



YOUNG ADULT LIFE PLAN

WHAT IS A YOUNG ADULT LIFE PLAN?

- A Young Adult Life Plan is an all-day, interactive process designed for high-school and college-aged individuals to better understand their unique design so they can make intentional and purpose-driven decisions about their future.
- A Life Plan will deliver clear understanding of how they are wired, the environments they thrive most in, how they handle ambiguity, risk and opportunity, what their passions are, their talents (what they are good at), their heart (what they care about), and what they value most.

HOW DOES IT WORK?

Prior to Life Plan

- We'll have a brief, initial screening call to determine if now is a good time for your Life Plan.
- If we agree to move forward, I'll ask you to complete two assessments (Enneagram & Myers Brigg Type Indicator) prior to your Life Plan.

Life Plan Session

- We'll one full day for your Life Plan sessions. Young Adult Life Plans are best scheduled on Saturdays. We'll start at about 9 a.m. and finish at about 4:30 p.m. I'll provide coffee, water, snacks and lunch.
- I facilitate Life Plans from a studio at my home in Gilberts, which is minutes from I-90 and adjacent to Huntley, Algonquin, and Elgin.
- As we build your Life Plan, you'll receive a leather-bound "playbook" which is your personal copy of the Life Plan and all of the work we do together.
- All of your information will be kept strictly confidential and shared only with those people you choose

- **Perspective drives planning.** Over the course of one day (eight hours), we'll work through several assessments and processes that should unearth new insights about you to gain perspective. They include:
 - **Enneagram:** A tool that tells us how you relate to yourself, others and the world.
 - **Myers Briggs Type Indicator:** Tells us a little more about how you perceive the world and make decisions.
 - **Thinking Wavelength:** Identifies how you think and relate to risk, change, variables, logic, ambiguity and opportunity. It is critical that you explore the environments where you can best apply your greatest contribution.
 - **Internal Wiring:** Identifies what motivates and compels you to take action and where you operate most comfortably.
 - **Talent-Heart Assessment:** Discovers and clarifies your God-given talents, heart, passions and desires. Talents are the "what" we are good at. The heart is the "where" we want to use our talents.
 - **Core Values:** Establishes the pillars from which you make the core decisions in your life. Decisions that are not consistent with our core values make us stressed and anxious.

Note: Processes highlighted in green are from our Life Plan practice for adults and created by the Paterson Center in Boulder, Colorado. The Paterson Center's Life Plan process has helped more than 3,000 people get "unstuck" and feel like they are living with a purpose.

HOW MUCH DOES IT COST?

- The fee is \$1,000. Checks and major credit cards are accepted.