



# STUDENT LIFE PLAN

*8-SESSION GUIDE TO SHAPE  
YOUR FUTURE*

Participant Workbook - v2.0

Live Your Design! | [LifeYunique.com](http://LifeYunique.com)



# BEFORE YOU BEGIN

Welcome to Younique Students!

Over the next eight sessions you and your group will get a powerful taste of what it feels like to live a life inspired by your God-given purpose. You will begin to discover some of what makes you unique and just how amazing God made you to be. The new things you learn about God and yourself you may have never thought about before. But God has been thinking about you from before you were born. You are a one-of-a-kind created masterpiece. Younique Students is built to help you see that for yourself.

We hope that you will press in fully to all of the fun and even the difficult exercises that you will experience along the way. We can promise you that it will be worth it! Most students are just going about their day moving from thing to thing, never really knowing why they were created and what they have to offer to the world. But in this eight-session journey, we believe that you will uncover truths about God and yourself that will change how you think about your life every day.

You are about to get an amazing sneak peek into your one-of-a-kind divine design. And the best part is you don't have to do it alone; you get to do it with trusted leaders and good friends.

We truly believe that you were not made on accident. You have an important role to play in all that God is doing in the world. We hope that you are ready to find out what that is and who you are.

So, buckle your seatbelt and get ready for the ride!

Enjoy the journey!

**THE YOUNIQUE TEAM**



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SESSION 01

# MY STORY









## Big Thought

*You are more \_\_\_\_\_ than you \_\_\_\_\_.*

 TEXT: EPHESIANS 2:10

**Notes**

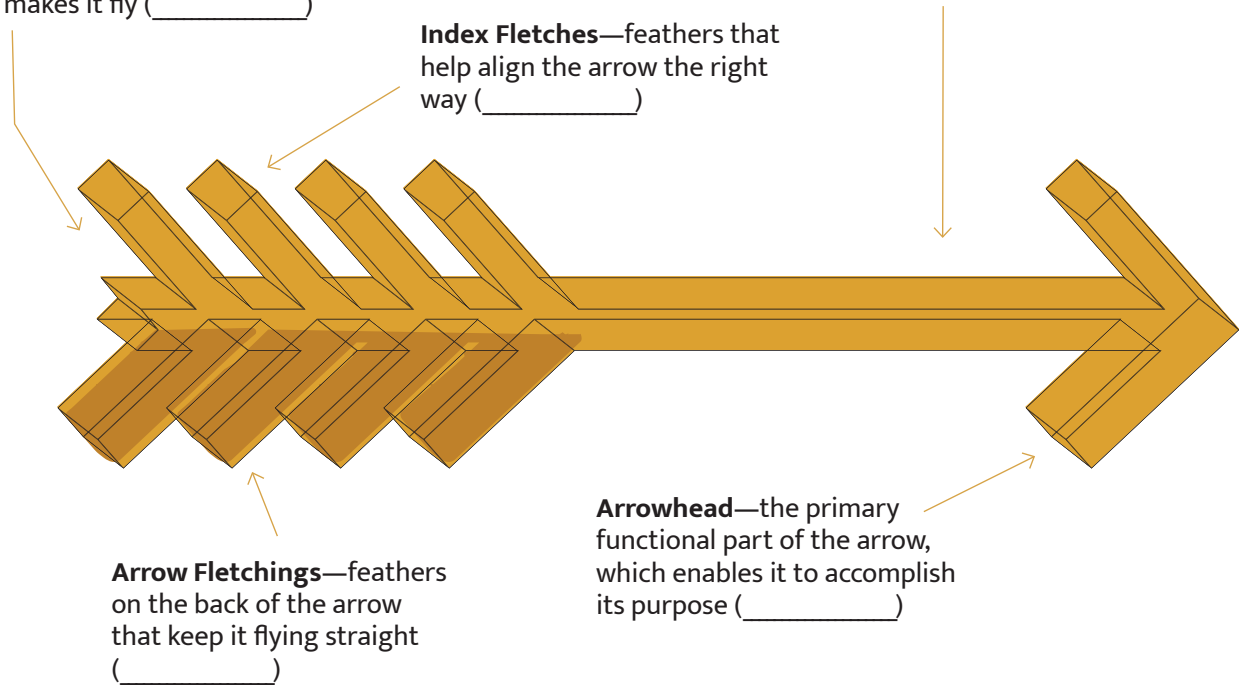


## The Arrow

**Arrow Nock**—plastic tip that connects the arrow to what makes it fly (\_\_\_\_\_)

**Index Fletches**—feathers that help align the arrow the right way (\_\_\_\_\_)

**Arrow Shaft**—primary structural part of the arrow to which the other components are attached (\_\_\_\_\_—God's story and your story together)



**Arrow Fletchings**—feathers on the back of the arrow that keep it flying straight (\_\_\_\_\_)

**Arrowhead**—the primary functional part of the arrow, which enables it to accomplish its purpose (\_\_\_\_\_)



## Ten Moments

Take a few minutes to brainstorm a list of ten moments in your life that have made the biggest impact on the person you are today. This list should include both high points and hard times:

### FIVE HIGH POINTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### FIVE HARD TIMES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

After you have listed ten moments, circle the six most important moments. Then write those six in chronological order from the earliest in your life to the latest in your life.

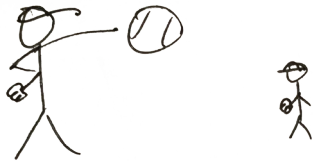
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



## Six-Sketch Storyboard - *EMMA EXAMPLE*

Draw a simple picture of your top six hinge moments of your life in the order they happened in the six boxes below:

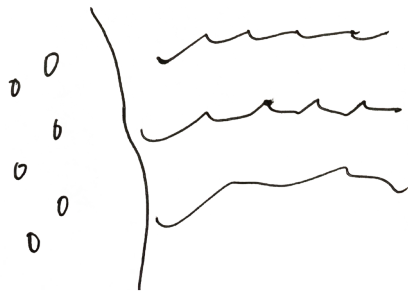
1. *PEACEFUL PAPA DAYS*



4. *WATERMELON SUGAR TIME*



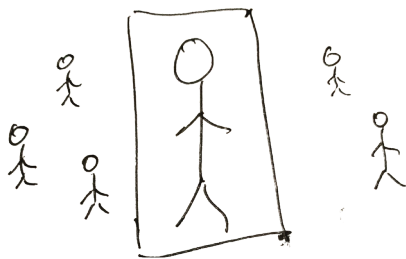
2. *IMPRINTS IN THE SAND*



5. *STEPPING UP TO THE STARTING LINE*



3. *ONLY LONELY DAYS*



6. *TRY, TRY AGAIN*



Six-Sketch Storyboard Title: *IF AT FIRST YOU DON'T SUCCEED...*



## Six-Sketch Storyboard

Draw a simple picture of each of the six most impactful moments of your life in the order they happened in the six boxes below.

1.	4.
2.	5.
3.	6.

Six-Sketch Storyboard Title: \_\_\_\_\_



GOSPEL-CENTERED  
LIFE DESIGN

**NO, WE NEITHER MAKE  
NOR SAVE OURSELVES.  
GOD DOES BOTH THE  
MAKING AND SAVING.  
HE CREATES EACH OF  
US BY CHRIST JESUS  
TO JOIN HIM IN THE  
WORK HE DOES, THE  
GOOD WORK HE HAS  
GOTTEN READY FOR US  
TO DO, WORK WE HAD  
BETTER BE DOING.**

**EPHESIANS 2:10 - (THE MESSAGE)**



## Insights to Share

As you look at your Six-Sketch Storyboard, take a few minutes to identify a few insights that you have gained through this exercise. Be sure to include these insights when you share your story with your group.

