

How To Use KICKSTART

Life Is a Race

Life is a race. Like it or not, you're already on the track, running. Actually, you're on the track, but maybe you're just sitting—sitting and waiting. Waiting for the track to turn into a moving walkway, hoping it will take you beyond the inevitable—the inevitable reality of exactly where you are right now.

Well guess what? It's time to stand up!

It's time to stand up and stretch your legs—stretch your legs and get ready to run.

Now that's better. See that wasn't so bad, was it?

All right, now that you are moving, let's talk a little bit about where we are headed...

Welcome

Welcome to KICKSTART! We're thrilled that you have decided to take this important step towards launching your life. The journey ahead will be exciting, yet difficult, at times. If you are willing to invest time and energy into the thorough study and mastery of the indispensable lessons and skills taught in this program, you will not be disappointed, and your investment will bring a great return for the rest of your life.

Who Can Use KICKSTART

While KICKSTART covers a variety of topics, the central theme is well-summarized by Proverbs 13:20, "He who walks with wise men will be wise, but the companion of fools will be destroyed." If you want to learn to walk with wise men and avoid destruction—KICKSTART is for you!

As you progress through the program, you will find that the concepts covered are essential for the true success of both men and women of any age. In particular, we recommend KICKSTART for **young men and women ages 15-25**. However, because we believe that the need for young men, in particular, to grow up and lead is especially urgent in our teetering culture, some of the content and assignments are specific to young men.

KICKSTART Launch Your Life

How to Use KICKSTART

Companion Guide

Your KICKSTART Companion Guide will be the starting point of all your studies. As you might expect, you will simply start at the beginning of the guide and work your way through. There are 29 session summaries in the guide and 29 corresponding video training sessions in the DVD set.

Session Instructions


At the end of each session summary in the companion guide, you will find an "Assignments" section which includes step-by-step instructions for each session (as you see in the example below).

- 1. Watch the video for Session 1 and fill in all the workbook blanks (you may need to pause or rewind the video).*
- 2. Read through the Self Evaluation and Life Application assignments below, then reread all of Session 1 with these in mind.*
- 3. Complete the Self Evaluation and Life Application assignments below.*

Video Training Sessions

You will begin each session by watching the video that corresponds to that session. Each session is, on average, 20 minutes in length. You will be able to enjoy a variety of speaking styles amongst the eight different speakers. Some speakers are polished public presenters, and others are savvy business men that communicate as if they're conducting an important stand-up meeting on the job. The common feature is that each speaker packs a wealth of foundational, breakthrough, and sometimes mind-blowing ideas into each session. So get ready to pay attention!

Fill-in-the-Blanks

You will also fill in the workbook blanks included in the session summary as you watch the video. Fill-in blanks are marked with the  symbol. (Note: some section headings or numbered headings include very obvious blanks as well. These are not marked by the symbol) We have consciously included many blanks in each summary. This is because each session includes so many important concepts that we want you to take the necessary time to carefully digest everything being taught. We fully expect you to have to pause and rewind the tape throughout

HOW TO USE KICKSTART

each video to fill in every blank. We would recommend that you plan on watching each video at least twice.

Session Summaries

In addition to the fill-in-the-blank lines, we have included a summary reviewing the majority of the information in every video. This will give you another way to carefully digest the video content and will also allow you to quickly reference back to the speaker's main points for future use. We hope that you will also use this as an easy way to share what you're learning with your parents.

Assignments

Under the "Assignments" section at the end of every session, you will find two kinds of assignments: "Self Evaluation" and "Life Application" assignments. Self Evaluation questions are designed to help you consider the lessons and draw conclusions on how they are relevant to you in particular. Life Application assignments are designed to help you take action on those conclusions and apply what you've learned to real life. Many of the assignments are written, and should be completed in a separate notebook or on your computer. Be sure to mark each written answer with the appropriate assignment number.

