



## Objective, Big Idea & Biblical Focus:

Courage to Know comes from an honest look in the mirror as well as an awareness of the two common distractions we face. Demonstrate that the Younique journey is both a discovery of self and a discovery of God, and a surrendering of more of ourselves to more of who we discover God is.

**BIG IDEA: If you don't know who God has called you to be, then you will settle for whatever people pay you to be.**

Our understanding of our identity flows from our understanding of who God is. Likewise, the more self-awareness we pursue the greater the clarity we can have to co-create with God, honoring Him and helping others.  
John 15:15-16

## How it Works:

APPLICATION: the Ultimate Awareness Matrix is helping participants get a sense of “Courage to Know” for the Clarity Spiral.

Build out the Ultimate Awareness matrix, one quadrant at a time, using examples to explain each quadrant.

Have participants identify which quadrant they usually tip towards.

How did they get there? What forces might have been at work?

## Coaching Tips:

Help people name the different ditches that they are prone to or have seen in their different Christian experiences.

Call people to co-creating with God. “You can only give as much as you know about yourself to as much as you know about God”. - Peter Barnes.



# Reference:

Journey 1 Workbook, pg. 5-6

 YOUNIQUE
Session 1

### Imperative One

Courage to Know

---

1 **Courage to Know**

1. Two Primary Distractions:
  - The \_\_\_\_\_ Expectation \_\_\_\_\_ of Others
  - The \_\_\_\_\_ Projection \_\_\_\_\_ of Self
2. We need brutiful honesty.

Expectations	Projections	Surrender

**"It's not about what you can do, it's about what only you can do."**  
— Jim Singleton

©youunique. All rights reserved. lifeyouunique.com 5

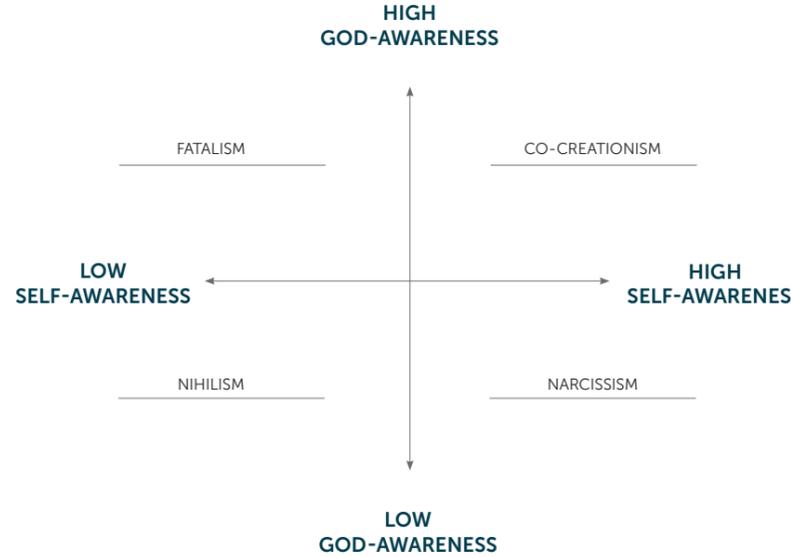
 YOUNIQUE
Session 1

### Imperative One

The Ultimate Awareness Matrix

---

**"You can only give as much as you know about yourself to as much as you know about God." — Peter Barnes**



©youunique. All rights reserved. lifeyouunique.com 6