

The Life DISCOVERY Grid

Finding Breakthrough Through Your Story



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.

Introduction: Owning Your Story

Your story is directly linked to your life purpose. God has been working in your life long before you became aware of it. Another way of saying it is that your life isn't by accident. In all the highs and the lows, God has been weaving something together, kind of like a tapestry, with all the threads of the moments of your life. And if you could just get enough perspective, stand back just far enough, you'd see there's something so much bigger that God is up to.

So if you want to find your God-given purpose, one of the best places to start looking is in your story.

But beyond finding your God-given purpose, we believe your story is also a place where the gospel can be discovered again and afresh at a deeply personal level. At Younique, when we talk about “gospel-centered life design,” what we are talking about is designing your life based on your personal experience of the gospel as it is lived out in your actual life. The Life Discovery Grid, then, is a simple process to help you inventory, interpret and articulate your story so you can better follow Jesus in how he's already working in your life.

You see, most people have only experienced their story.

Few have interpreted it.

Even fewer can articulate it.

GOAL OF THIS RESOURCE

Our goal in this resource is to help you inventory, interpret and articulate your story in such a way that your story becomes something that you own instead of just being something in your life that ends up owning you.

This process starts by identifying what we call the “Hinge Moments” in your life.



Introduction to Hinge Moments

Taking ownership of your life story starts by taking inventory of the moments in your life that have affected you most. Hinge Moments are moments that have shaped your life in significant ways. They are moments that change the trajectory of your life because of what you have experienced in and through them. These Hinge Moments start either as High Points or Hard Times. And because as Christians we know that God redeems every part of our stories, both the High Points and the Hard Times become places where we find meaning and significance in our lives. Through our High Points, God deepens our confidence. In our Hard Times, God develops our convictions.

A hinge moment is when the trajectory of your life changed. Examples of hinge moments include: marriage, change in jobs, relocation, graduation, divorce, or death. Questions to reveal hinge moments include:

- How did relationships impact my life direction?
- What major life events sent me in a new direction?
- How did tragedy or loss mark a new chapter in my life?
- What recognitions, achievements or promotions created a new trajectory for my life?
- What spiritual awakenings (conversion) changed me?

Each hinge moment can be scored on a scale of one to ten either as a hard time hinge moment or a high point hinge moment. Some hinge moments will have a mixture of both. Don't worry about a "right answer;" simply use the tool to stimulate reflection.

The truth that makes people free is for the most part the truth which people prefer not to hear.

Herbert Agar #CourageToKnow

(continue)



Instructions

Use this worksheet to brainstorm a list of at least 20 of your Hinge Moments, with at least 10 for each kind.

HINGE MOMENTS

List Top Ten High Points

List Top Ten Hard Times



Instructions: Narrow Down Your Hinge Moments

INSTRUCTIONS #1

Now that you have identified your Top Ten High Points and Top Ten Hard Times, take a few more moments to take this list of moments and narrow it down to 10.

INSTRUCTIONS #2

This time the lists don't have to be equal. Instead, narrow this list of 20 to 10 by asking yourself, "Out of all the moments that I have listed on my Hinge Moments List, what are the Top 10 moments that have affected my life most?"

INSTRUCTIONS #3

Circle these 10 moments and use these 10 moments as you transition from Hinge Moments Tool into the Lifeline Tool.

What if the positive and negative turns in your life have prepared you for something great?

Donald Miller

Transitioning to the Life-Line Tool

One of the most powerful parts of owning your story begins by placing your Top Ten Hinge Moments on a Life-Line. The Life-Line helps you graph these Ten Hinge Moments in chronological order as they have happened in your life and also helps you think about these moments in relation to each other.

Instructions for the Life-Line Tool

(Blank Life-Line worksheet on the following page)

