



## Week 1 Tools

- Weekly Reflecting Guide
- Life Making Cycle
- Vision Journey Checklist











Unexpected obstacles I encountered this week:

New ideas for how I will approach next week:

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





90-Day Launch: Week 1

## Life-Making Cycle

### How to Review and Renew Your Younique LifePlan

Your **Younique LifePlan** is the completed Vision Frame and Horizon Storyline. Together, these represent four codified expressions that declare your identity (LifeCall, LifeCore, LifeSteps and LifeScore on the Vision Frame) and the four views into the future that visualize your direction. (3 years,

1 year, 90-days and next week of your Horizon Storyline). Another way to think of your **LifePlan** is that there are four ideas to master identity or self-awareness in life and four things to master direction or visionary planning in life.

The goal of the Life-Making Cycle and the tools associated with it is to help make you "unconsciously competent" at living from your Younique **LifePlan**. Unconscious competence is the ability to be so deeply aware of your **LifePlan** that you are continually and almost subconsciously "referencing" it in daily relationships and decision-making. It is not something forced or "additional" to your life, but becomes seamlessly integrated with how you think. Keep in mind that we will use the Journey 3 experience as the first



90-days where you can practice with a cohort the Life-Making Cycle tools. It is impossible to become unconsciously competent at any task without moving through a phase of "conscious competence;" the phase where you are practicing, stumbling, and learning with conscious effort.

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

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





90-Day Launch: Week 1

## Life-Making Cycle (continued)

How to Review and Renew Your Younique LifePlan

### **ENGAGING THREE RHYTHMS**

### **Reflect Weekly**

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

### **Plan Quarterly**

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

### **Retreat Annually**

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

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

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





90-Day Launch: Week 1

## Life-Making Cycle (continued)

How to Review and Renew Your Younique LifePlan

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

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

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

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

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

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

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



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90-Day Launch: Week 1

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## Vision Journey Checklist

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Ш	LifeCall	<u> </u>	0		
VISION FRAME	LifeCore	0	0	0	
NO	LifeSteps (4 Emphases)	0	0	0	
VIS	LifeScore (4 Storylines)	0	0	0	
_ ш	Beyond-the-Horizon: 3 Years	0	0	0	
HORIZON STORYLINE	Background Horizon: 1 Year	0	0	0	
TOR	Midground Horizon: 90 Day Goal	0	0	0	
s. +	Foreground Horizon: NOW	0	Ο	Ο	
SWEET SPOT	Passion Circle LIfe Discovery Grid Life Lies + Truths Passion Funnel Offenders Passion 360 Ultimate Contribution				
	Ability Circle Name Meaning Assessment #1 Assessment #2 Assessment #3 Sense of Accomplishment Ability 360				
	Context Circle Live Sent Activator & Advantage Workplace Motivators Work Style Organizational Preferences LifeStage				
	Sweet Spot Summary	0	0	0	







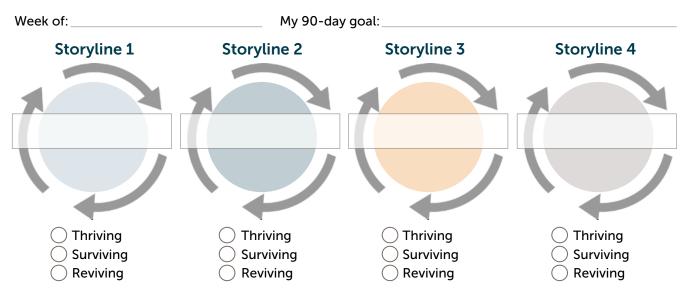
## Week 2 Tools

• Weekly Reflecting Guide











New ideas for how I will approach next week:

