING THE BACKGROUND HORIZON

Use the Background Horizon Worksheet:

- All steps with the Background Horizon Worksheet work together with your beyond the horizon vivid description paragraph. While it is not essential to do this first, it is preferable.
- Brainstorm a list of observations about your life both qualitatively and quantitatively and record them in the "Where am I now" column. Anything goes. Do your best to create a current picture of your life as is. For example:
 - Work is satisfying, but not paying the bills.
 - Kids are starting to need more time from me.
 - House remodeling is underway and going slow.
 - \$7,000 of credit card debt.

Background Horizon (continued)

Declaring Four 1-Year Objectives

- Brainstorm a list of observations about where you want your life to be one year from now and record them on the “Where am I headed” column.
 - Saving an additional \$200 per month.
 - I am coming home from work earlier.
 - Kitchen remodeling completed.
 - No credit card debt.
- Brainstorm ideas on the third column for “How am I getting there.” Don’t think in detail, but in broad approach. For example, to reduce debt are you going to get a raise, a second job, or are you going to spend less.
- Finally, look for common themes in this third column. Group themes together and look for up to four. These four will inform the four ideas of your background horizon.
- Refine these by evaluating them in light of your beyond the horizon paragraph. What minor changes would you add? Do these clarify the four most important things to pay attention to this next year? What must happen in this next year of my life?

Background Horizon Worksheet

Where am I now?	Where am I headed?	How am I getting there?
<i>(Reflections from Life Domains Assessment- page 6)</i>	<i>(Reflections from Beyond the Horizon Worksheet - page 69)</i>	

Group and prioritize the third column above into your four background objectives



Please complete the Background Horizon 4 boxes on the Horizon Storyline worksheet in your Younique Experience Notebook.

Background Horizon *Example 1 - Luke*

Where am I now?	Where am I headed?	How am I getting there?
<p>(Reflections from Life Domains Assessment- page 6)</p> <ul style="list-style-type: none"> -New margin at work via VA -Replenishment Rhythms are much healthier -Good communication with Taylor around day-to-day and marriage health -Intentional time with family and friends has increased and feels more like community -Spiritual health and vitality is in a better place than last quarter -Went through another round of transition considerations, but felt God keeping us here 	<p>(Reflections from Beyond the Horizon Worksheet - page 69)</p> <ul style="list-style-type: none"> -Lots of travel this fall, stay connected while away -New staff on-boarding this fall at work -Taylor is staying at BB -Close to finishing CCA and then applying to Wheaton -Launching blog this fall (testing my perfectionism and fear of failure) -Taylor and I are trying to meet our 2017 savings goal -Looking into starting foundation to fund scholarship for minority, first time college students in southern Ohio 	<ul style="list-style-type: none"> -Utilize plane time to do admin and reflection work -Ensure when the weather changes I keep my exercise routine (warm clothes) -Dedicate time to write and edit during the week for both CCA and then blog -Monitor budget and spending closely during travel season -Talk with ML on setting up account for foundation money -Utilize Zoom and group texts with huddle while away