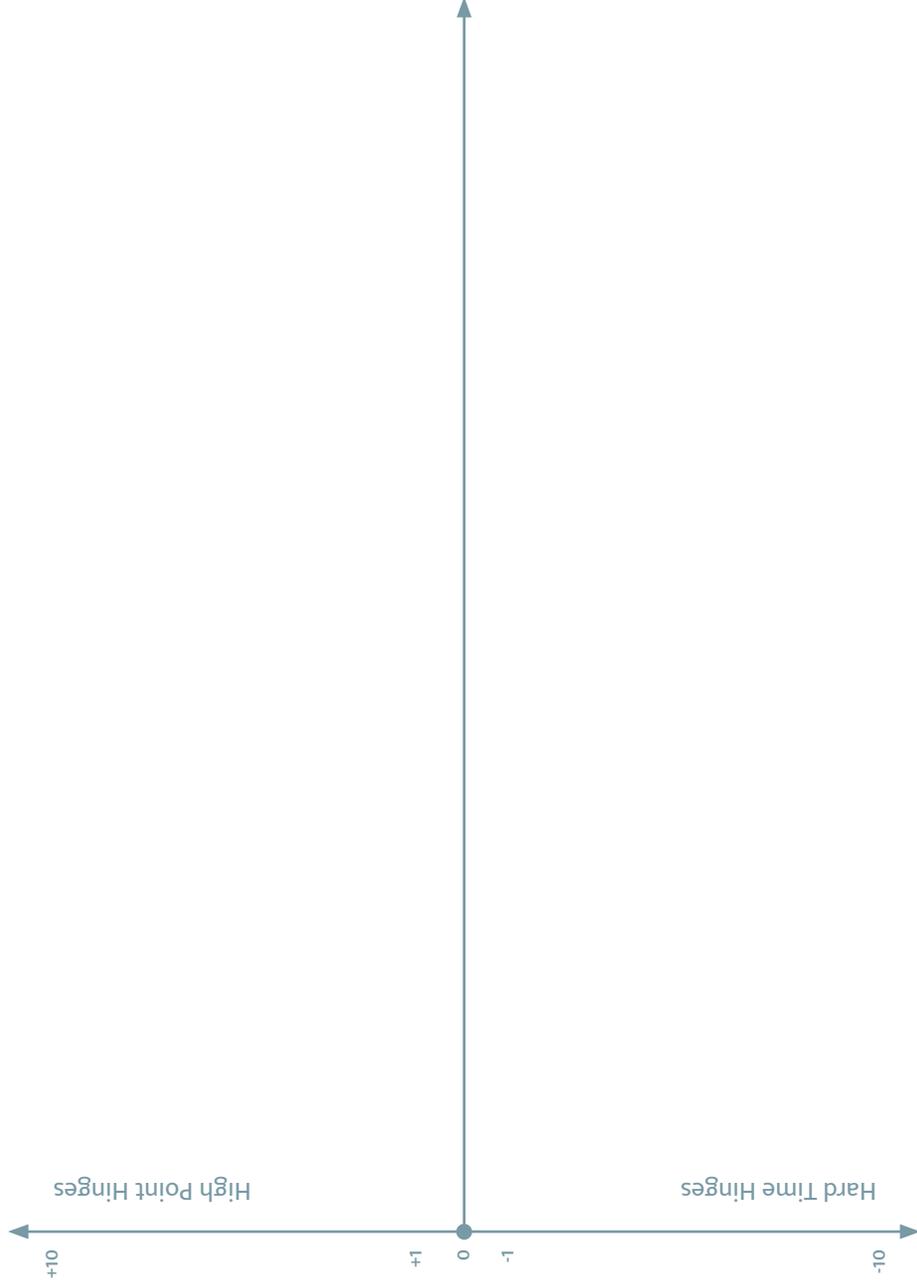
- So, now that you have narrowed your focus down to the Top Ten moments that have affected your life, take a few moments to graph them in chronological order on the Life-Line. As you do, rate each moment on a scale of (1 to 10 for High Points) or (-1 to -10 for Hard Times) depending on how high or hard each moment was. High Points are graphed on the top of the Life-Line.
- Hard Points are graphed on the bottom of the Life-Line. Take these Ten Hinge Moments now and place them on your Life-Line. Once you have done so, look for meaning as you notice any patterns or reflections that might stand out to you as you look at your Life Story on this Life-Line.
- Note that on the page following the blank Life-Line worksheet, we've included a sample page.

