



SOARing on your™ Spiritual Journey

<p>Strengths</p> <ul style="list-style-type: none"> o <i>What are the strengths in your day to day spiritual journey?</i> o <i>What do you value most in your spiritual life?</i> o <i>What are the most important parts of your spiritual life?</i> o <i>How does your spiritual practice support you in your daily life?</i> 	<p>Opportunities</p> <ul style="list-style-type: none"> o <i>What opportunities are there for your spiritual life to grow?</i> o <i>How can you build on existing spiritual practice?</i> o <i>How you can utilize your spiritual life and practice more effectively?</i> o <i>Who can help to support you in your spiritual journey?</i>
<p>Aspirations</p> <ul style="list-style-type: none"> o <i>What are your dreams and hopes for your future spiritual life and journey?</i> o <i>What are the best ways for your spiritual practice to grow and expand?</i> o <i>What would a stronger and more supportive spiritual life look like for you?</i> o <i>How can your spiritual practice help you to feel freer?</i> 	<p>Resources/Results* (You can use either or both)</p> <ul style="list-style-type: none"> o <i>What resources do you need to help you in your spiritual journey?</i> o <i>Are there any additional connections to make that would help & support you?</i> o <i>What are the first two things you need to do next? (These can be simple steps and actions)</i> o <i>In what ways would you celebrate your learning and achievements?</i> o <i>How will you know that your spiritual life has grown and deepened?</i>

Guidance

- Work in pairs or small groups and coach each other by asking questions and listening to answers.
- Divide A4 paper into 4 quadrants or draw circles, marking S O A R in consecutive sections.
- Begin to fill in the sections. It's useful to start with strengths
- Then move on to fill in the sections that are easier for you, as this will help you do the more difficult ones.
- The questions are there for guidance and you do not have to answer all of them. *You may want to create your own.*

This version of the Appreciative Inquiry SOAR model was originally co-designed at the *AI Basics* course held at the URC Windermere Centre in 2014. **Thanks to Fiona Thomas**, Secretary for Education & Learning www.urb.org.uk for co-designing it with us, and to Jane Duncan Rogers, **Wild Wisdom Coaching** www.wildwisdom.co.uk for testing and refining it.