



# What's Next Challenge

Understand  
*Jonathan Brush*



A glowing lightbulb is the central focus, set against a background of a sunset or sunrise over a body of water. The lightbulb is illuminated from within, casting a warm glow. The background features a gradient of colors from orange and yellow at the top to blue and purple at the bottom. The text 'A.D.U.L.T.' is superimposed over the lightbulb.

**A.D.U.L.T.**





**Understand**





# **In This Session**

**1. Reflect**

**2. Adjust**

**3. Live**

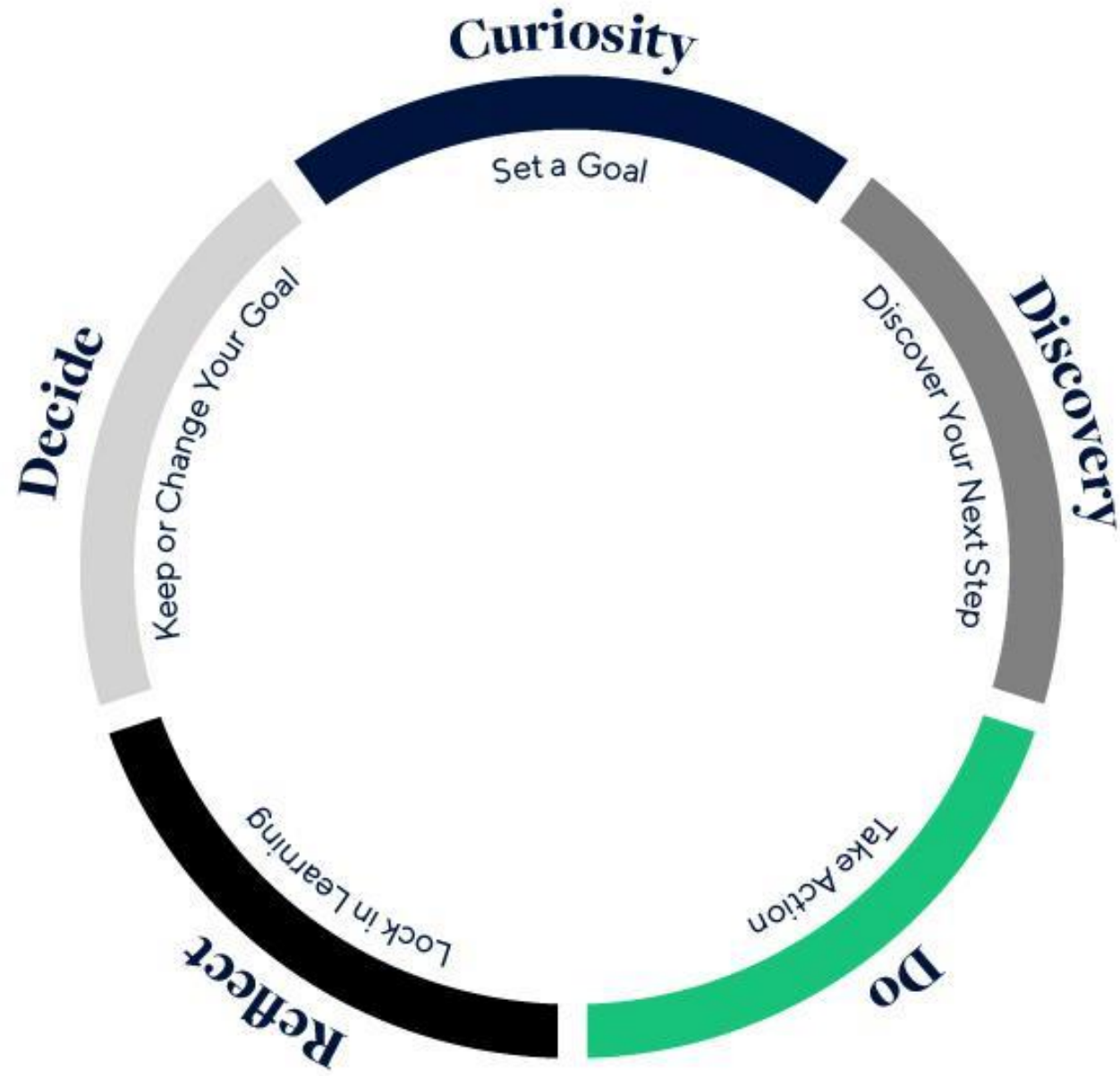
**4. Thrive**





# 1. Reflect









# Reflection Process

## *Ask Questions*

What did you learn?

