

Annual *Retreating* Guide



Yunique is the only gospel-centered life plan experience that is simple enough for every follower of Jesus and yet powerful enough to change the way people live.

Part One

Reviewing this past year and the reality of this present moment (suggested 2 hours)

STEP #1:

Before you begin evaluating your past year and planning your next, pause for a few moments to be still.

Slow down your racing mind which says, “You have much to do.” Sit still for a few moments in a way that Jesus seemed to do often when He would get away for his own personal retreats. Use Psalm 46:10 as a means to calm your mind.


Close your eyes.





- Say slowly and reflectively out loud: “Be still and know that I am God.”
- Say slowly and reflectively out loud: “Be still and know that I am.”
- Say slowly and reflectively out loud: “Be still and know.”
- Say reflectively out loud: “Be still.”
- Say reflectively out loud: “Be.”
- Sit still for 3 minutes with your intent and desire to simply “Be” in God’s presence without needing to “Do” anything.
- Thank Him that you are already lavishly loved as you are.

Annual Review Date: _____

STEP #2:

Fill out the Storylines Assessment, as a means to define the reality of your life at this present moment.

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

STORYLINES	What is Working? <small>(celebrate)</small>	What is Broken? <small>(fix)</small>	What is Confused? <small>(clarify)</small>	What is Missing? <small>(add)</small>
Storyline 1 				
Storyline 2 				
Storyline 3 				
Storyline 4 				



STEP #3:
Prayerfully reflect on, with the Lord, your completed Storylines Assessment.

My four sentence prayer:

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

STEP #4:
As you look back over the past year of your life, where have there been one or more Life Drifts?

Write the letters “PD” over your primary Drift and “SD” over your secondary Drift. Then beside your PD and SD, write a paragraph around how it has been a drift to you this past year and tried to sabotage your identity, relationships, or work.

STEP #5:
Reclaim your Life Story by prayerfully anchoring yourself into the power of the Cross that you are most needing today.

In regard to Approval, say aloud:

“Jesus, I embrace what you did for me at the cross, by becoming rejected so I could be accepted. I embrace your life within me that is saying- I’m lavishly loved as I am.”

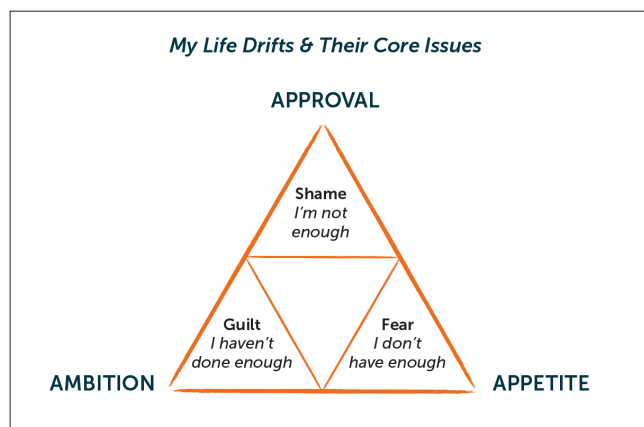
In regard to Appetite, say aloud:

“Jesus, I embrace what you did for me at the cross, by becoming needy so I could be satisfied. I embrace your life within me that is saying- I have a sufficient supply for everything I need.”

In regard to Ambition, say aloud:

“Jesus, I embrace what you did for me at the cross, by becoming weak so I could be strong. I embrace your life within me that is saying- I’m being empowered to fulfill God’s mission for my life, nothing more and nothing less.”

After finishing part one TAKE A BREAK



Part Two

Reviewing and refreshing your Vision Frame.
(suggested 2 hours)

STEP #6:

Review the LifeCall of your Vision Frame.

Slow down your racing mind which says, “You have much to do.” Sit still for a few moments in a way that Jesus seemed to do often when He would get away for his own personal retreats. Use Psalm 46:10 as a means to calm your mind.

Close your eyes.

- Do the two words of your One Thing- Tool To Rule, still accurately help you name your singularity? **YES NO**
- Do those two words transcend all your roles yet apply to them all? **YES NO**
- Are these two words motivating to you as you look at them? **YES NO**
- Based on your two words, does your LifeCall statement articulate with stunning clarity your two words to someone else and describe how you live that out? **YES NO**
- Is there anything further about your LifeCall statement that you need to refine? **YES NO**

MY LIFECALL STATEMENT REFLECTIONS



STEP #7:

Review the LifeCore of your Vision Frame.