***The Lord makes firm
the steps of the one
who delights in Him.***

Psalm 37:23-24

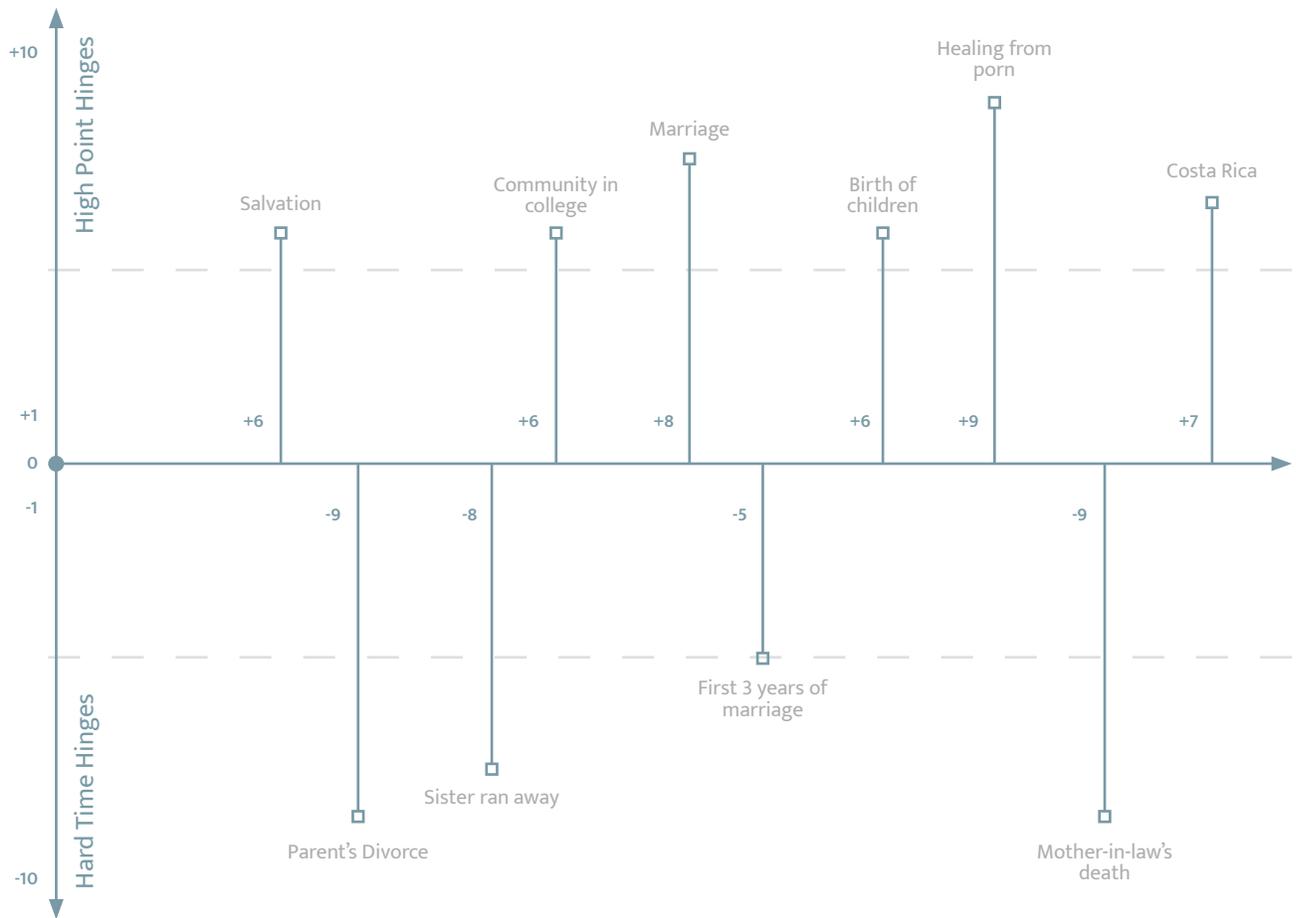


Identify your top ten “hinge moments” ranking them 1-10 as either high points or hard times.



Life-line Example 1

Rich



Divide Your Life-Line Into Chapters

STEP #1: SEE THE BIG PICTURE

Once you have graphed your story on your Life-Line, take a moment to notice a few places where your life shifted most significantly. Think of these shifts as the beginning of different chapters in the story of your life.

STEP #2: SEE THE NATURAL BREAK POINTS

- So, take a moment to find the 2 or 3 break points on your Life-Line to signify these moments when a new chapter started in your life.
- Draw those break-points as dotted lines on your Life Line. (What these two or three break points so is create 3 or 4 different life chapters, which we will come to in a moment.)

STEP #3: IDENTIFY YOUR AGE

Place the age that you were on top of these chapter designations that now stand at the top of your Life-Line. These life chapters will be used on your Life Discovery Grid to help you think through your life in meaningful ways.

Before I can tell my life what I want to do with it, I must listen to my life telling me who I am.

Parker J. Palmer

Introduction to the Life Discovery Grid

WHAT IS A LIFE DISCOVERY GRID?

A Life Discovery Grid is a simple tool designed to reveal important patterns in your life. It does this by stimulating the awareness and connection of significant life events and relationships. This creates a powerful process of understanding where God was working in your past, but also a way of understanding how he might be working right now.