What did you like?

What didn't you like?

How does it change  
what you are doing next?

How are you going to  
apply it to what you are  
doing next?





**Ask**







**2. Adjust**





# Story





# Understand

The Framework You Need to Make Sense  
of the World and Your Place in It





# The Tyranny of Facts





# Cold Hard Facts







**Are Dead**





A silhouette of a person in mid-air, jumping over a dark rock. The background is a sunset over a city and mountains, with a bright sun low on the horizon. The sky is filled with clouds, and the city lights are visible in the distance.

**Only Living Facts  
Are Relevant**





# Stories Give Life to Facts





A photograph of a house under renovation. The house has a two-story structure with a textured brown upper floor and a lower floor made of grey concrete blocks. A large section of the upper floor's exterior wall is missing, revealing the red brick structure underneath. A white-framed window is visible on the upper floor. A blue ADT security sign is mounted on the wall. The ground floor is an open space, possibly a garage or workshop, with various construction materials and tools inside. A blue scissor lift is positioned on the right side of the ground floor. In the foreground, there are stacks of red bricks and grey concrete blocks, along with some debris. The text "Incomplete Truth = A Lie" is overlaid in large white letters across the center of the image.

**Incomplete Truth = A Lie**





# Your Life as a Collection of Facts is an Incomplete Truth



A group of seven people are sitting in a circle around a bright campfire at night. The scene is set in a dark forest with tall trees and dappled light filtering through the canopy. The fire is the primary light source, casting a warm glow on the people and the ground. The people are dressed in outdoor or casual clothing, and some are holding sticks. The overall mood is peaceful and communal.

# Your Life is a Story







# The Story





**There are Only Two Kinds of  
Stories in the World**





# True Stories





**Lies**



A dark, ornate book with a gold cross on the cover, resting on a textured surface. The book is the central focus of the image, with its cover featuring intricate embossed patterns and a prominent gold cross in the center.

**True Stories Are  
All a Reflection of  
The Story**





# The Biblical Story





**Creation  
Fall  
Redemption  
Restoration**





# Connection



A hand holding a lightbulb against a sunset sky. The hand is positioned in the lower-left quadrant, holding the base of a clear, unlit incandescent lightbulb. The background is a soft-focus sky with warm, orange, and yellow clouds, suggesting a sunset or sunrise. The overall mood is contemplative and hopeful.

**Ask + Understand =**



A low-angle, close-up shot of a person's legs and feet on a skateboard. The person is wearing dark pants and dark sneakers. The skateboard has large, bright orange wheels. They are standing on a paved surface, possibly a sidewalk or a path. The background is a soft-focus view of trees and foliage, with a bright, warm light source (the sun) low on the horizon, creating a strong lens flare and casting long, dark shadows. The overall mood is contemplative and inspiring.

**The Ability to Do**



A close-up photograph of a broken white ceramic shell, possibly a seashell, with a large, jagged hole. The shell is white with some brownish spots and is set against a dark, textured background. The text "What This Means for Failure" is overlaid in white, bold, sans-serif font.

