

# SOAR STORIES

*The stories you tell about yourself that create feelings of self worth and show value to others*

**S** - Situation – What is the challenge you faced or the goal you set?

**O** - Obstacles – What did you overcome in order to achieve success?

**A** – Actions – Specifically, what were the steps you took?

**R** – Results – What are the tangible outcomes that can be seen, heard, read, or experienced?