Group and prioritize the third column above into your four background objectives

Fund the Future: meet our audacious savings goal

Start small: launch blog and test posting rhythm and content

Cross the finishline: submit final project paper for TEM approval

Add a new layer: install exercise pattern in fall travel season

Background Horizon Example 2 - Emma

Where am I now?	Where am I headed?	How am I getting there?
<p>(Reflections from Life Domains Assessment- page 6)</p> <ul style="list-style-type: none"> -Family needs rest. -With kids transitioning to school, I have the opportunity to get a job that will re-awaken a part of my life that has been on hold. -We haven't gotten to know our neighbors very well. -Parents may be moving in with us soon. -Where can my investment be the greatest? 	<p>(Reflections from Beyond the Horizon Worksheet - page 69)</p> <p><i>Dominant Metaphor: A Blossoming Tree</i></p> <p><i>Short Phrase: By January 1, 2020 I will be a blossoming tree, characterized by strong roots and plenty of fruit on my branches. I will be able to weather storms will and find time to gain the personal nourishment I need to be strong.</i></p> <p><i>Vivid Description Bullets:</i></p> <ul style="list-style-type: none"> -I will confidently know who I am. -I will be compelled by love and not worry. -I will know the names and be in growing relationships 12 of my neighbors. -Charity will be sent off to college well. -My blog site will have 300 views a week. -Tim and I will take a vacation together each year (just us). -I will have a job I love. 	<ul style="list-style-type: none"> -Work out family schedule with repeatable and sustainable rhythms and patterns. -Establish family breakfasts/devotions. -Revamp our family budget. -Make a plan for mom and dad. -Create space to get to know my neighbors. -Get Tim on board with "just us" vacations. -Join a Life Group. -Find 2 other women who are living in my stage of life. -Create a list of potential jobs that interest me. -Get house ready to sell. -Help Charity apply for colleges. -Take regular retreats. -Find time to read. -Re-launch my blog site.

Group and prioritize the third column above into your four background objectives

Tree Trunk: Strengthen life at home with new patterns

More Branches: Navigate the next stage (job, home, college) putting new job first.

Healthy Branches: Intentionally build new relationships in every domain.

Personal Fruit: Retreating and reading in a way that relaunches my blog.



YOUNIQUE

Journey 2

“Don't count
the days, make
the days count.”

– Muhammad Ali



10
Session

Midground Defined

Midground Horizon (90 days). The midground horizon is a single emphasis stated as both a qualitative and quantitative goal in the next 3-months of your life. Like the beyond the horizon vision, the midground horizon is designed to provide inspiration and focus by using singularity to stretch your thinking of what might be possible. It can be stated in one sentence as an idea or picture with a quantitative component—a numerical goal and date. The midground horizon:

- Generates excitement for accomplishing one big goal.
- Focuses the attention, prayers, and resources of your life in a dramatic way.
- Reveals progress for celebration (or recalibration).
- Determines a single priority in the complexity and messiness of life.

Midground Horizon

Declaring Your One, 90-Day Goal



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My 90-Day Goal



Please complete the Midground Horizon box on the Horizon Storyline worksheet in your Younique Experience Notebook.

Midground Horizon *Example 1 - Dave*

Declaring Your One, 90-Day Goal

*Spend extra time with Frankie
Plan out/rest/work schedule for next 2 years
Get Grace Adult Team transitioned with new role definitions
Increase ministry momentum on Grace Adult Team
Complete 6 modules of EFCA discipling process
Plan the family vacation calendar for the next two years*

My 90-Day Goal

By April 1, 2017, the Grace Adult Team of six leaders will be built, restructured and empowered with new role descriptions.

Midground Horizon *Example 2 - Lori*

Declaring Your One, 90-Day Goal

Get my 12 month calendar planned out
Meet neighbors in 3 houses in front of us, 3 houses on
each side of us and 3 houses in back of us
Take time each week for myself
Help each child learn 1 new thing
Restart my blog
Finish 1st draft of new book
Throw a block party
Have zero emails in my inbox

My 90-Day Goal

By July 1, 2016 I will meet and remember the names of 12 neighbors; 3 houses in front of us, 3 houses on each side of us and 3 houses in back of us.

Foreground Defined

Foreground Horizon (next week). The **Foreground Horizon** contains up to four specific **Action Steps** that will help you focus on gaining or taking ground in each **Storyline** of your life. Each **Action Step** will take the focus that you identified on the **LifeStep** of your **Personal Vision Frame** (a **Role** to step into, a **Resource** to increase, or part of your **Replenishment Rhythms** to emphasize) and turn that focus into a specific action. **Action Steps** combine that action with a daily, weekly or monthly rhythm to implement the action in regularly.

Each **Action Step** should be designed to directly or indirectly support the 90-day **Midground Horizon** goal over the next 90 days.

In summary, the Foreground Horizon:

- Clarifies weekly action steps.
- Manages every week's attention.
- Provides personal accountability.
- Keeps you focused on the 90-day goal in a way that naturally flows out of your four storylines.