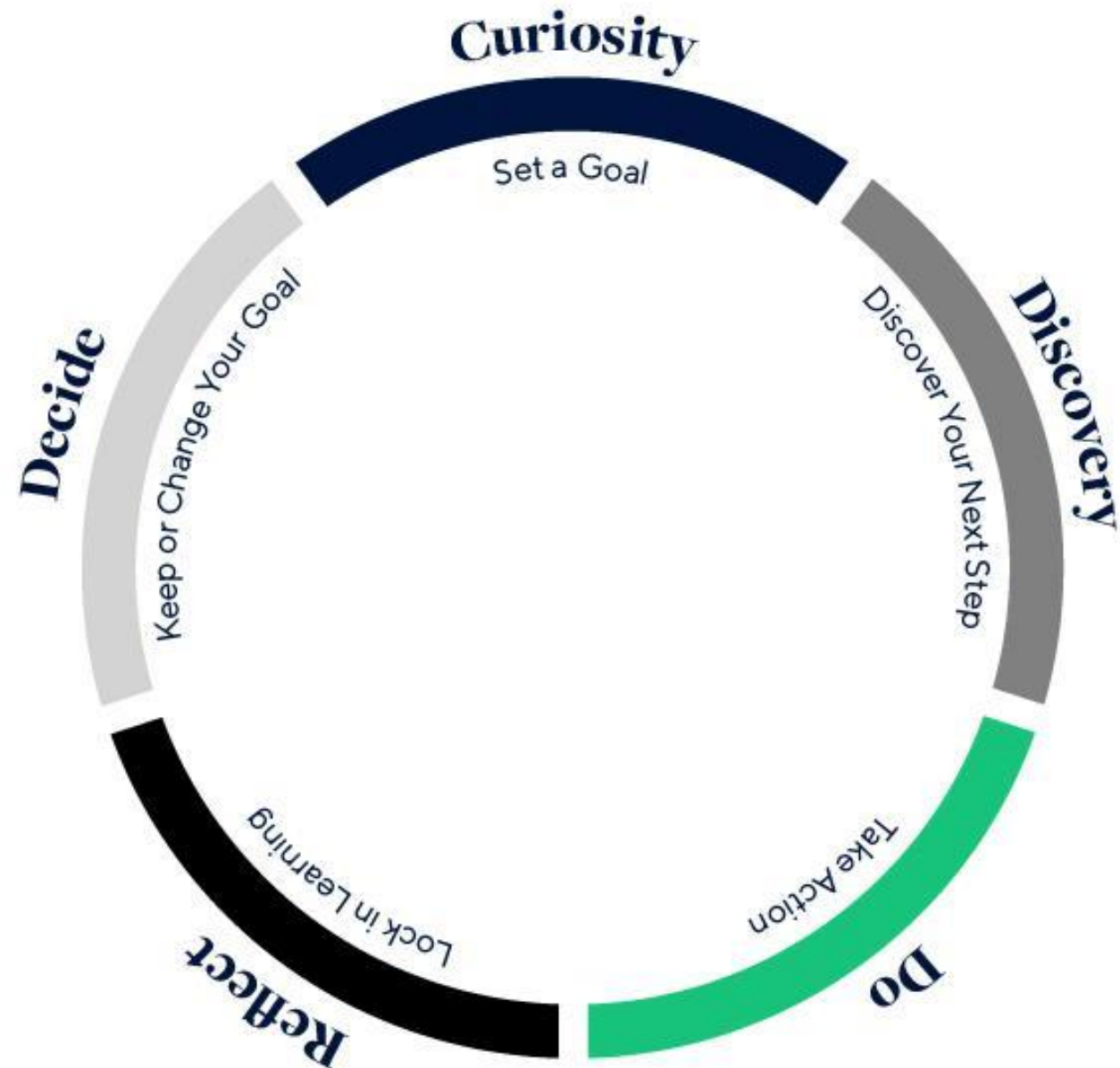
# **What This Means for Failure**





**What This Means  
for Adjustment**









**Ask – Questions Based Paradigm**  
**Do – Deciding Forward, Attitude of**  
**Mastery, Skills + Experience**  
**Understand – Reflect, Story**





**Ask  
Do  
Understand**





# 3. Live



A photograph of four men sitting on a dark, rocky hillside, looking out over a vast, green valley. The men are seen from behind, wearing dark, maroon, grey, and white t-shirts. The valley below is filled with lush green hills and a small town in the distance. The sky is overcast.