### **Insight #1: Celebration**

Which picture from your Six-Sketch Storyboard represents your biggest celebration? Why?

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### **Insight #2: Struggle**

Which picture from your Six-Sketch Storyboard represents your greatest struggle or pain point? What was the biggest lesson you have learned from this pain point in your life?

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### **Insight #3: Heroes**

Who (besides God) has had the biggest impact on your story? Why? (List up to 3 people.)

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### **Insight #4: Presence**

Where in your story have you sensed God's presence most? Why?

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IF YOU WANT TO  
IDENTIFY ME, ASK  
ME NOT WHERE I  
LIVE OR WHAT I  
LIKE TO EAT OR HOW  
I COMB MY HAIR BUT  
ASK ME WHAT  
I AM LIVING FOR  
THOMAS MERTON

IF YOU WANT TO  
IDENTIFY ME, ASK  
ME NOT WHERE I  
LIVE OR WHAT I  
LIKE TO EAT OR HOW  
I COMB MY HAIR BUT  
ASK ME WHAT  
I AM LIVING FOR

THOMAS MERTON



SESSION 02

# MY GIFTING

(PART 1)

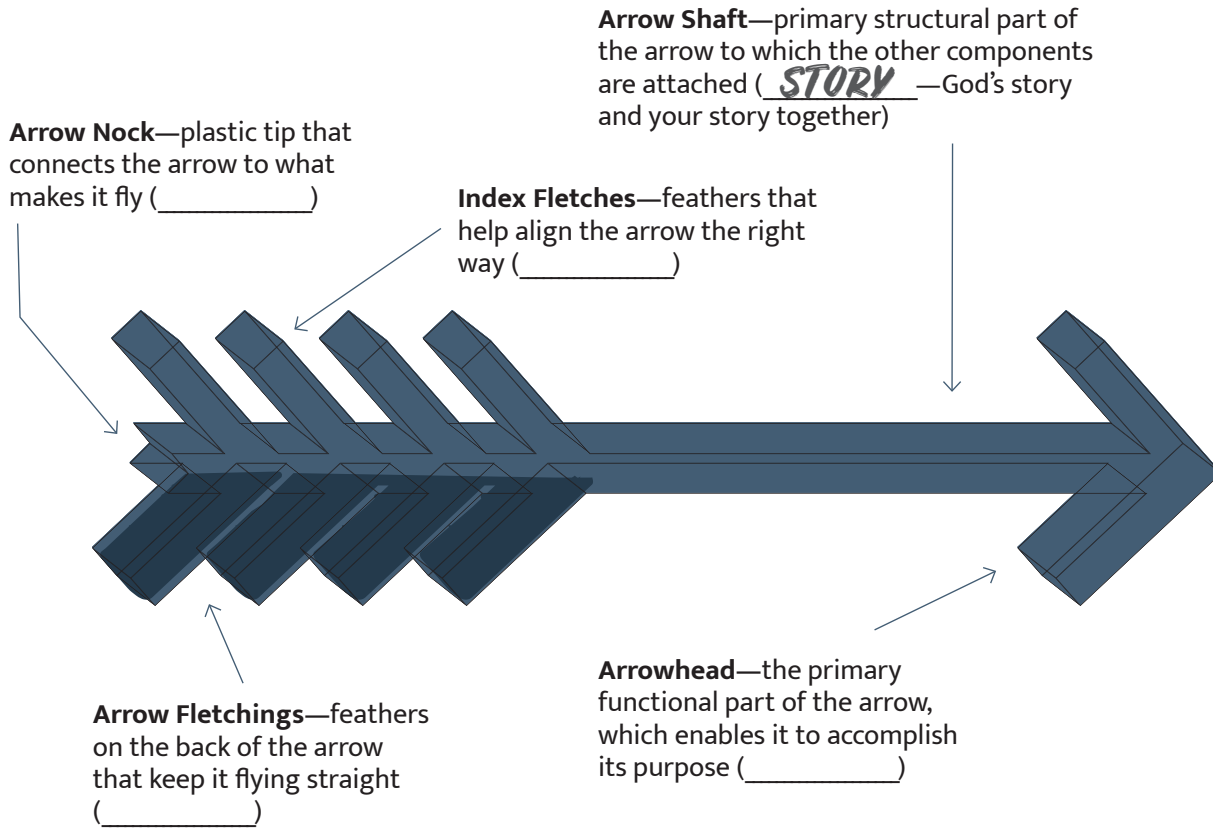








## The Arrow



## **Big Thought**

Your gifts are a \_\_\_\_\_ of your divine \_\_\_\_\_.

 **TEXT:** 1 SAMUEL 17:1-37

Notes



## Name Meaning

Fill out the following chart by looking up your name and finding out what it means.

	Your Name	What Your Name Means
First Name		
Middle Name		
Last Name		
Nickname		
(Names spoken over you, like "Student Leader")		



A JOB IS  
WHAT YOU  
ARE PAID FOR;  
A CALLING IS  
WHAT YOU ARE  
MADE FOR.

HOWARD HENDRICKS



SESSION 03

# MY GIFTING

(PART 2)







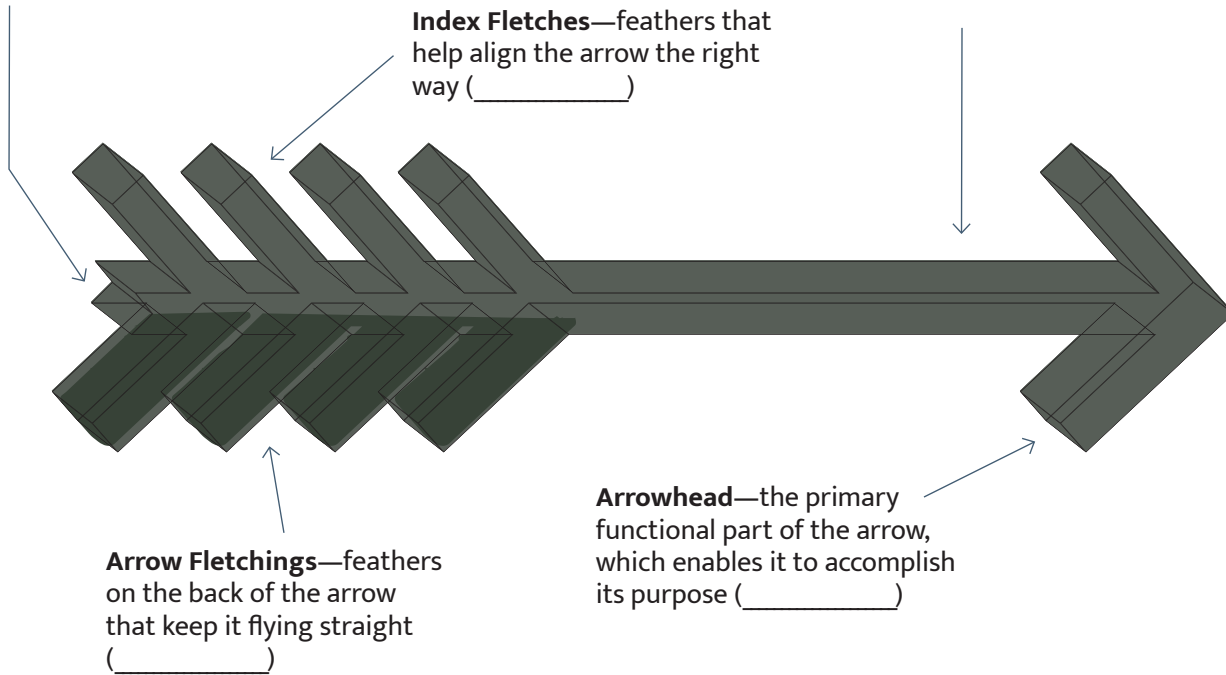


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**Arrowhead**—the primary functional part of the arrow, which enables it to accomplish its purpose ( \_\_\_\_\_ )

## Big Thought

You were made \_\_\_\_\_ in order to make a \_\_\_\_\_.

