

SOAR exercise

Overleaf is a personal SOAR (**S**trengths, **O**pportunities, **A**spirations and **R**esults/**R**esources).

This is an alternative to a SWOT analysis (**S**trengths, **W**eaknesses, **O**pportunities, **T**hreats). While a SWOT is great for practical tasks (like building a house), the threats and weaknesses tend to dominate.

A SOAR exercise is visionary and also helps to identify measures of success.

After reading the Bible passage below, use the questions in the table as a guide to complete the exercise. You can draw images or write bullet points – it's up to you! Sometimes it helps to complete the aspirations before the opportunities. Review your SOAR regularly.

Luke 10: 1 – 11 (New International Version)

Jesus Sends Out the Seventy-Two

After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go. ² He told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. ³ Go! I am sending you out like lambs among wolves. ⁴ Do not take a purse or bag or sandals; and do not greet anyone on the road.

⁵ "When you enter a house, first say, 'Peace to this house.' ⁶ If someone who promotes peace is there, your peace will rest on them; if not, it will return to you.

⁷ Stay there, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house.

⁸ "When you enter a town and are welcomed, eat what is offered to you. ⁹ Heal the sick who are there and tell them, 'The kingdom of God has come near to you.' ¹⁰ But when you enter a town and are not welcomed, go into its streets and say, ¹¹ 'Even the dust of your town we wipe from our feet as a warning to you. Yet be sure of this: The kingdom of God has come near.'

Strengths

Considering the story of Martin of Tours, the first chaplain, who tore his cloak in half to share with a man in need, what is your cloak? What do you offer? What are you good at? What skills and special knowledge do you have? What do other people appreciate about you? What are the strengths in your day to day spiritual journey? What do you value most in your spiritual life?

Opportunities

What opportunities can help build your skills and strengths? How can you utilise the skills and strengths you have? What do you feel it is that you HAVE to do? Who can help you on your journey? How does/can your faith and spiritual practice support you in your daily life? How can you utilise them more effectively? How can you build on your existing spiritual practice? Who can help you in your spiritual/vocational journey?

Aspirations

What's your passion? What hopes do you have for your future spiritual journey? What do you want to achieve? What would it look like if you achieved it? What would a vocational expression of your spiritual life look like? What 'itch' do you need to scratch? Considering Luke 10: 1 – 11, where are the places that Christ himself might intend to go? What might sharing peace mean? What might it mean to heal the sick?

Resources/Results (can use either)

What resources do you need to meet your aspirations and maximise your opportunities? What are the first 2 things you need to do? How would you measure success and celebrate your achievements? What resources do you need to help you in your spiritual journey and to further explore your calling? How will you know that your spiritual life has grown and deepened? Considering Luke 10: 1 – 11, what would 'travelling light' mean?