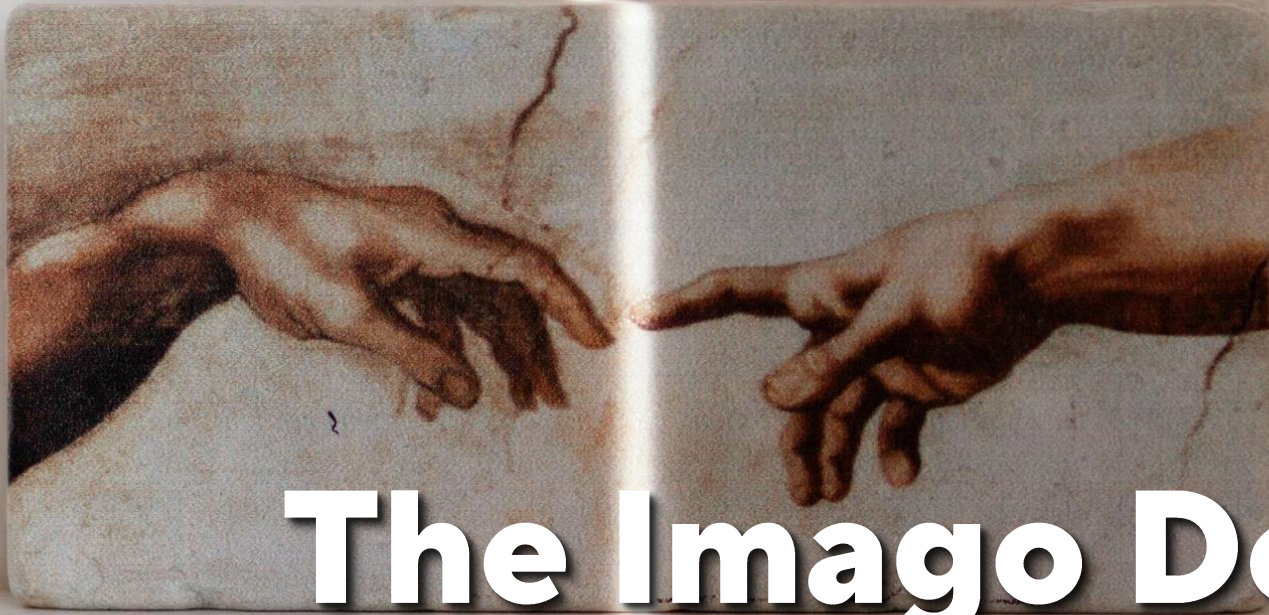
# **Rest Recreation (*Re-Creation*) Relationship**