 **TEXT:** EPHESIANS 4:4-13

Notes



## APEST 5 Giftings [lifeyouunique.com/APEST](http://lifeyouunique.com/APEST)

1.

2.

3.

4.

5.

### MY APEST GIFTINGS

1.

2.



## PERSONALITY PREFERENCES

[lifeyouunique.com/assessments](http://lifeyouunique.com/assessments)

**Extraversion** – you prefer to experience life out loud with the people and things around you

**Introversion** – you prefer to experience life by talking inside yourself with your own thoughts

**Hands-On** – you prefer dealing with what your eyes see

**Theoretical** – you prefer dealing with what your mind or heart recognizes

**Objective** – you prefer to evaluate things by what seems to be true

**Subjective** – you prefer to evaluate things by what seems good to you

**Planned** – you prefer things to be figured out ahead of time and seeing them neatly concluded

**Spontaneous** – you prefer living one day at a time and keeping your options open

**Mover** – Movers Value Freedom. The Mover personality style is courageous, exploratory, and playful. Movers seek action and adventure. They crave variety and enjoy improvising. If the Mover personality style is your dominant style, you are good at thinking on your feet. Your mind automatically finds the fastest way to do things and make them fun. You change your course as often as is needed and aren't likely to let bumps in the road slow you down. Hands-On + Spontaneous = Mover Personality Style

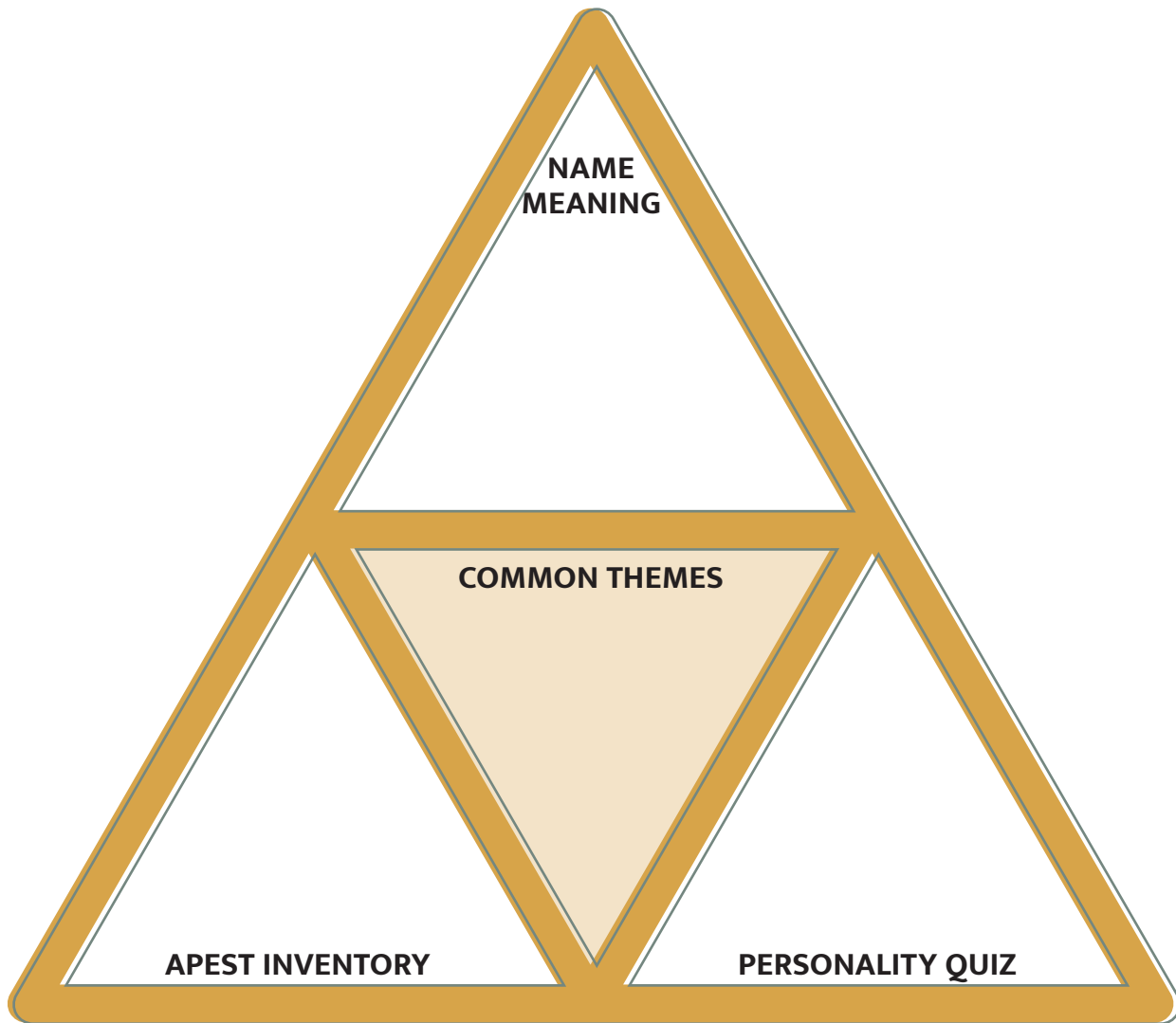
**Connector** – Connectors Value Relationship. The Connector personality style is considerate, cooperative, and encouraging. Connectors seek harmony and personal connection. They prefer to make decisions that feel good and are in alignment with their values. If the Connector personality style is your dominant style, it is natural for you to interact with others and to connect meaning to events. You are good at recognizing strengths in others and getting consensus. You place a high importance on personal growth. Theoretical + Subjective = Connector Personality Style

**Thinker** – Thinkers Value Competency. The Thinker personality style is curious, logical, and self-sufficient. Thinkers seek clarity and knowledge. They prefer to make calculated decisions. If the Thinker personality style is your dominant style, you explore all aspects of an issue and can't help but suggest new ways of doing things. You need time to think before making decisions. You can be fiercely independent and value your privacy. Theoretical + Objective = Thinker Personality Style

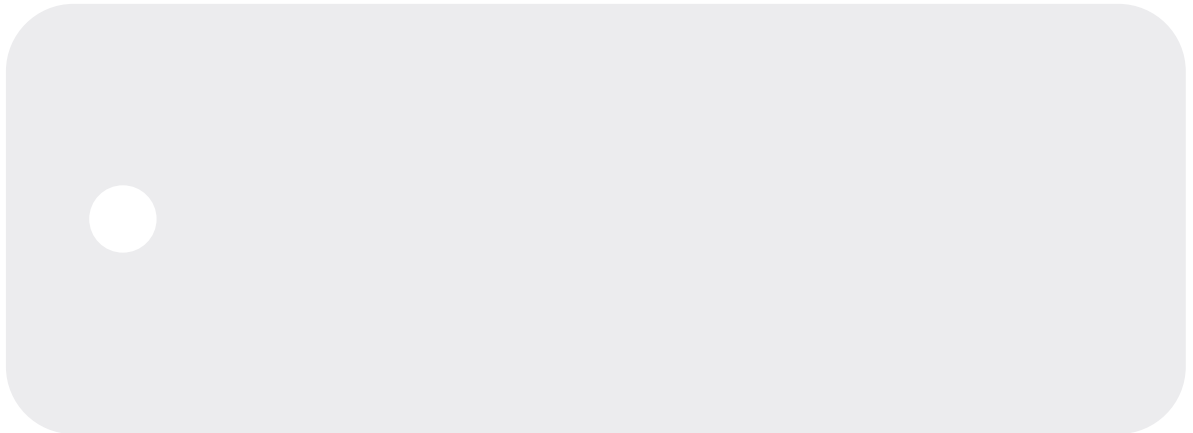
**Planner** – Planners Value Responsibility. The Planner personality style is organized, prepared, and dependable. Planners seek order and fairness. They crave consistency and things in their place. If the Planner personality style is your dominant style, you are naturally able to distinguish right from wrong. You like to keep your personal space well-tended and pay attention to details. You seek a sense of completion and enjoy crossing items off a list. Hands-On + Planned = Planner Personality Style.