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





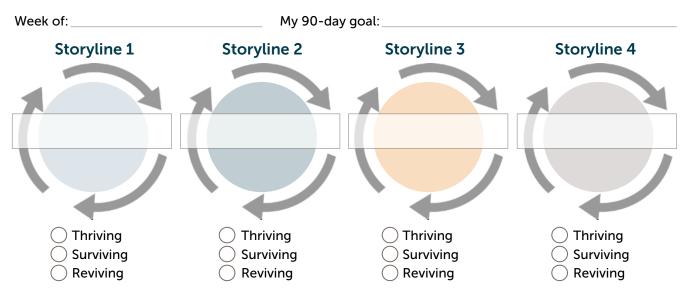
## Week 3 Tools

- Weekly Reflecting Guide
- 5 Stages of Transformation
- Important and Urgent Matrix











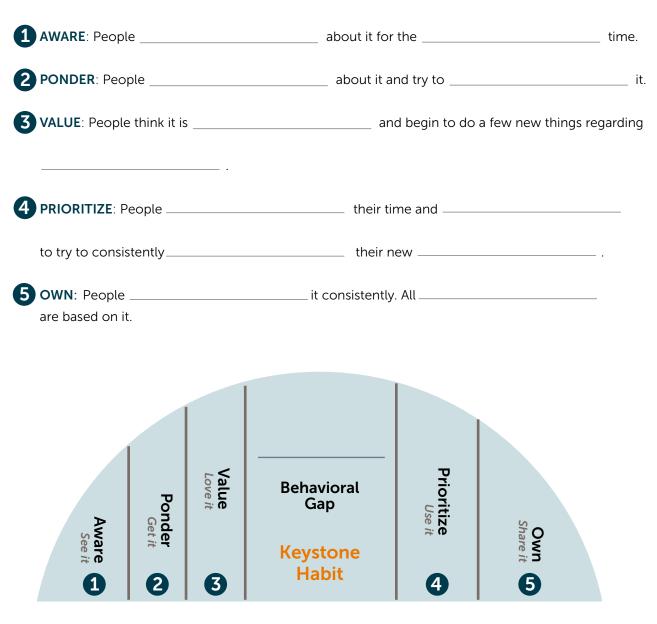
New ideas for how I will approach next week:

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





## **5 Stages of Transformation**



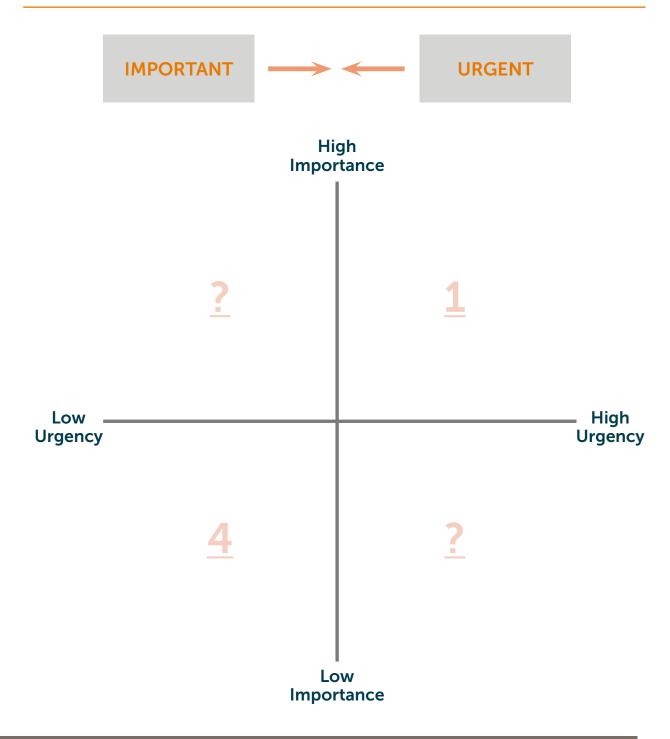
\* Benjamin Bloom "Taxonomy of Educational Objectives"