WARNING: As several speakers will point out, knowledge without application is useless, and in most cases, it's positively harmful. Our goal is that you live your life in a dramatically different way as a result of completing KICKSTART. If you have no intention of making radical changes in your life based on what you learn in this process, you must seriously evaluate if this course of study is for you.

One other note on the assignments we have included. They are intended to be your servant and not your master. We do not expect you to complete every assignment for every session—not because we expect you to be a mediocre student, but because we expect you to be so exceptional that you will be able to apply what you learn to your specific situation far better than we could with our generic assignments!

As you'll learn in this course, the important point is mastery and skill development. If the life application process feels like busywork or drudgery, you are approaching this program with the wrong mentality. Skill development can and should be challenging, but it should also be the most exhilarating part of the process.

KICKSTART Launch Your Life

Parental Involvement

We cannot encourage strongly enough the importance of parental involvement throughout this process—for accountability, encouragement, and exhortation. Ideally, you will watch every video with one of your parents (or even the entire family) so that you can then discuss the lessons you learned and receive their immediate feedback on how those lessons might apply to you. The more people you bring into the process, the better your support team, the more likely you are to succeed.

How to Use myKICKSTART

myKICKSTART, our proprietary personal launch planner, is one of the most important and valuable features of this program. It is comprised of nine essential Life Application Projects (LAPs) which will help you bring all the “pieces of the puzzle” together into a clear step-by-step pathway to achieving the goal of KICKSTART—launching you into life through powerful mentoring relationships and real-life application.

You will complete the nine LAPs as you progress through the training sessions. LAPs are to be completed at the end of sessions 3, 6, 8, 10, 11, 17, 22, and 29. myKICKSTART is included near the end of the Companion Guide. We recommend that you read it all the way through before you complete LAP one.

IMPORTANT NOTE: One of the prominent features of myKICKSTART is the use of step-by-step worksheets. These are designed to help your thinking process, not hinder or confine it. While we urge you to carefully walk through each of the nine LAPs, we also encourage you to do so in a way that allows you the greatest freedom to move forward. If you focus on and carry out the intent of each assignment, we’re confident your efforts will yield the clarity of direction you need to move forward in life.

If needed, you are welcome to copy any of the worksheets in myKICKSTART for your personal use only. For additional myKICKSTART help and resources, visit www.LIFELAUNCH.com/myKICKSTARTHelp

Timeline

While we do not suggest a definite time-frame for completing KICKSTART, we strongly recommend that it be completed in the space of nine months or less. The important thing is that you set your own (written) goals for completion and break them down into week-by-week objectives. We would suggest that, on average, you complete 1-3 sessions and the corresponding assignments every week. Keep in mind that any session ending with a myKICKSTART LAP will

take substantially longer to complete.

What You Can Get out of KICKSTART

As is true with any course of study, what you get out of the process is entirely dependant on what you put into it. However, this fact is especially important to point out for this program. Most courses are primarily academic. KICKSTART is primarily practical—which means that in order for you to reap any substantial benefit from KICKSTART, you will have to get off the couch and make it happen! We cannot do it for you.

That being said, we're absolutely confident that if you commit your ways to the Lord, and by His grace resolve to grow every day in the essential character, knowledge, and skills taught in KICKSTART, your life will be transformed! Specifically, we believe that the motivated and diligent student can complete this KICKSTART with:

- A concrete vision for life with clear steps of immediate action
- 1-3 new mentoring relationships with wise men
- A heightened level of engagement in existing or new opportunities.

Our goal is not for you to achieve unprecedented levels of material or business success by the end of KICKSTART. Instead, we want you to carefully plant the *biblical* seeds of success so that you can begin to grow into the mighty man or woman God will use to "carry out great exploits" (Daniel 11:32) for the sake of His Kingdom and glory.

By God's grace, you will!

If you have any questions, comments, or feedback on KICKSTART, we invite you to contact us at www.LIFELAUNCH.com/contact