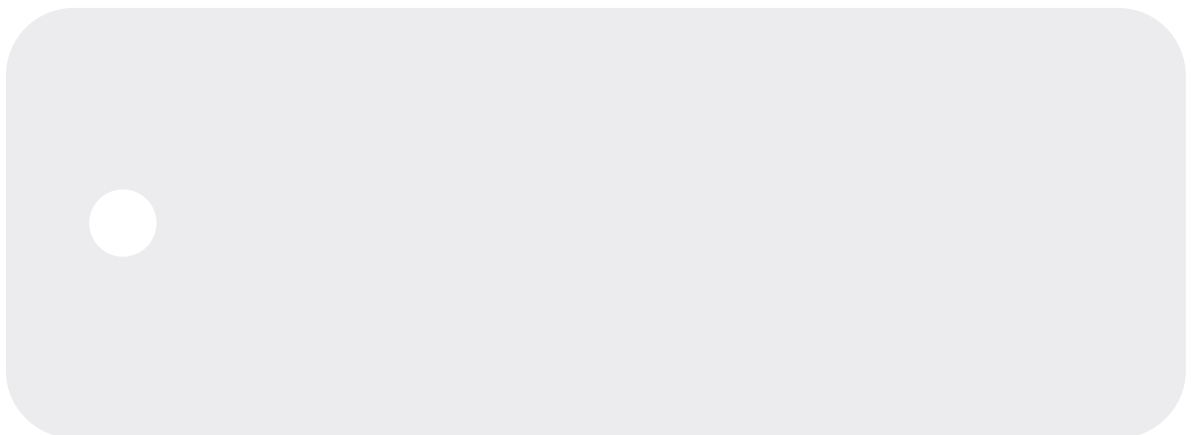
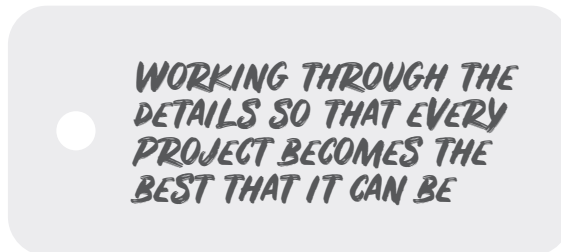
## Gifting Pyramid



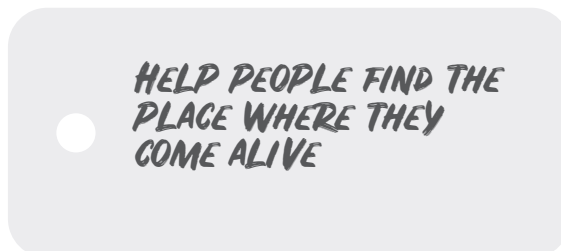
## Gifting Tags



EXAMPLE 1



EXAMPLE 2





SESSION 04

# MY PASSION

(PART 1)







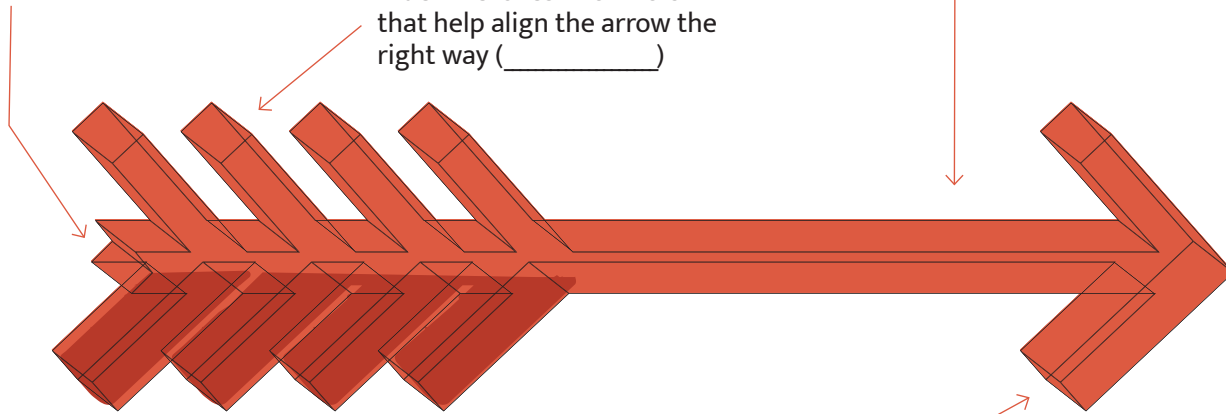


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## Big Thought

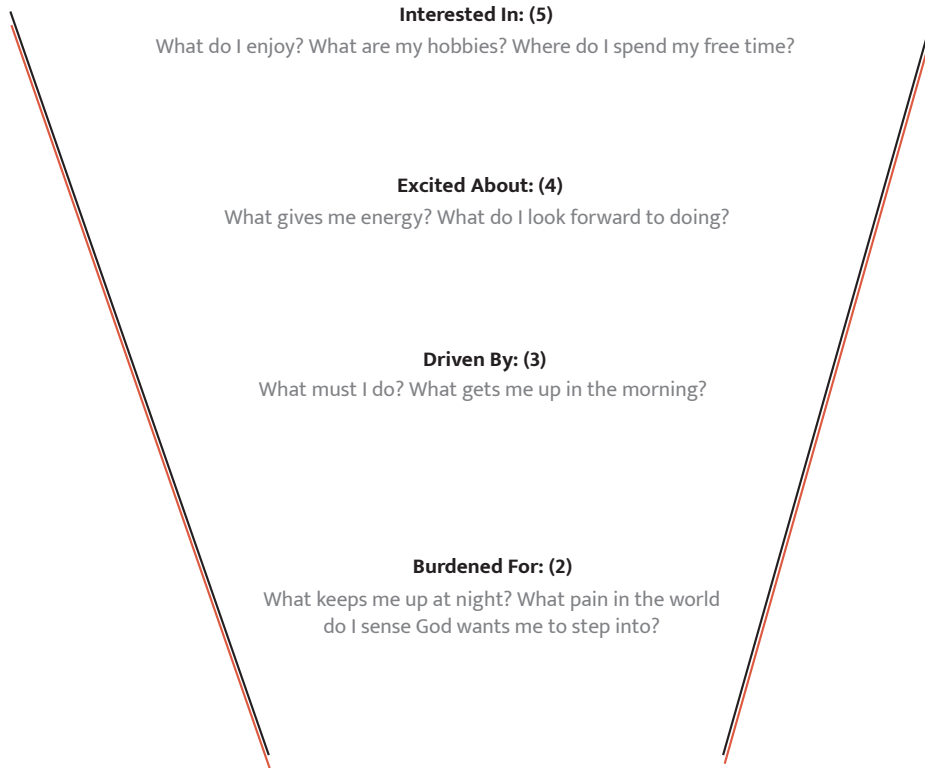
Avoid the \_\_\_\_\_ by naming your \_\_\_\_\_.