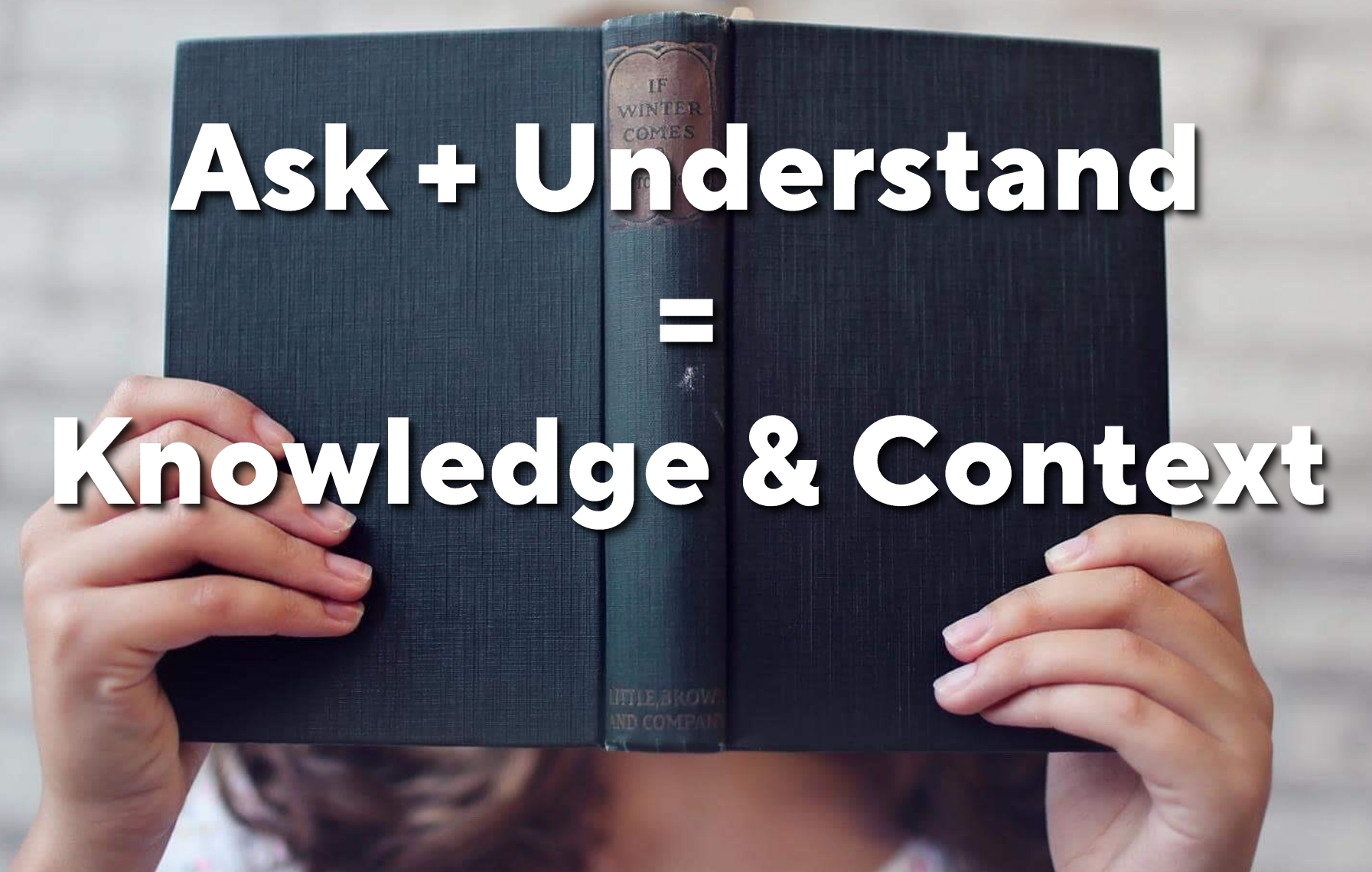
**“You Have Never Met  
a Mere Mortal...”**





# The Imago Dei





**Ask + Understand**  
**=**  
**Knowledge & Context**





**Do + Live**

**=**

**Application & Action**



A photograph of a young woman with blonde, wavy hair, smiling and looking down. She is wearing a light-colored, long-sleeved shirt. The background is a blurred beach scene with sand and some greenery in the distance. The text "4. Thrive" is overlaid in the center of the image.

## 4. Thrive



A glowing lightbulb is the central focus, with a bright sun visible through its glass. The background is a blurred sunset or sunrise over a body of water, with warm orange and yellow tones in the sky and cooler blue tones in the water. The lightbulb is positioned in the center, and the text 'A.D.U.L.T.' is overlaid on it.

**A.D.U.L.T.**





# Summary

**1. Reflect**

**2. Adjust**

**3. Live**

**4. Thrive**



# Equip & Explore

by Unbound

Christian coaching and  
life skill development  
for high school. Make  
high school *the best  
years yet.*







# Ascend

by Unbound

Prepare your student  
for their future with elite  
certificates, a powerful  
network, hands-on projects,  
and *a job guarantee.*







# **Finding Work You Love**

**by Unbound**

**Learn how to overcome  
information overload and trade  
stress about work and finding  
a job for excitement about the  
unique opportunities in front  
of you!**