90-Day Launch: Week 3

## **Urgent and Important Matrix**









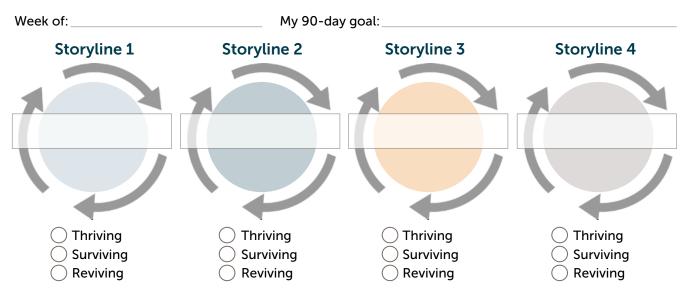
## Week 4 Tools

• Weekly Reflecting Guide











New ideas for how I will approach next week:

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





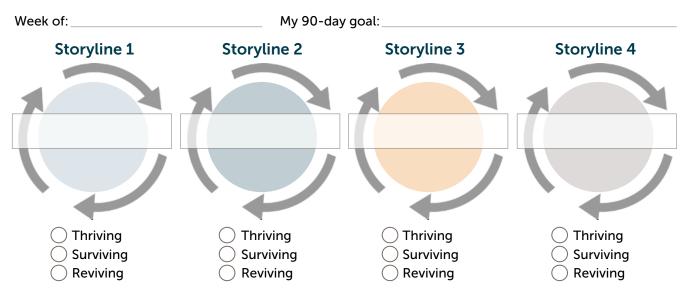
## Week 5 Tools

- Weekly Reflecting Guide
- Vocational Positioning System











New ideas for how I will approach next week:

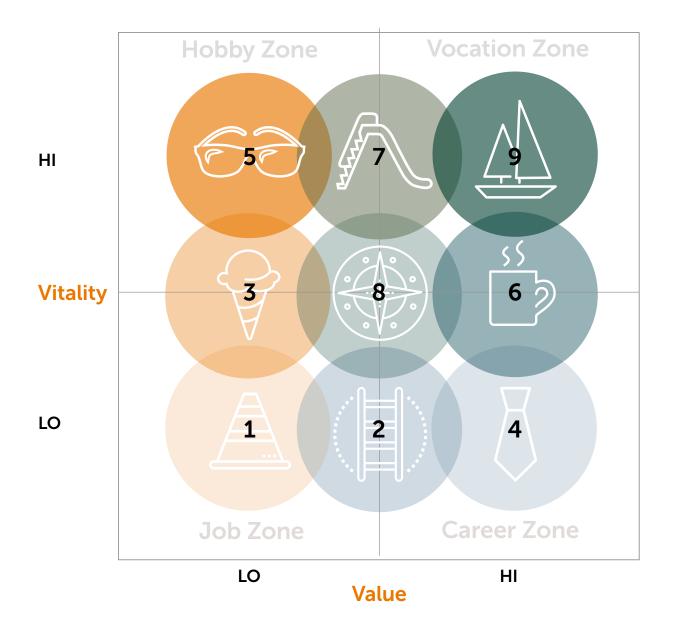
- God you are:
- Thank you for:
- Guide me in:
- Empower me to:



90-Day Launch: Week 5

## **The Vocational Positioning System**

of the Value-Vitality Map









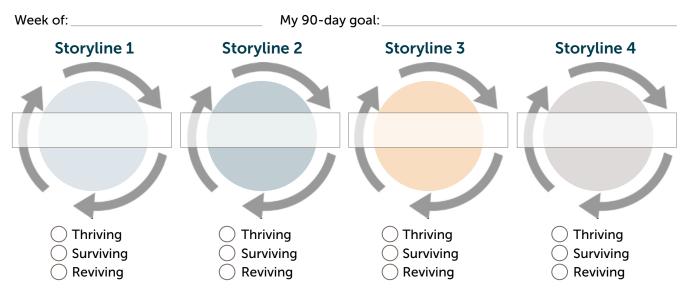
## Week 6 Tools

• Weekly Reflecting Guide











New ideas for how I will approach next week:

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





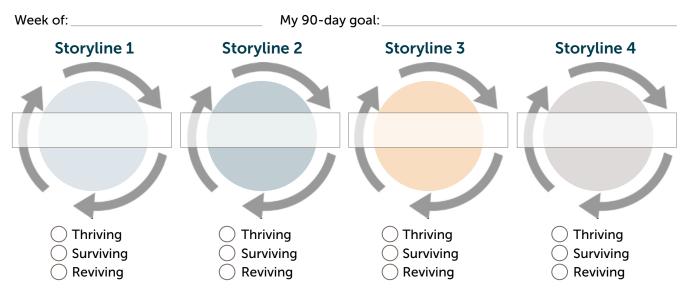
## Week 7 Tools

- Weekly Reflecting Guide
- Risk to Go Decision Matrix
- Vocational Decision Distiller
- Value to Show











New ideas for how I will approach next week:

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

90-Day launch: Week 7

# "Risk to Go" Decision Matrix

	/	/	/	
LifeCall	Ο	Ο	Ο	Ο
LifeCore	Ο	Ο		
#1	0 0 0	0 0 0	0 0 0	0
#2	0	0	0	0
#3	0	0	0	Ο
#4	0	0	0	Ο
Storylines	<ul> <li>O</li> <li>O</li> <li>O</li> <li>O</li> <li>O</li> </ul>	<b>O</b> <b>O</b> <b>O</b>	0 0 0 0	Ο
#1	0	0	0	0
#2	0	0	0	Ο
#3	0	0	0	0
#4	Ο	0	0	Ο
<b>Beyond-the-Horizon: 3 Years</b>	0	Ο	Ο	Ο
Passion Life Discovery Grid Passion Funnel Narrative Funnel Offenders Passion 360 Ultimate Contribution Ability Name Meaning				
Assessment #1 Assessment #2 Assessment #3 Sense of Accomplishment Ability 360				
Context Live Sent Activator & Advantage Workplace Motivators Work Style Organizational Preferences LifeStage				000000000000000000000000000000000000000
SUMMARY	Ο	Ο	Ο	Ο





90-Day Launch: Week 7

## "Risk to Go" Decision Matrix Reflection





90-Day Launch: Week 7

## Value to Show

THE FOUR KINDS OF VALUE	"ORDER ORIENTATION" Managing what presently exists	<b>"PROGRESS ORIENTATION"</b> Attaining what is hoped for
Make Money	<b>Reduce Expense</b> "Find a cheaper supplier" "Negotiate lower rent"	Increase Revenue "Sell more widgets" "Preach on generosity"
Advance Vision	<b>Strengthen Culture</b> <i>"Foster healthy unity"</i> <i>"Celebrate core values"</i>	Innovate Mission "Design a new product" "Reach a new people group"
Increase Capability	Improve Efficiency "Streamline how to order" "Check-in kids faster"	<b>Expand Capacity</b> "Add another product line" "Launch a new campus"
Create Solutions	<b>Solve Problems Now</b> "Answer the support line" "Fix the copy machine"	<b>Prevent Problems Tomorrow</b> "Install better firewall" "Diversity leadership teams"

Which kind of value does your Sweet Spot coincide with most? (Choose 3)

Which kind of value represents the greatest current pain point of your Supervisor or the organization?

Where is there overlap between your *Sweet Spot* and the pain point of your Supervisor or the organization?

What 1 thing could you add to your job to address the pain point of your Supervisor or the organization based on your *Sweet Spot*?