 **TEXT:** 2 CHRONICLES 1:1-13

Notes



## The Passion Funnel



### **PASSION:**

A conviction that becomes contagious because it withstands the test of pain.

What five words from the funnel above best describe your Passion?

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## The Passion 360

For your Passion 360 interview, text something like the following statement below to eight people: two parents, grandparents, or people who are like parents to you; two teachers, coaches, or other adult leaders in places you go; two friends; two other people of any category. Record their answers in the boxes below.

Hi! I'm going through a program called Younique that's helping me learn more about myself. Would you help me? As you see it, what THREE words describe what I am most passionate about? (These words aren't for describing me; they're to describe my passions.) Text back three words only, please. Thank you!

### FAMILY

1.	<input type="text"/>
2.	<input type="text"/>

### TEACHERS/COACHES

1.	<input type="text"/>
2.	<input type="text"/>

### FRIENDS

1.	<input type="text"/>
2.	<input type="text"/>

### OTHER

1.	<input type="text"/>
2.	<input type="text"/>



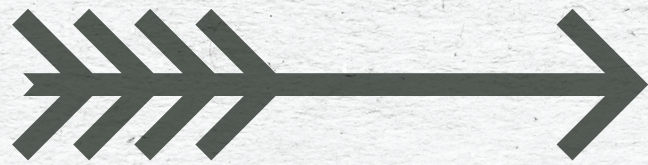
SESSION 05

# MY PASSION

(PART 2)







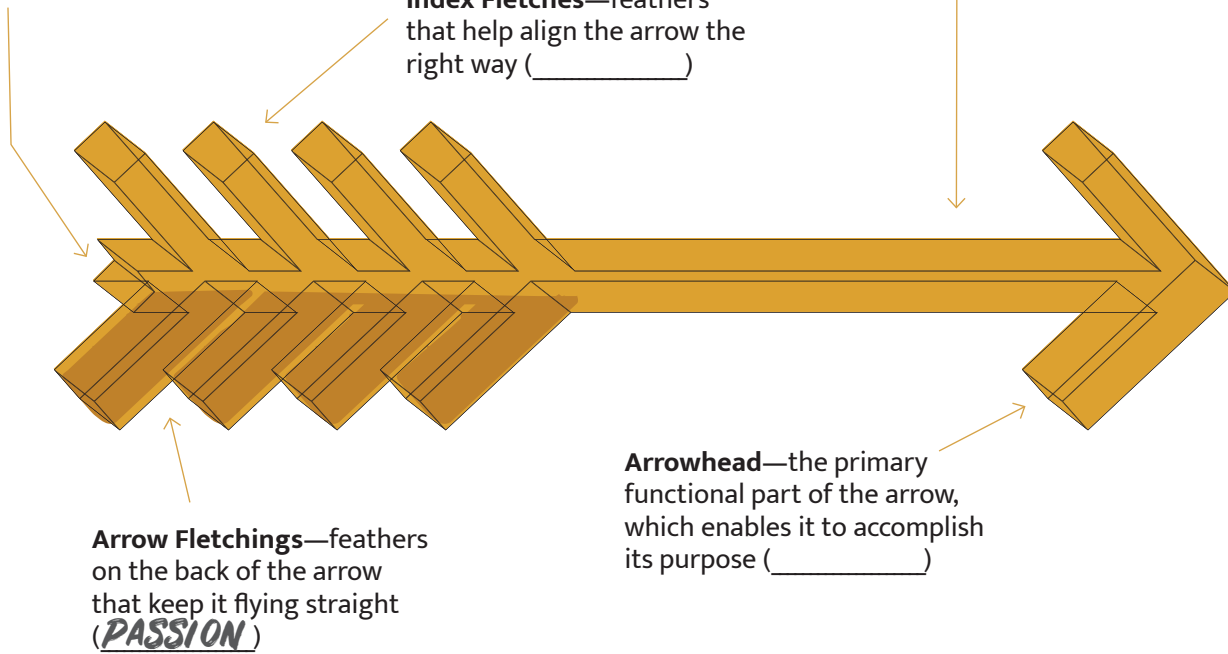


## ⬆ The Arrow

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**Arrow Fletchings**—feathers on the back of the arrow that keep it flying straight (PASSION)

**Arrowhead**—the primary functional part of the arrow, which enables it to accomplish its purpose (\_\_\_\_\_)

## Big Thought

Your passion \_\_\_\_\_ through the pain you \_\_\_\_\_.

 **TEXT:** HEBREWS 12:1-3

Notes



## Offender Opposites

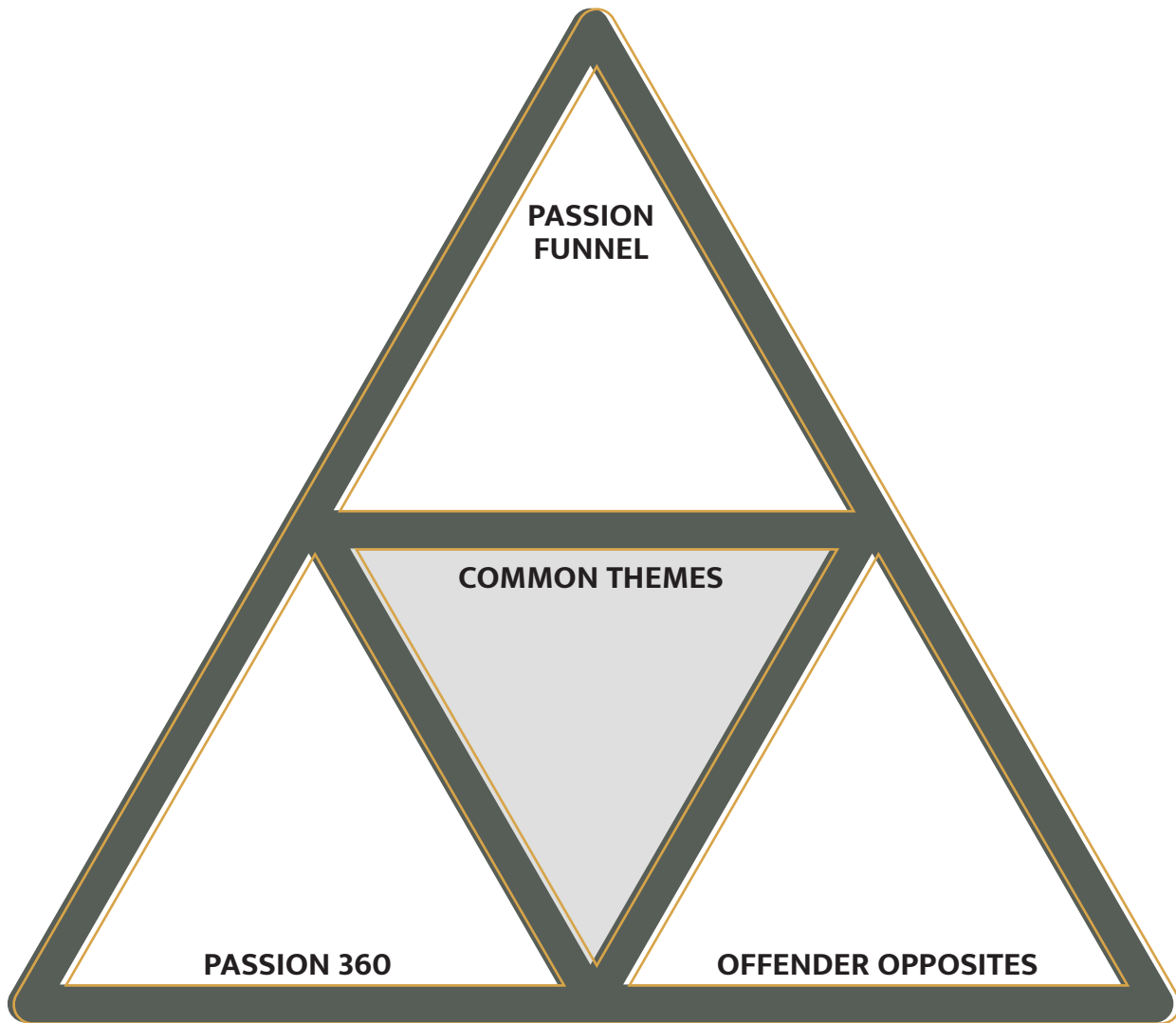
Offender	One-Word Summary	Opposite (Antonym)
(Example) People acting like something they're not	Fakeness	Sincerity