A Life Discovery Grid is a blank grid for you to record specific people and events. The grid allows you to divide your life into five chapters. These chapter divisions are completely up to you based on natural dividing points in your life experience. (To help you think through the five life chapters, we start with The Life Line tool.) The grid includes 5 “H’s” that help focus the people and events for you to record:

- **Heritage**
- **High Points**
- **Hard Times**
- **Hand of God**
- **Heroes**

Below is an example of a completed Life Discovery Grid, including chapters, so you can see where we are going.

These chapter titles are an example. Feel free to title them as you like.

	Happy	Hurt	Health	Hope	Hacked
Heritage	Pastors Kid, Wesleyan Denomination, Generations of family believers	Legalism in the Church, Personal Rebellion, Isolation and Rejection, Getting outside the US.	Independence, freedom, ability to choose, discover of my faith and it becoming personal.	Extended Family in Mission, Free to Discover, a deep sense of mission and purpose.	Covenantal Breakdown, Brokenness, People Leaving, Loss.
High Points	Being part of a small church. Getting Saved in 2nd grade, Being a kid.	First love relationship, Sports, chorus, art, trip to Haiti	College, Meeting my husband, Working sports camps. Gaining independence.	Married, Having children, Working at great organizations Family moved close.	Adoption of our son , 3 month rest sabbatical.
Hard Times	3rdGd Mean Girls, Moving 3X every 4 years, Eyes opened to ch. dysfunction and mean Christians	Mean Girls, Name painted on town bridge, Being a pastors kid. Mom hurt by church. Small Town	Being in College in FL while family lived in NY. Moving to AL my Senior year of college.	Working and always financially just getting by, Infertility.	Partners, rejection, called to cross, family business not family, Leaving PI
Hand of God	Christian Heritage, Grounded Family, Pastors Home, VBS Getting Saved	Mission trip to Haiti & Eyes open to real brokenness. Protection in relationships.	College, Meeting husband	My Mom able to watch the kids, Living in Community, Our miracle daughter	Growth in leadership, being delivered out of things not good. The courage/faith to leave.
Heroes	Grandparents, Bill and Ellie O. Mom and Dad, Mrs. Neff (teacher)	High School Coaches - Mr Conner and Mr Campbell.	Jesus, husband, Community of friends, Grandparents.	Mom and Dad, Grandparents, husband.	David and Courtney, Oldest Child, husband



Life Discovery Grid

Instructions

(Blank Life Grid worksheet on page 13)

STEP #1: NAME YOUR CHAPTERS

Once you have filled out your Life-Line, take some time to interpret and articulate your story by replacing the different age groupings that sit at the top of your life with a name. Ask the Holy Spirit to help you think about the connections and distinctions of each chapter of your life and how God was working in that chapter. By naming these chapters, not only will these different chapters in your life be easier to recall, but they will now also help you see the way that God has been working in and growing you through your story.

After you have named the 3 or 4 chapters on your Life Discovery Grid, take a moment to think about the next chapter of your life. What would you name this chapter? Where might God have met you in the past as He leads you toward your best future?

Take a few moments now to anticipate and name this next chapter.

STEP #2: IDENTIFY THE CHARACTERS & EVENTS OF YOUR LIFE STORY

Using the 5 H's, fill out each square on your grid with a few bullet points. You will find helpful reflection questions for **Heritage, High Points, Hard Times, Hand of God and Heroes** on the right. Use the questions on page 12 to help guide you.

HERITAGE

- What qualities in my parents influenced me most?
- What was the atmosphere in my home as I grew up?
- What were the types of brokenness in my home?

HIGH POINTS

- What events have brought me great joy?
- How have I made significant contribution to others?
- What memories do I daydream about?

HARD TIMES

- Who or what has been a source of pain in my life?
- Where do my deepest disappointments lie?
- What addictions and abuse have I been exposed to?

HAND OF GOD

- When and how have I been awakened to God?
- What "God Memories" are forever etched in my mind?
- How has God directed me through supernatural experiences, encounters or communication?

HEROES

- Who have I looked up to or admired?
- Who has influenced me for good?
- Whose life would I like to model mine after?



QUESTIONS TO GUIDE YOU

Take a few minutes to read and reflect over these questions as you begin the process of filling out your Life Discovery Grid.