Foreground Horizon *NOW Rhythms*

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
Role (from RoleMap)				
Resource (Capital you are trying to increase)				
Replenishment (Rest or Work)				
Action Step				
Rhythm				

NOW Rhythms



Foreground Horizon *NOW Rhythms Example 1 - Dave*

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
	<p>Faithful Follower</p>	<p>Full House</p>	<p>Catalytic Impact</p>	<p>Recreational Traveler</p>
Role (from RoleMap)	Listener	Mentor	Entrepreneur	Competitive Golfer
Resource (Capital you are trying to increase)	Spiritual	Spiritual	Financial	Relational
Replenishment (Rest or Work)	Rest	Work	Work	Rest
Action Step	Listen to a talk by Erwin McManus	Champion Frankie by Finding 1 Thing to Celebrate	Check PNL sheets to set calendar and work toward a strat.emphasis of Break-Even	Play in S-day Dogfight
Rhythm	Weekly	Daily	Monthly	Bi-weekly
NOW Rhythms				



Foreground Horizon *NOW Rhythms Example 2 – Cindy*

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
	Adopted Daughter	Valued Teammate	Difference Maker	Hobby Lobby
Role (from RoleMap)	Reader	Host	Saleswoman	Exerciser
Resource (Capital you are trying to increase)	Intellectual	Relational	Relational	Physical
Replenishment (Rest or Work)	Work	Rest	Work	Rest
Action Step	Read "Present Over Perfect"	Have friends over for Sunday lunch	Make a new contact	Take a bike ride
Rhythm	This 90 days	Bi-weekly	Weekly	Daily

NOW Rhythms



YOUNIQUE

Journey 2

“The key to
change is to
let go of fear.”

– Rosanne Cash

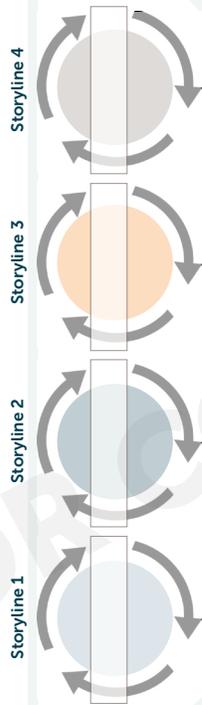
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11
Session



YOUNIQUE



My LifePlan
Snapshot

Renewed on:

Beyond The Horizon (3 Years)					
Background Horizon (1 Year)					
Midground Horizon (90 Days)					
Foreground Horizon (Action Step and Rhythm This Week)					



LifeSteps 1	LifeSteps 2	LifeSteps 3	LifeStep 4
-------------	-------------	-------------	------------



Please complete the
LifePlan Snapshot
worksheet
in your Younique
Experience Notebook.



YOUNIQUE

Session 11



YOUNIQUE



LifeCore

INTIMACY

"The Ultimacy of Intimacy"
--because friendship is the center of reality

FOCUS

"The Secret of Elimination"
--because I live more by choosing less

LEARNING

"The Opportunity of Growth"
--Because I feel most alive when I am gaining new perspective

COURAGE

"The Life of No Regret"
--Because maximizing my one and only life requires risk.