## Storyboard Convictions

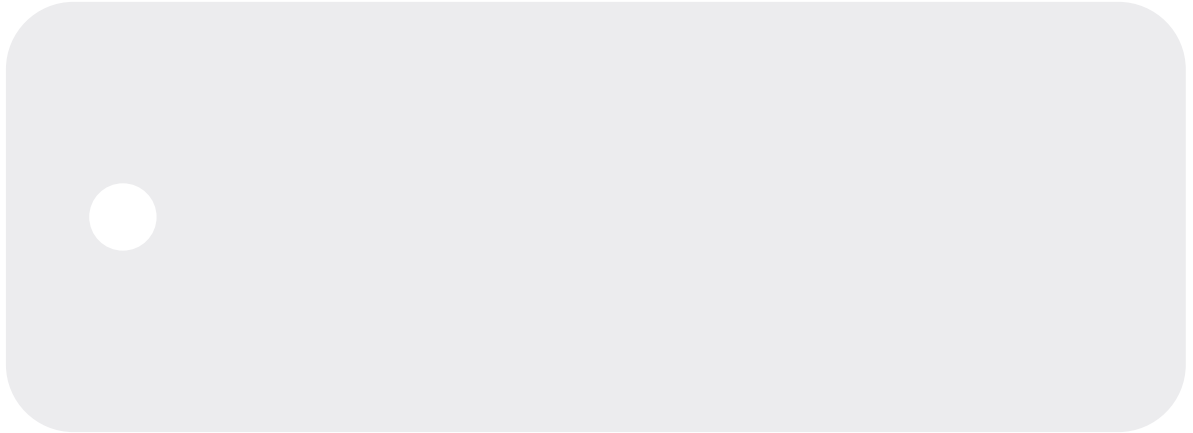
Sketch	Passion
<p>(Example) Being pushed away from the lunch table I wanted to sit at</p>	<p>Belonging for everybody</p>



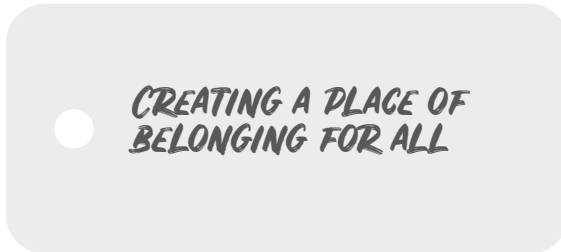
## ▲ Passion Pyramid



## Passion Tags



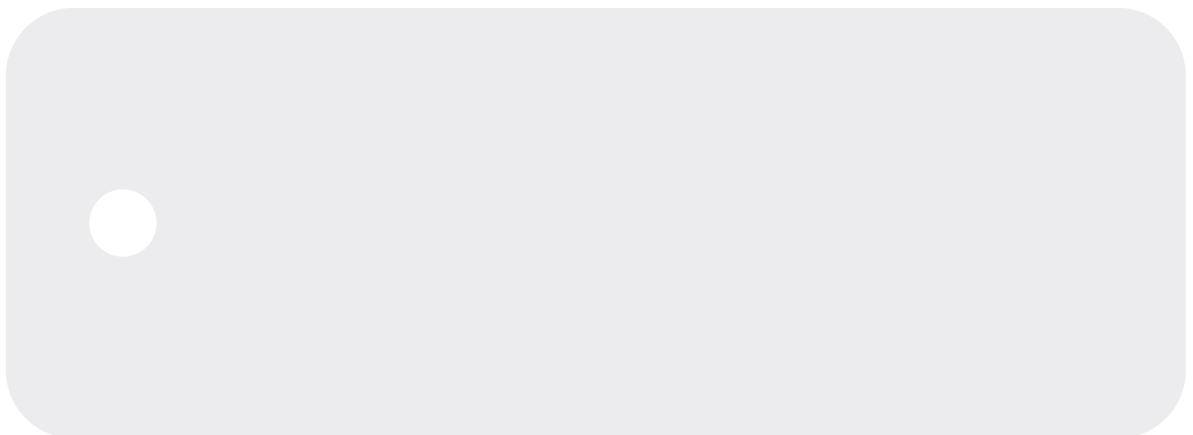
### EXAMPLE 1



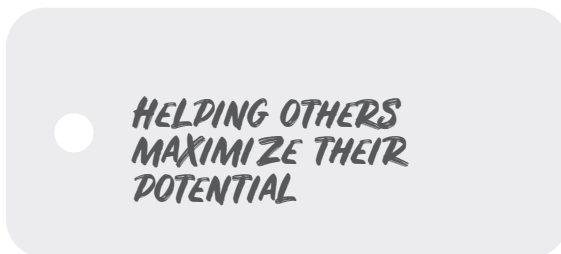
*CREATING A PLACE OF BELONGING FOR ALL*



*CREATING ORDER OUT OF CHAOS*



### EXAMPLE 2



*HELPING OTHERS  
MAXIMIZE THEIR  
POTENTIAL*



*CONFRONTING INJUSTICE  
SO THAT OTHERS CAN  
MOVE FORWARD*



SESSION 06

# MY CALLING







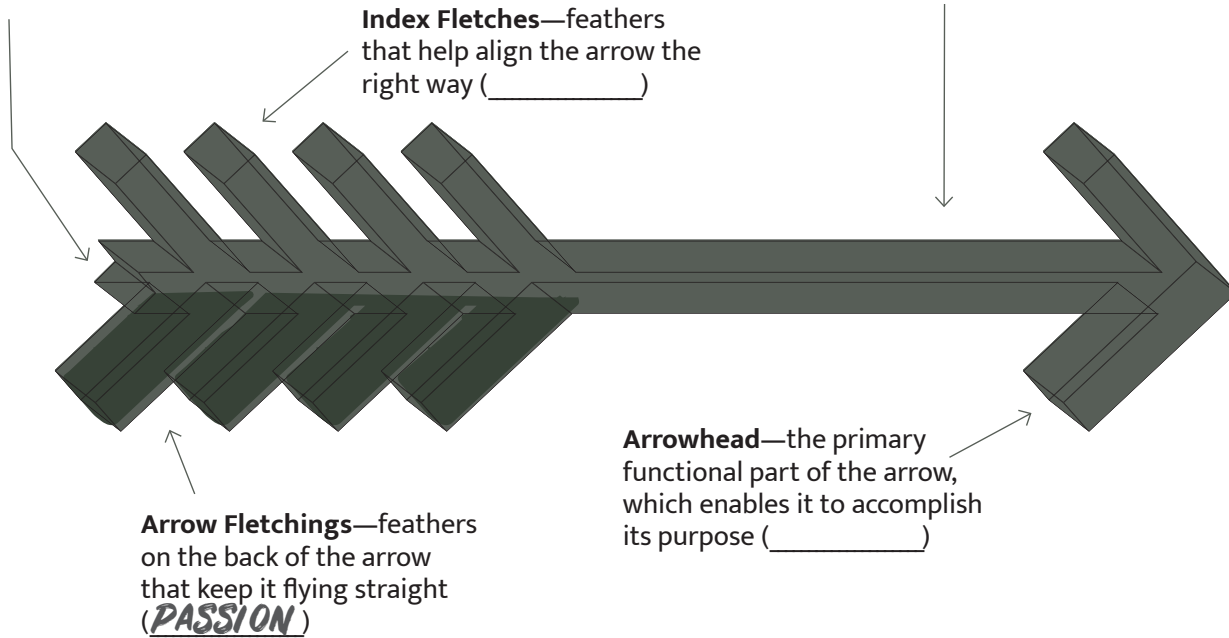


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## Big Thought

Your best \_\_\_\_\_ is to live out your \_\_\_\_\_.