1. What are my truly formative experiences in life; that is, what has made lasting impact?
2. Is there any common thread to my Hand of God experiences?
3. Is there any common thread to my Hard Times?
4. What are the patterns of sin that emerge in my life; how I have dealt with those sin patterns?
5. What are the consistent gifts and abilities in my life?
6. Why do I do what I do vocationally? Did one person or event significantly determine this?
7. Who are my most meaningful friends?
8. Who taught me how to live; how am I learning to live like Christ?
9. How has God's grace been revealed in my life?
10. How does my unique story bring God glory?
11. What would my life be like without God's hand?
12. What may God be preparing me to do in future chapters of my life?
13. What one word title would I give my Life Discovery Grid?

STEP #3: FINALIZE YOUR CHAPTERS

After completing your Life Discovery Grid, re-evaluate your chapter titles and make changes as necessary.

If we could ever grasp the enormity & magnificence of where God is taking us, we would resist much less & cooperate much more!

Henry Blackaby

Heritage						
High Points						
Hard Times						
Hand of God						
Heroes						

Instructions: Get the Breakthrough

STEP #1: PRAYERFUL REFLECTION

Now that you have named your chapters and thought through your story, take a few minutes to prayerfully reflect with God, using these reflection questions.

Where do I need to celebrate with God?

Where do I see redemption in my story and where do I need to thank God?

Where do I need to mourn with God?



Instructions: Get the Breakthrough

Where am I seeing my burdens and passions coming from?

How is God's work my story continuing to be "Good News" to me today?

STEP #2: SHARE YOUR STORY

And now find one person you could share your story with. Share your story with them and ask them for their reflections on your life. If they are a Christian, ask if they would then pray for you, asking for continued breakthrough in your life.



Final Thoughts & Next Step

Now that you have named and shared your story with at least one other person, take a moment to think through how this experience has brought life and meaning to your story.

Most people have never thought through their story the way you have now. By interpreting and articulating your story, you now have the power through the gospel and the Holy Spirit to change your story. When we can name something we can change it. No longer does it have power over us; instead, now we have power over it. When God discharged His power and authority to man and woman to rule and reign in the Garden, the way they were to demonstrate that power was to name the animals. In the same way, you now are exerting God's power and authority in your life by naming your chapters. Step into this powerful reality and thank God for the opportunity to do so. Meet God in this moment and sense the power of the Holy Spirit as you do so.

And now...let's get ready to discover with God what the story that He has been writing in your life is leading you to. This is just the beginning of your Younique Experience. We can't wait to journey with you as God begins to put your story and life together.

Marqus Cole / Revealing Shalom



Completing the Younique process didn't just change my life; it reoriented my past, present and future in relationship to God. Younique gave me words to help describe my passion, my gifting and how I can best serve the Kingdom of God. I discovered my strengths, my weaknesses and most importantly how I can best honor and serve God.

Cairo Sims / Maximizing Potential

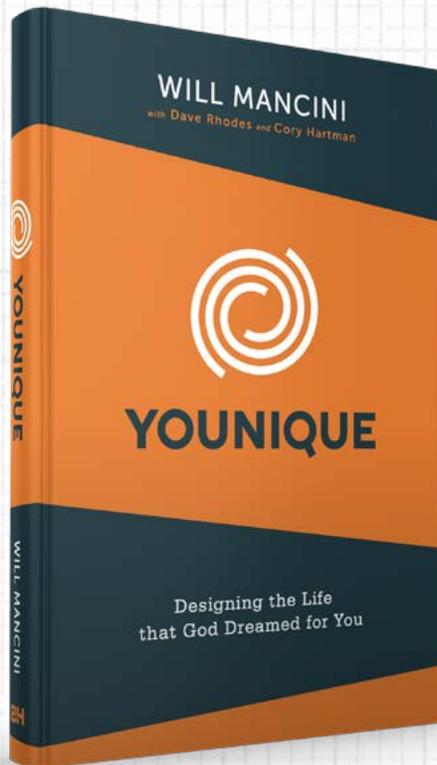


I always loved seeing the possibilities in things—seeing something in a different light and imagining how much better it could be. When I combined this with the gifts and passions God placed in my heart, I realized that my calling didn't necessarily come within the context of a certain title, job, location or thing. I exist to maximize potential in places; influencing and championing change through creativity and passion.



Next Step

If you'd like to take the next step and walk through our entire discipleship process of Gospel-Centered Life Design, visit our website at LifeYounique.com/accelerator and sign up for one of our 4-Day Accelerators.



The *Younique* 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.

LifeYounique.com/book

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