

Soaringwords



the power to heal

Soaringwords' SOARING into
Strength Positive Health Initiative

**Living a Good Life:
How Do You Want to Matter
at Home, at Work, & In Your Community?**



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Connecting with My Values

Our values not only define who we are, they also drive us toward action and elevate a sense of meaning in our lives. Please take the time to explore the following prompts to deepen your connection with your values, giving you a heightened sense of connection and purpose

The main thing I want from my life is:

I respect people who:

For the people closest to me in my life, I want to be:

Health and well-being are important to me because:

I feel connected to enhancing the health and well-being of those around me when:

Connecting with My Values

Circle any values that resonate with you. Feel free to add any ADDITIONAL values in the empty boxes on the bottom of the chart if there is something important to you that is not on the list. Now, put an asterisk next to the top 10 values you selected.

| | | |
|----------------|----------------------|--------------|
| Altruism | Helping Society | Service |
| Awareness | Honesty | Spirituality |
| Challenge | Improvement | Stability |
| Collaboration | Independence | Status |
| Community | Influencing Others | Success |
| Compassion | Inner Harmony | Teaching |
| Competence | Integrity | Tenderness |
| Connectedness | Kindness | Tolerance |
| Cooperation | Knowledge | Unity |
| Decisiveness | Leadership | Wisdom |
| Education | Making a Difference | |
| Effectiveness | Money | |
| Equality | Excellence | |
| Ethics | Order | |
| Excellence | Personal Development | |
| Expertise | Power | |
| Fairness | Religion | |
| Freedom | Responsibility | |
| Growth | Safety | |
| Health | Security | |
| Helping Others | Self-Respect | |

New Insights

What are your top three values?

How has taking a few minutes to explore your values given you some new insights? What did you discover that surprised you or moved you? How can this learning enhance your life? How will these shared values enhance the well-being of those around you? What are some simple actions you can take in the next week to embody and amplify a specific core value more?

Value 1:

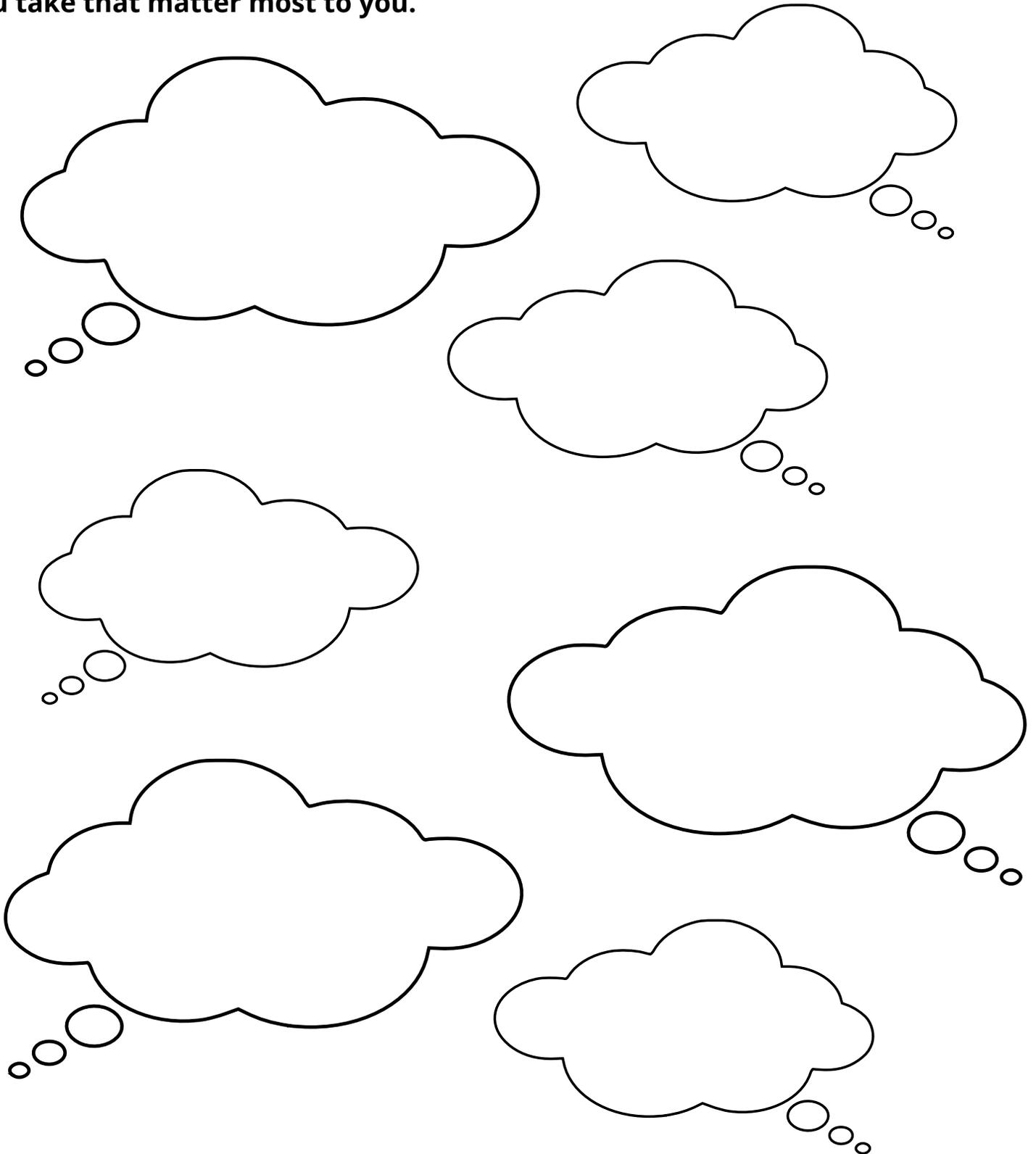
Value 2:

Value 3:



Recognizing Your Purpose

Take a moment and reflect on the larger and smaller purposeful actions that you take that matter most to you.