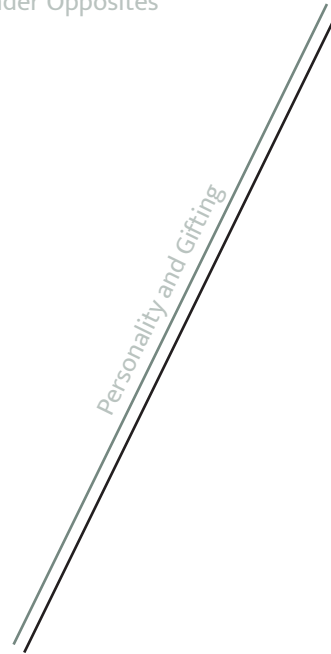
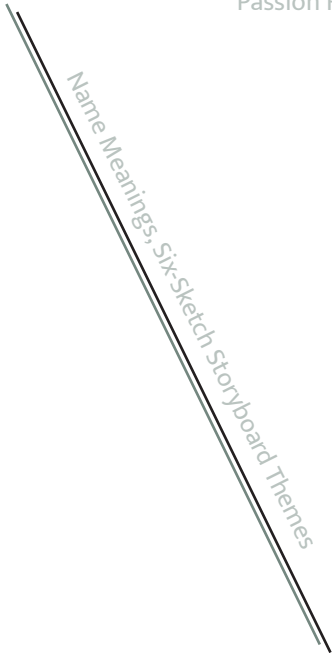
 **TEXT:** ESTHER 4:10-14, 15-16

Notes



## ▼ Uniqueness Funnel

Passion Funnel, Passion 360, Offender Opposites



How these different elements tie together to describe me.

## Two Word Examples

I exist to honor God and help others by

\_\_\_\_\_ing\_\_\_\_\_.

### TWO WORD EXAMPLES

- **Will:** Applying Essence
- **Susan:** Designing Enjoyment
- **Drew:** Building Teams
- **Carl:** Motivating Leaders
- **Mary:** Restoring Value
- **DJ:** Engaging Break-thru
- **Chad:** Nurturing Strategy
- **William:** Making Connections
- **Kathryn:** Manifesting Joy
- **Kelly:** Empowering Momentum

Notes



## “Two Word” Worksheet

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. \_\_\_\_\_

24. \_\_\_\_\_

25. \_\_\_\_\_

26. \_\_\_\_\_

27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_

31. \_\_\_\_\_

32. \_\_\_\_\_

33. \_\_\_\_\_

34. \_\_\_\_\_

35. \_\_\_\_\_

36. \_\_\_\_\_

37. \_\_\_\_\_

38. \_\_\_\_\_

39. \_\_\_\_\_

40. \_\_\_\_\_





BE WHO GOD  
MEANT YOU TO  
BE AND YOU  
WILL SET THE  
WHOLE WORLD  
ON FIRE.

ST. CATHERINE OF SIENA



SESSION 07

# MY VALUES







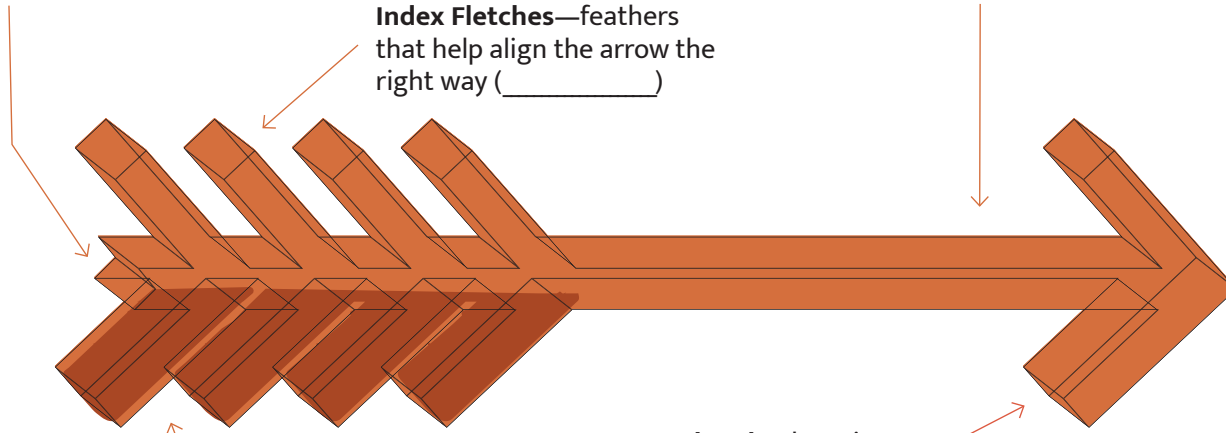


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## **Big Thought**

Live into your \_\_\_\_\_ by holding onto what is \_\_\_\_\_.

 **TEXT:** MARK 8:33-38

**Notes**



## ★ Last Values Standing

- Control
- Feeling good
- Protecting nature
- Helpfulness
- Faith
- Neatness
- Being the best
- Risk-taking
- Beauty
- Honesty
- Politeness
- Strong country
- Being in charge
- Creativity
- Freedom
- Different perspectives
- Mercy
- Duty
- Following rules
- Skill
- Fun
- Privacy
- Justice for the weak
- Loyalty
- Respect for authority
- Stable family
- Having plenty
- Variety
- Wisdom
- Responsibility
- Humility
- Returning favors
- Winning
- Discovery
- Equality
- True friendship
- Self-discipline
- Good health
- Reputation
- Enjoyment
- Making my own choices
- Peace between people
- Connection to God
- A healthy balance
- Influence
- Excitement
- Deep love
- No one causing trouble
- Recognition
- Inner peace
- Tradition
- Intelligence
- Oneness
- Meaningful life
- Belonging
- Self-respect
- Self-reliance

*List of values adapted from Jacob Morris's game The Values Deck,  
<https://www.kickstarter.com/projects/discoveryourvalues/the-values-deck> (accessed August 18, 2019).*

## LifeCore Worksheet

**1. Core Value =**

... because

**2. Core Value =**

... because

**3. Core Value =**

... because

**4. Core Value =**

... because



## LifeCore Worksheet - Examples

**ANNA R.**

**1. Embrace CHANGE**

... because progress happens through it.

**2. Build TEAM**

... because possibilities are enlarged by it.

**3. Provide ORDER**

... because pathways are cleared due to it.

**4. Speak VALUE**

... because people are motivated because of it.

**RICHARD K.**

**1. Playful CURIOSITY**

... because angels fly.

**2. Intellectual INTEGRITY**

... because the mind is a terrible thing to waste.

**3. Leadership VITALITY**

... because the gospel is for the up & in as well as the down and out.

**4. "All of life" MINISTRY**

... because there is no divide between the sacred and secular.





EVERY PERSON  
BORN INTO THIS  
WORLD REPRESENTS  
SOMETHING NEW,  
SOMETHING THAT  
NEVER EXISTED  
BEFORE, SOMETHING  
ORIGINAL AND UNIQUE.

