







Appreciating Church

A SOAR™ for your spiritual journey

<p>Strengths</p>  <p>What are the strengths in your day to day spiritual journey?</p> <p>What do you value most in your spiritual life?</p> <p>What are the most important parts of your spiritual life?</p> <p>How does your spiritual practice support you in your daily life?</p>	<p>Opportunities</p>  <p>What opportunities are there for your spiritual life to grow?</p> <p>How can you build on existing spiritual practice?</p> <p>How you can utilise your spiritual life and practice more effectively?</p> <p>Who can help to support you in your spiritual journey?</p>
<p>Aspirations</p>  <p>What are your dreams and hopes for your future spiritual life and journey?</p> <p>What are the best ways for your spiritual practice to grow and expand?</p> <p>What would a stronger and more supportive spiritual life look like for you?</p> <p>How can your spiritual practice help you to feel freer?</p>	<p>Resources/Results* (You can use either or both)</p>  <p>What resources do you need to help you in your spiritual journey?</p> <p>Are there any additional connections to make that would help and support you?</p> <p>What are the first two things you need to do next? (These can be simple steps and actions)</p> <p>In what ways would you celebrate your learning and achievements?</p> <p>How will you know that your spiritual life has grown and deepened?</p>

Guidance

- Work in pairs or small groups and coach each other by asking questions and listening to answers. This exercise has also been carried out individually to positive effect.
- The questions are for guidance and you do not have to answer all of them. You may want to create your own.
- 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 often useful to start with the "strengths" section.
- Then move on to fill in the sections in the order that is easiest for you, as this will help you do the more challenging ones.

SOAR is a trade mark of Jackie Stavros & Gina Hinrichs, *The Thin Book of SOAR: building strengths-based strategy*, 2009