- Considering each of your inventories, do each of your LifeCore statements, still reflect the highest, most motivating factors of your life? **YES NO**
- Has something else surfaced in the past year of your life, as an essential value, that possibly needs to be considered as a replacement of one of your current values? **YES NO**
- Are there any tweaks that you would like to make to your LifeCore statements that would make them even more compelling? **YES NO**

MY LIFECALL STATEMENT REFLECTIONS

Refresh your LifeCall and LifeCore statements in your LifePlan Snapshot

STEP #8:

Read your LifeCall and LifeCore statements aloud slowly and reflectively and then write out a prayer of gratitude and intent to God that you can express to Him.

MY GRATITUDE AND INTENT TO GOD REGARDING MY LIFECALL AND LIFECORE



STEP #9:

Review the LifeSteps of your Vision Frame.

Have your 4 LifeSteps helped you get from where you are to where you want to be? **YES NO**

ROLE MAP

Looking back on your Role Mapping Inventory, are there any other roles listed there that you need to step into, in more strategic ways, in this next season of your life? **YES NO**

My three roles I need to strategically engage in this next year:

1. _____
2. _____
3. _____

RESOURCE ASSESSMENT

Do you have the right Resources for each of your roles? Refresh your inventory of the Five Capitals God has entrusted to you, using the Gold Bars Investment exercise.

What is the Resource that most needs to increase this next year? _____

Gold Bars Investment

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:



REPLENISHMENT RHYTHMS

How are your Replenishment Rhythms going? Are you receiving the rest time you need on a daily, weekly, monthly quarterly and yearly basis? Is your work being productive at a daily, weekly, monthly, quarterly and yearly basis?

What stood out most to you on your Replenishment Rhythms? Why?

What do you need to work on most — Rest or Work? Why?

Where are your Replenishment Rhythms the strongest?

- Daily
- Weekly
- Monthly
- Yearly


Where is your Replenishment Rhythms the weakest?


- Daily
- Weekly
- Monthly
- Yearly



REFRESH YOUR LIFESTEPS


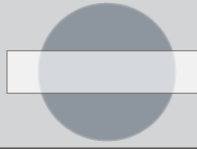
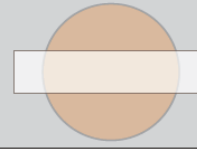

(Roles you need to play and Resources you need to increase or Replenishment you need to engage in) filling in the LifeSteps Worksheet.



Life Steps 

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 <small>(from RoleMap)</small>				
Resource <small>(Capital you are trying to increase)</small>				
Replenishment <small>(Rest or Work)</small>				

STEP #10:

Write out a simple prayer of intent with your 4 LifeSteps, and the guidance and favor you're asking from God.

After finishing part two TAKE A BREAK



Part Three

Reviewing and refreshing your Horizon Storyline (suggested 2 hours)

STEP #11:

Assess your 3-Year Vision.

Your Beyond-the-Horizon Vision is a vivid picture of your life 3 years into the future.

Does your current 3-year Vision still accurately reflect that? **YES NO**

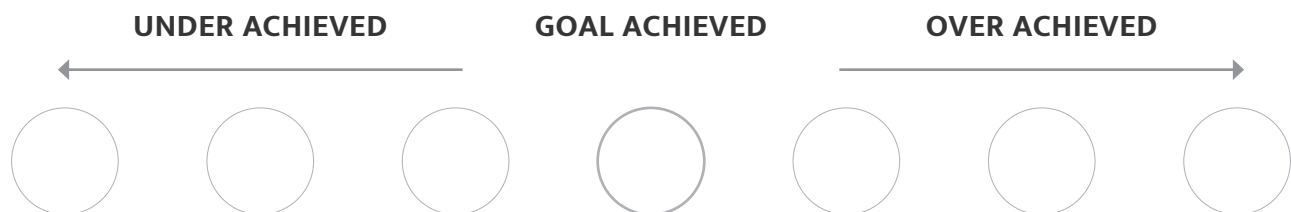
- Are there any tweaks you would like to make to it? **YES NO**

MY RENEWED 3-YEAR VISION

STEP #12:

Evaluate the accomplishment of your 4 one-year objectives on your Horizon Storyline.