MARTIN BUBER



SESSION 08

# ME AND UNITY







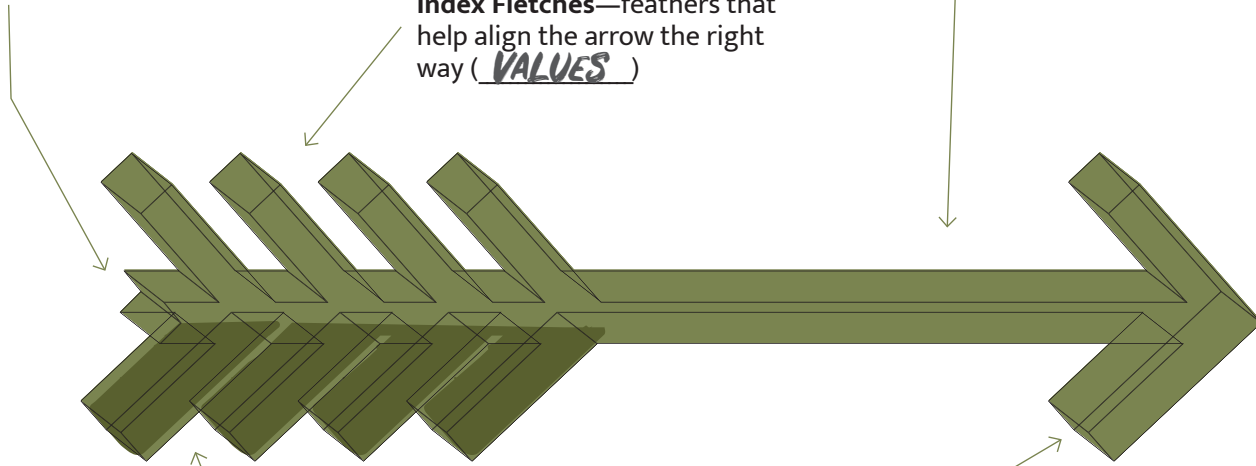


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## Big Thought

The church is where \_\_\_\_\_ is turned into \_\_\_\_\_.

 **TEXT:** I CORINTHIANS 12:12-26

Notes



SESSION B1

# MY VOCATION MAP



# Your Vocation Map

**VALUE:**

The value I contribute to the world, the increase of which can bring increased monetary value to me.

**VITALITY:**

The level of energy and joy that I experience.





SESSION B2

# DECISION MAKING FILTER



## Decision-Making Filter

	<i>Opportunity 1</i>	<i>Opportunity 2</i>	<i>Opportunity 3</i>	<i>Opportunity 4</i>
<b>My Story</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My Gifting</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Name Meaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
APEST	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personality Quiz	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My Passion</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Passion Funnel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Passion 360	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opposite Offenders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My Two Words</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>My Values</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Value #4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>OVERALL</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# TAKE YOUR NEXT BEST STEP

Younique Students is part of something bigger.

We started this journey by saying that knowing and naming your special calling is really **the first step of something we call Gospel-Centered Life Design**. You see, many people have a common experience of the break-thru clarity that comes from knowing the specific dream God has for their life. There can be moments of exhilaration and a sense of wonder finally unfolding before them. The next challenge, however, is not only knowing your special calling but learning to live it out each and every day.

Now that you know your special calling, **what should your life look like practically?** How will you make decisions? How will you use it to “love the Lord your God with all your heart, soul, mind, and strength” and “your neighbor as yourself”? How will you define success in a way that’s true to who God has created you to be? What does it look like for you to be a fully-alive spouse, sibling, child, leader, or friend? These are critical questions, and there are so many more like them.

As you can see, there’s a very practical component to discipleship, and sadly this is where most people working with personal calling stop. Unfortunately, few things can be more frustrating than knowing why you’ve been created but not knowing how to live it out.

That’s why Younique is all about Gospel-Centered Life Design. We’ve developed a process that equips people to design their life in a practical way that reflects God’s original dream for them in the day-to-day, everyday. Knowing your special calling is a great step, but it is certainly not the last one.



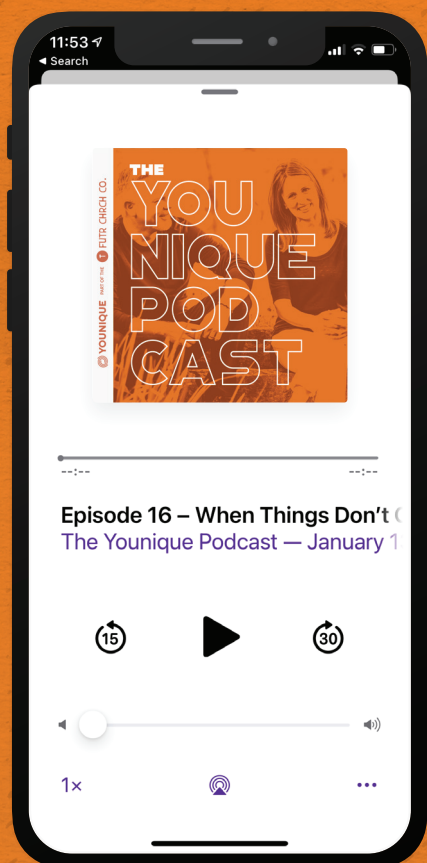
**SO IF YOU WANT TO LEARN THE ART OF LIVING OUT YOUR CALLING, HERE ARE A FEW NEXT STEPS:**

1. Get a copy of our book, *Younique* by Will Mancini from our website [lifeyouunique.com](http://lifeyouunique.com).
2. Subscribe to the **Younique Podcast** on iTunes or our website.
3. Join us at one of our 4-Day Accelerators, information at [lifeyouunique.com/Accelerator](http://lifeyouunique.com/Accelerator).
4. Talk to your pastor about bringing *Younique* to your church. We would love to meet with you. Contact us at [info@lifeyouunique.com](mailto:info@lifeyouunique.com).

Whatever your next step is, we'd love to take it with you!

***THE YOUNIQUE TEAM***





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# TRUMOTIVATE

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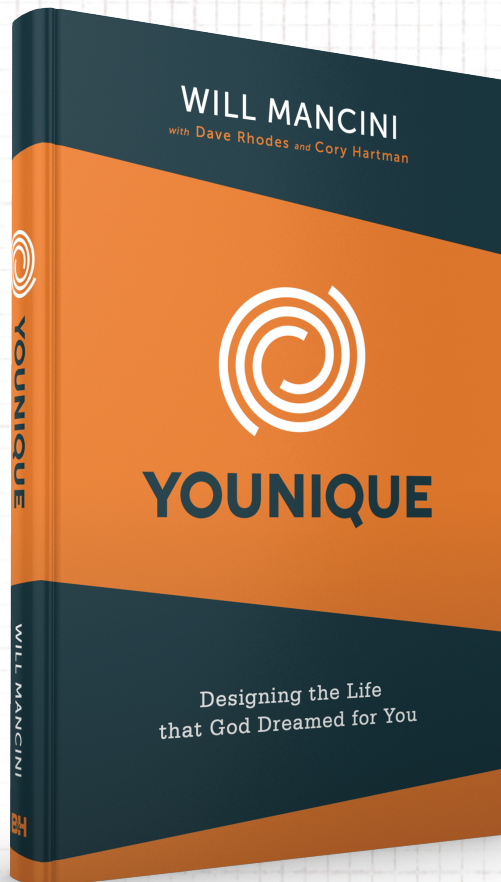
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YOUR CHURCH, SCHOOL, OR MINISTRY.*





The Yunique book, published in 2019, built on Will Mancini's previous work and went far, far beyond it. It lays out the complete gospel-centered life design process that enables every follower of Jesus to discover his or her divine design. This process has brought significant life change to thousands of believers.

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