

Life Renewal Plan

This plan is built using the model proposed in *Younique* by Will Mancini. It outlines a three year plan of reflection and adjustment to your *Younique* Life Plan. There are four major elements in your Life Renewal Plan.

1. **Weekly Reflection** – Set a specific day and hour each week for a focused, fifteen minute reflection on your *Younique* storylines, ninety-day goal, obstacles, and prayer needs. See *Younique*, chapter 22 “Sabbath” for more details on the process to follow during your weekly reflection.
2. **Quarterly Get Away** – Schedule a quarterly half-day get away by yourself to review your last ninety-day goal, to review your raw materials for your new goal, to determine your new ninety-day goal, and to set your four new NOW-Rhythms for the coming quarter. This quarterly get away will take the place of the last weekly reflection in each quarter. See *Younique*, chapter 23 “Priority” for more details on the process to follow during your Quarterly Get Away. See *Younique* chapter 17 “Ninety Days from Now” for details on setting your new ninety-day goal, and *Younique* chapter 18 “Now” for details on setting your four new NOW-Rhythms.
3. **Annual Retreat** – Schedule an annual retreat of at least two days which will take the place of your fourth quarterly review. You will spend this retreat looking at the past and present, your identity (i.e., Your One Thing and LifeCall), your direction as you renew your LifeMap and set a new one year goal. You will also plan for the next quarter as described in the Quarterly Get Away above. See *Younique*, chapter 24 “Perspective” for more details on the process to follow during your annual retreat. See *Younique*, chapter 16 “One Year from Now” for details on setting your new one year goal.
4. **Third Year Retreat** – Every third year, schedule your Annual Retreat as a special time of reflection. You will do the planning for the next year as described in the Annual Retreat above, but you will first spend time reflecting on your Beyond the Horizon 3-Year Dream. You will evaluate your progress toward this dream and update your dream for the next 3-year period. Then you will do your annual and quarterly planning as outlined above based on this new 3-Year Dream. See *Younique*, chapter 15 “Three Years from Now” for details on setting your new 3-year goal.

You can use the **Weekly Reflection** table on page 2 to schedule and track your times for weekly reflection. The Weekly Reflection chart must be updated each quarter with your new 90-day Goal as well as changes to your day/hour for weekly reflection.

The **Quarterly Get Away Plan** on page 3 will allow you to plan three quarterly retreats and an annual or third year retreat for the year ahead. The Quarterly Get Away Plan must be updated each year during your Annual Retreat.

Weekly Reflection

My First Quarter 90-Day Goal: By the end of January, I will have lost ten pounds through better eating habits and more consistent exercise.

My Reflection Day/Hour: Friday / 8am

Week	Storyline Review	Ninety-Day Goal Review	Review of Obstacles	Prayers
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13	Quarterly Get Away			

Quarterly Get Away Plan

This is your plan for your quarterly half-day get away to review your 90-day goal and to set your new one. Once you have scheduled these times, please add them to every calendar that you use for scheduling your life (e.g., church calendar, cell-phone calendar, family wall calendar). Make sure that this time is blocked. You will also need to consider making any necessary travel and lodging reservations for your annual retreat well in advance of that date to ensure availability.

First Quarter Get Away

Day/Hours: Friday, January 29, 2020 / 8:00am-12:00pm

Location: Food City Starbucks

Second Quarter Get Away

Day/Hours: Friday, April 30, 2020

Location: Food City Starbucks

Third Quarter Get Away

Day/Hours: Friday, July 30, 2020

Location: Food City Starbucks

Fourth Quarter Get Away / Annual Retreat / Third Year Retreat

Days: Wednesday, October 27 and Thursday October 28, 2020

Location: Cabin rental in Sevierville, TN

Fun Activity: My hiking shoes for some mountain hiking