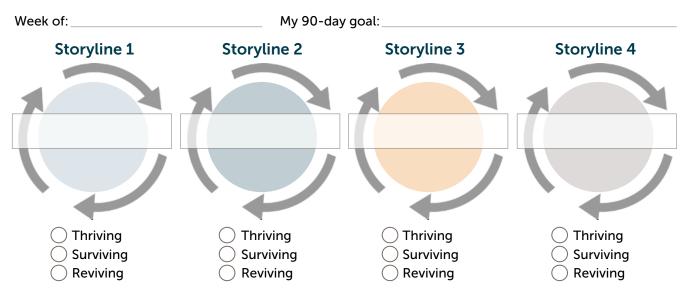
## Week 8 Tools

• Weekly Reflecting Guide











New ideas for how I will approach next week:

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





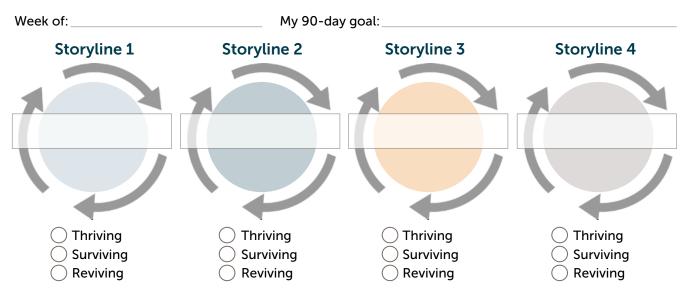
## Week 9 Tools

- Weekly Reflecting Guide
- Clarity Committee
- Hear and Obey
- Hear and Act











New ideas for how I will approach next week:

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



90-Day Launch: Week 9

## **Clarity Committee**

Name	Relation	Reason on Committee





90-Day Launch: Week 9

### Clarity Committee (continued)

### **CLARITY COMMITTEE GUIDELINES**

- 1. The focus person chooses the his/her clarity committee.
- 2. Clarity committee members are to ask only open and honest questions—no advice is to be given and no leading questions are to be asked.
- 3. The meeting is to begin in silence until the focus person breaks the silence to present his/her dilemma.
- 4. There are to be no jokes or chatter or responding to questions that are being asked in order to relieve the tension as questions are being asked by anyone other than the focus person.
- 5. The meeting must last 2 hrs.
- 6. The last 20 minutes of the meeting will be used for mirroring back to the focus person the focus person's comments throughout the session and for affirmation of the focus person—unless the focus person would rather be asked more questions.
- 7. Clarity committee members are not there to "fix" the focus person and should not feel let down if exact answers to the dilemma are not formed during the session.

### **CLARITY COMMITTEE SCHEDULE**

- 1. The meeting is to last exactly 2 hours.
- 2. The meeting begins with extended silence.
- 3. The focus person breaks the silence when he/she is ready by presenting his/her dilemma
- 4. Honest and open questions are asked from the clarity community at a slow, gentle and humane pace in which the focus person is to answer and react.
- 5. Questions and silence continue intermittently until there is 20 minutes left in the meeting
- 6. When the meeting is 20 minutes from being over, the focus person is alerted. At this time the focus person can choose to either continue being asked questions or have the clarity committee mirror back to him or her what he/she has said throughout the evening.
- 7. The last 5 minutes of the meeting is devoted to affirming the focus person.

\* Parker Palmer, "Let Your Life Speak"





90-Day launch: Week 9

## Hear and Obey

### ATMOSPHERE OF DISCIPLESHIP (I Corinthians 13:13)

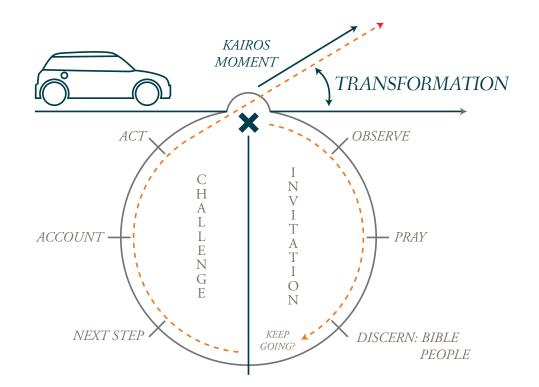
l ove.		
LOVC.		