Designing My Personal Logo

Turn your personal mission statement and purpose into a LOGO. Think of it as your PERSONAL COAT OF ARMS or CREST built on YOUR values and purpose. You can email your Coat of Arms to heal@soaringwords.org.



Most Meaningful Moments of My Life

Think about YOUR life. Think about life's most memorable, meaningful moments. List the top 10 experiences that have added meaning or purpose to your life's narrative.

1

6

2

7

3

8

4

9

5

10

What Significance Means to Me

Answer the following prompts to get in touch with the meaning of significance. Be gentle to yourself when answering these prompts and write about it with a tenderness that you would give to a young child or someone you love.

Does my life matter?

My life has inherent worth because...

Do I have value?

Ways that I have added significance to others who are experiencing setbacks or challenges.



Finding Meaning in Your Life

Fill in the prompts using examples from YOUR life where Significance, Purpose, and Coherence played a role.

Significance:

Purpose:

Coherence:

What I Have Learned

Write what you have learned about each of these topics today.

Significance:

Purpose:

Coherence:

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Guidelines for Creating SoaringAnimals

Throughout history many cultures believed that animals imparted healing essences that give people strength. In fact many tribes assigned an animal totem when a child was born. A piece of fur, feathers, or hair or a tooth from this animal was often put in a little leather sack or amulet that the person wore around his or her neck or it was placed in their crib. In many cultures the person took on the name of an animal as part of his or her name. Since animals are so varied it stands to reason that all the different types of animals have unique "healing medicine" strengths based on Native American animal wisdom. Today you are invited to choose an animal totem and create a one-of-a-kind beautiful, colorful SoaringAnimal message and artwork to brighten up a child's hospital room with inspiring words and lots of love. Your animal will encourage a child to take an active role in self-healing and remind him or her that she is loved.

Instructions:

1. All around the world, different cultures believe that animals have unique powers and characteristics. For example, a lion represents strength, an owl = wisdom, dog = loyalty. Read the complete list of animals on the next page. You can also choose your own animal.
2. Draw your animal and write your message using a lot of colors. See sample messages below.
3. Write your animal message next to the animal.
4. Write your first name on the bottom of the SoaringAnimal.

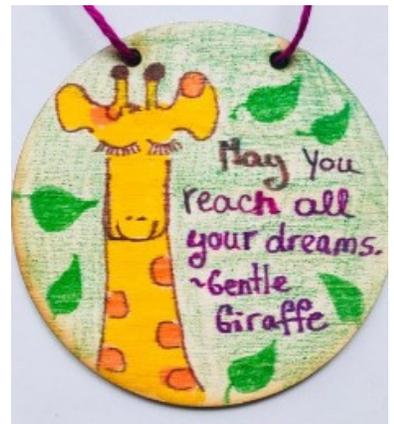
Sample Messages:

Sending you lots of Sunshine, Joy and Kindness from panda.
Hope your day is as playful as a monkey.
Sending you bunny hugs to brighten your day.
Sending you the strength of a Lion.

Please do NOT:

Please do not make your animal message violent or too scary. Please do not use phrases such as get well soon or feel better and please do not write anything of a religious nature.

Email completed SoaringAnimal message and artwork to heal@soaringwords.org



SoaringAnimals

All around the world, different cultures believe that animals have unique powers and characteristics. Here are some examples that we found in our SoaringAdventures. Use one of these or come up with your own animal.

Alligator- adaptability
Ant- team player, patience
Antelope- action
Armadillo- warrior, protection
Badger- aggressive
Bat- guardian of the night
Bear- power
Beaver- hard working
Buffalo- sacred
Butterfly- transformation
Cat- willful and strong minded
Cougar- courage
Coyote- insight
Crow- beauty
Deer- gentleness
Dog- loyalty
Dolphin- kindness
Dove- love
Dragonfly- magic, miracles
Eagle- soaring spirit
Fox- clever
Frog- cleansing
Hare/rabbit- quickness
Horse- stamina
Hummingbird- miracles, joy
Jaguar- integrity, impeccability
Ladybug- playful

Lion- strength
Lizard- dreaming
Lobster- determination
Monkey- playful
Moose- self-esteem, strength
Mouse- kind and cute
Octopus- shyness
Otter- energy
Owl- wisdom
Panda- kindness
Penguin- adventurous
Polar Bear- fearless
Porcupine- innocence, playfulness
Prairie Dog- rest, stillness
Raccoon- generous protector
Ram- teacher
Seahorse- confidence
Seagull- grace
Snake- transformation, growth
Spider- creativity
Squirrel- resourceful, gathering
Stingray- mystery
Swan- graceful
Tortoise/Turtle- slow & steady
Turkey- spirit of giving
Whale- wisdom
Wolf- togetherness

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My SoaringAnimal

Created By: _____

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