Color or check the circle below to represent the accomplishment of your four 1-year objectives. Score a plus one, two, or three for the degree to which you exceeded your goals or overachieved. Score a minus one, two, or three for the degree to which you missed your objectives or underachieved. A plus or minus one is a slight over- or under achievement and a plus or minus three is a significant over- or underachievement, respectively.



Record any ideas, reflections, or prayers as you consider this year's efforts with your one-year goals. Consider the following questions:

- Do I have the tendency to set objectives that seem too easy or too difficult to achieve? Why?
- What was your greatest learning?
- What obstacles were unexpected?
- What did God do that was unexpected?
- What does it seem that God is trying to teach, reveal, or change in you?




MY ONE-YEAR OBJECTIVES REFLECTION

STEP #13:

Considering your reflections above concerning both your 3-Year Vision and your previous 1-Year Objectives, what should be four new objectives for the coming year?

- Your four new objectives need to clarify the most strategic emphasis in this next year that will help you fulfill your Beyond-the-Horizon vision.
- State each in a short phrase with two or three explanatory sentences.

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

 **Background Horizon Worksheet**

Where am I now?	Where am I headed?	How am I getting there?
<small><i>(Reflections from Life Domains Assessment - page 4)</i></small>	<small><i>(Reflections from Beyond the Horizon Worksheet - page 74)</i></small>	

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



Refresh your Beyond-the-Horizon 3-Year Vision and Background Horizon 1 Year Vision on your LifePlan Snapshot.

Use the following questions to help you select your next 90-day goal. First, you will select a 90-day emphasis. Then you will select a measurable goal.

Questions to help you select your 90-day emphasis:

- When I look at my 1-year objectives, what do I sense is most urgent?
- What is most important?
- When I look at my 1-year objectives, what am I most motivated to accomplish?
- What do the trends within my storylines indicate? How does that affect the selection of my next 90-day goal?
- What single goal would have the greatest impact on all of my 1-year objectives?
- What single goal would make me feel like I am making progress toward my 3-year vision?

Make a list of possible 90-day emphases in the funnel. Pray for guidance. Decide on your 90-day emphasis and record it in the box at the bottom of the funnel. Don't select one until you have listed at least 4-6 ideas in your funnel.



MY 90-DAY EMPHASIS


Now, use the following questions to determine your specific 90-day goal, based on your chosen emphasis. Make your goal SMART: Specific, Measurable, Attainable, Results-oriented and Time-bound.


- Do I tend to overachieve or underachieve?
- Do I need to stretch myself right now or set my targets on a “sure win” to build some confidence?
- What will motivate me best for the next 12 weeks?
- Is there another way of stating the goal to make it more motivational?
- Would I be excited to share this goal with people in my family, small group or cohort?
- What will it feel like once this goal is accomplished?
- Am I thinking big enough?





MY 90-DAY GOAL




Use the **Foreground Horizon** template, introduced in Session #10 of Journey 2, to determine your nextfour rhythm steps, one for each storyline. This is the step of creatively applying a new rhythm (daily, weekly, monthly or quarterly) in each storyline. Aim each of these rhythms toward the accomplishment of your 90-day goal.



Foreground Horizon *Action Steps* 

	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				

Use the **Foreground Horizon** template, introduced in Session #10 of Journey 2, to determine your nextfour rhythm steps, one for each storyline. This is the step of creatively applying a new rhythm (daily, weekly, monthly or quarterly) in each storyline. Aim each of these rhythms toward the accomplishment of your 90-day goal.

 **Horizon Storyline**

Beyond the Horizon: 3 Years			
Background Horizon: 1 Year			
Midground Horizon: 90 Days			
Foreground Horizon: "This Week"			



Part Four

Wrap-up (suggested 1 hour)

STEP #14:

Listening Prayer and Intentional Prayer.

- Read over your LifePlan Snapshot and ask God what else He wants to say to you right now. Spend 5-10 minutes being still and listening for any scriptures, impressions, or pictures He may give you.

MY LISTENING PRAYER REFLECTIONS

MY LISTENING PRAYER REFLECTIONS

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



T
DESIGN WHAT'S
NEXT

T FUTR CHRCH CO.

 YOUNIQUE

 Pivvot

 denominee

LifeYounique.com