Hope:			
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Faith:

### **2 QUESTIONS OF DISCIPLESHIP**

- 1. What is God \_\_\_\_\_?
- 2. What am I going to \_\_\_\_\_?



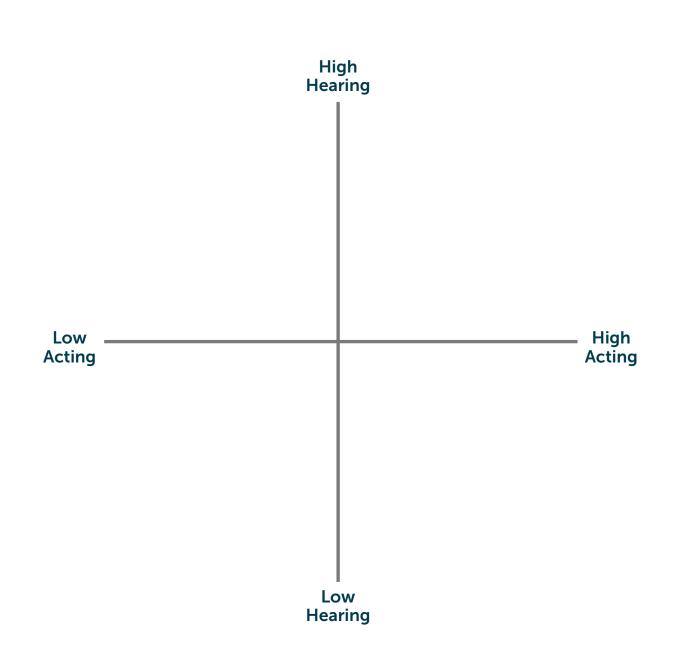


© Kickstart Discipleship Toolkit



90-Day launch: Week 9

## Hear and Act Matrix









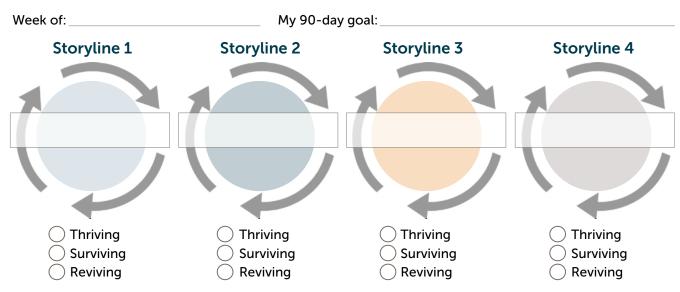
## Week 10 Tools

• Weekly Reflecting Guide











New ideas for how I will approach next week:

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





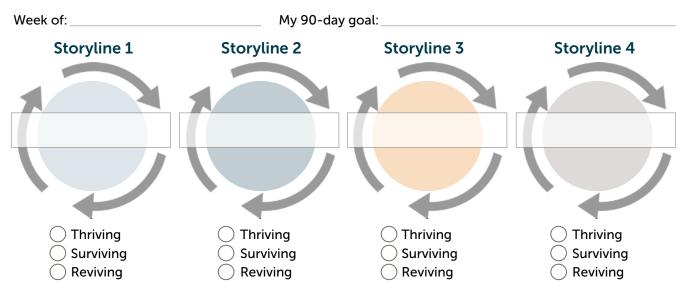
## Week 11 Tools

- Weekly Reflecting Guide
- Thank You











New ideas for how I will approach next week:

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





## **Thank You**

Name:

THANK YOU TEXT:

Name: \_\_\_\_\_

THANK YOU TEXT:

Name:

### THANK YOU TEXT:

Name: \_\_\_\_\_

THANK YOU TEXT:

Name: \_\_\_\_\_

### THANK YOU TEXT:

Name:

### THANK YOU TEXT:





## Life Making Tools

- Quarterly Planning Guide
- Yearly Retreating Guide