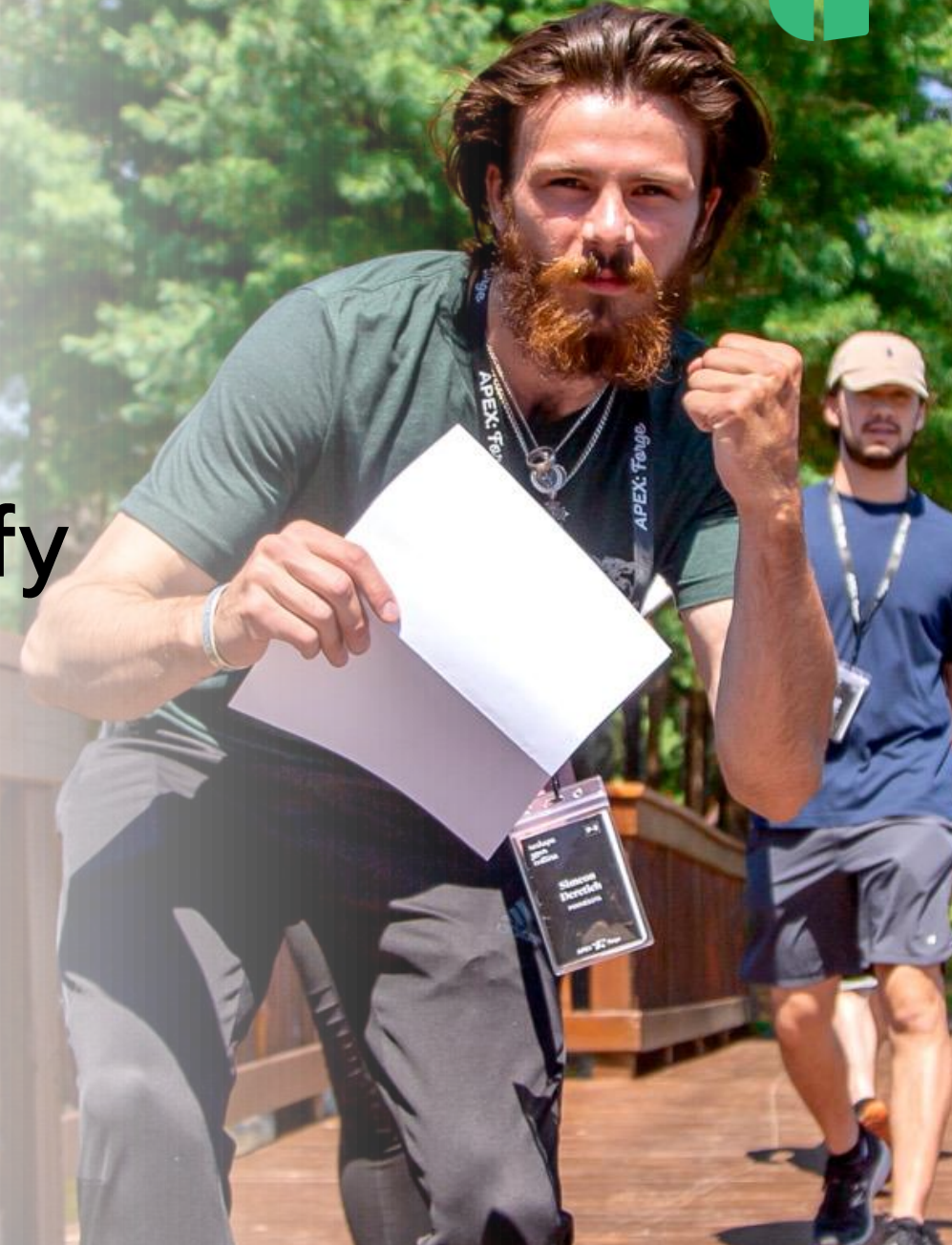




# Navigate

by Unbound

Help your student discover God's will for their life, identify their next steps, and move forward with confidence in their decisions.





# **Assignment - Understand**

- 1. Reflect on your life from the perspective of a story.**
- 2. What will you do to rest this week?**
- 3. What will you do to re-create this week?**
- 4. What will you do to build a relationship this week?**





# What's Next Challenge