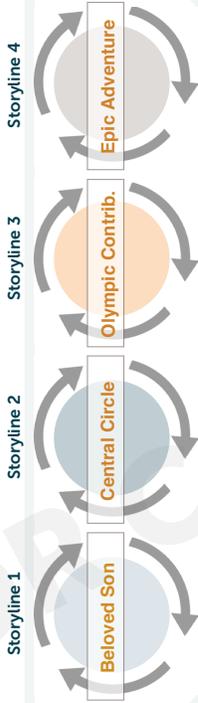


My LifePlan

Snapshot

Will Mancini

Renewed On:
April 21, 2016



LifeCall

<p>Beyond The Horizon (3 Years) By March, 2018</p> <p>"My life will be a DEEP WELL of blessing, FREE to OVERFLOW" - I see a giant pendulum swinging towards depth of identity from scope of activity -- "Being more accomplishes more than doing more." I will be closing out an extended "warrior" life stage and fully entering a "king" one. I see a freer man with more margin, spontaneity, and flexibility to invest in my central circle (romy, Jacob, Joel and Abby) and the Auxano team. When I arrive I</p>			
<p>Background Horizon (1 Year)</p>			
<p>REPLENISH Re-establishing patterns of my beloved son storyline that have been</p>	<p>REALLOCATE Successfully shifting the Auxano budget year model in a way that shifts</p>	<p>RESOURCE Developing a holistic financial strategy for family (will) and for future</p>	<p>REMARKS Achieving central circle rhythm success in a way that is noticeable</p>
<p>Midground Horizon (90 Days)</p> <p>Prepare 1602 Heather Springs to be put on the market by July 11, 2016 in stunning condition</p>			
<p>Foreground Horizon (This Week) HGTV with Jesus (3X weekly spend time with God & pray for house)</p>	<p>Friday "family night" to review progress with my "green" girls (1X weekly)</p>	<p>Take 2-weeks of vacation (1X quarterly)</p>	<p>Make one call per day to get one thing advanced on the house (daily driver)</p>

Making a life of more meaningful progress more accessible to every believer



LifeSteps

(This season's role and resource emphases)

Emphasis 1
trusting one

Emphasis 2
relational resource

Emphasis 3
problem solver

Emphasis 4
financial resource



YOUNIQUE



LifeCore

Relational Grace- because that's what God has given me & is in me. Demo by unconditional acceptance of everything & everyone.

Restorative Impact- because I want to make an eternal difference in others. Demo by investing Kingdom representation in others while leaving the outcomes to God.

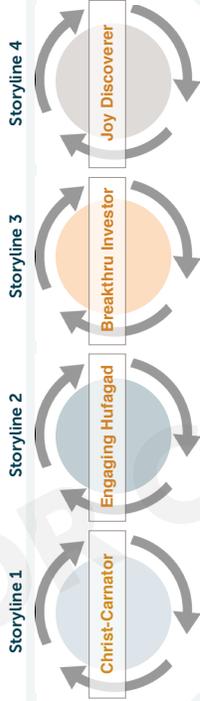
Reconciling Contradictions- because life has both wheat & weeds. Demo by including & transcending all paradoxes of life.

Replenishing Freedom- because when I'm experiencing freedom, I feel joy. Demo by living in awareness of the freedom I have in my life & surrounding my life.

Recurring Evolution- because when I'm growing & changing, I'm fulfilling God's design for me. Demo by continuous curiosity toward & application of new things I'm learning.



LifeScore



My LifePlan Snapshot Example 2

David Loveless
Renewed on:
4.17



LifeCall

I am created to honor God & help others by leveraging my abilities to coach leaders in transforming themselves & their world by integrating their being & doing.

One Thing:
Integrating Identities

Beyond The Horizon (3 Years)
In April 2020, I'll Be LIVING an inspiring life, that is life-giving, not exhausting, for me & others. LIVING out of my God-entrusted RESOURCES, including my TI, not my CI, where those RESOURCES are enriching every part of me & world around me. LOVING Caron & family, w/ engaging, life-giving RHYTHMS that result in their feeling unconditional acceptance & ongoing encouragement of my love for unique significant creations they are. Be LEADING in ROLES that are extremely meaningful & joyful.

Background Horizon (1 Year) To be a Christ Carnator who lives in daily awareness of His I AM & loves all because of it	To be an Engaging Hufagad who brings wisdom, hope, & joy to important people in my life.	To be a joy discoverer who has taken Caron on a dream adventure & a spiritual pilgrim
--	--	---

Midground Horizon (90 Days)
To create new push marketing around Coaching, Speaking & Product that would result in 20 coaching appts/mo & 2 speaking gigs/mo & 200 new books sold & 200 new list subscribers

Foreground Horizon (Action Step and Rhythm This Week) Daily participate in 30/min Lectio & C/C Prayer & Yes	Weekly engage Caron in our Eneag styles & strategies	Bi-monthly hike or kayak or travel
---	--	------------------------------------



LifeSteps

LifeSteps 1 Present Presence	LifeSteps 2 Understanding Husband	LifeSteps 3 LT President/Owner	LifeSteps 4 Exploring Traveler
--	---	--	--

LifePlan Encouragement

Name: _____

Horizon Storyline Encouragement:



YOUNIQUE

Journey 2

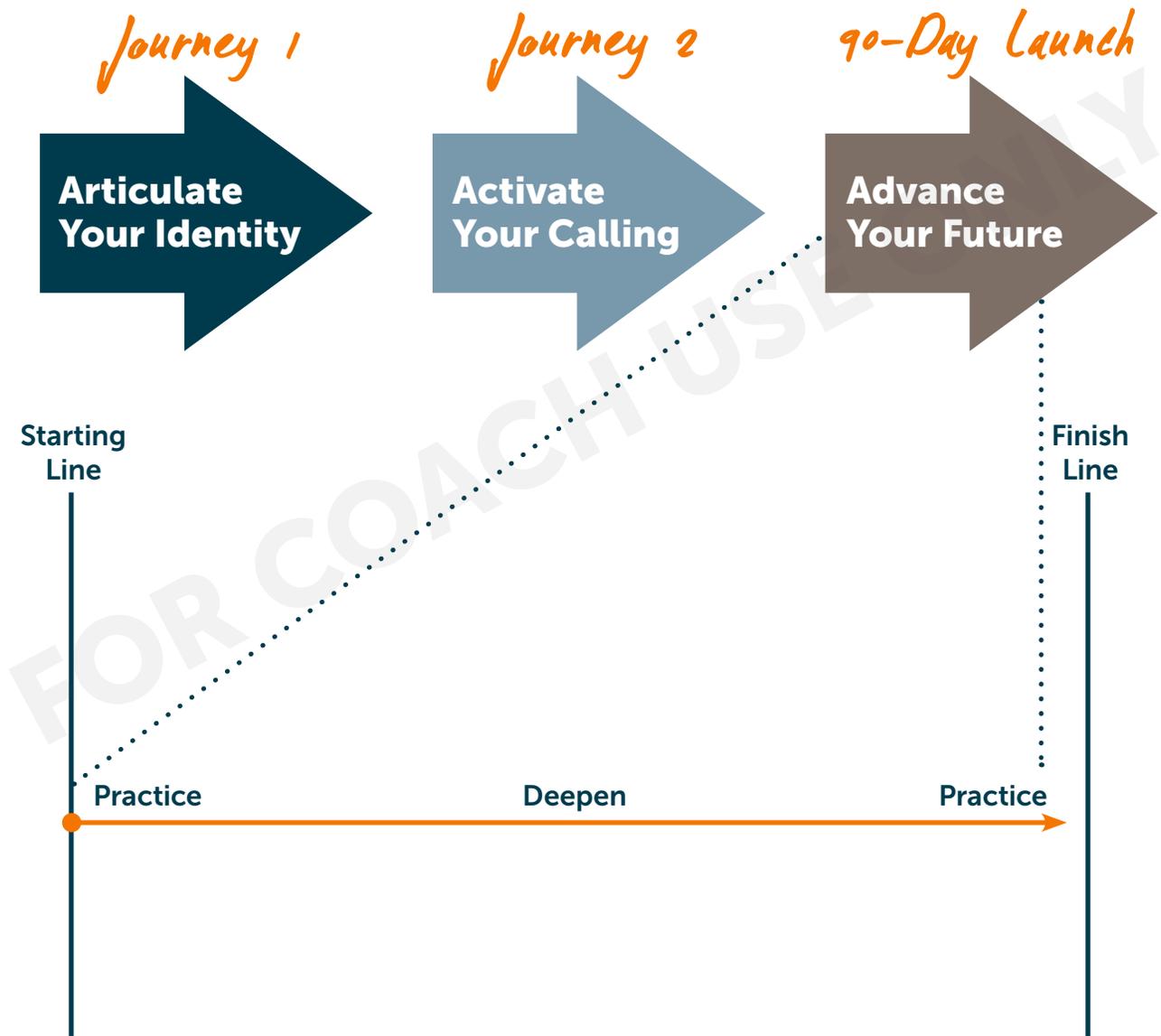
“Pleasure in the
job puts perfection
in the work.”

– Aristotle



12
Session

90-Day Launch *Advance Your Future*
Advance Your Future



Life-Making Cycle



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