

# SOAR VALUES

*Walk by faith, knowing why you trust and believe.  
Move with vision, purpose and action.  
Nurture family and community relationships.  
Reflect on transitions, choices and outcomes.  
And just know it's all personal and unique.  
Continuously improve and navigate,  
Go big to build, inspire and give.  
Create with wisdom and no limits.  
Allow fluid living to shape your life.  
And just know you'll leave behind a powerful legacy.  
—Anita D Russell*



## THE 10 SOAR VALUES

## DEFINITIONS

### 1. Faith | Trust | Belief

“Now unto Him who is able to do exceeding abundantly all that we ask or think, according to the power that worketh within us.”— Ephesians 3:20 (KJV)

A well-integrated life includes a spiritual domain that reflects your partnership with God through faith, trust and belief. Fun, freedom and fulfillment is the destination of a well-integrated life. Fun comes by experiencing the joys of life through faith. Freedom comes by the trust you place in your vision and purpose. Fulfillment comes when you have a belief system that includes service and connection to others.

### 2. Vision | Purpose | Action

“Where there is no prophetic vision, the people cast off restraint, but blessed is he who keeps the law.”—Proverb 29:18

Vision is the lens through which you interpret the relevance of events of life. Your vision is the “where” of your life; that is, not where you are but where you are going. Vision is not just what you see but how you see<sup>3/4</sup> joy, pain, people, God. Vision also empowers purpose, the “why” of your personal journey with a focus on something greater than yourself. However, one must recognize that fulfillment of purpose is impossible without executing a plan of action.

### 3. Life Transitions

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a

Making the choice to redesign your life often coincides with changing circumstances, new-found inspiration or both. Essentially, redesigning your life is related to life transitions, which can be major or minor in scope. How we manage those transitions

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way in the wilderness and streams in the wasteland.”—Isaiah 43:18-19 (NIV)

cumulatively and progressively over time determines the outcome, which can be either transformative or restorative in nature.

### 4. Managing Relationships

“Walk with the wise and become wise, for a companion of fools suffers harm.”—Proverbs 13:20 (NIV)

This SOAR value represents a core element of human growth and development. Building, maintaining and sustaining relationships is a skill set that involves ongoing effort, commitment and compromise to establish a solid foundation over time. Managing relationships is a key to success in your spiritual, personal and business life.

### 5. Community and Family

“Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”—Ephesians 4:2-3 (NIV)

The Community and Family value reflects the desire to have an impact and to make a difference in the lives of others. Serving families and communities is about stewardship; that is, building quality relationships, being in service to others based on their needs, and using your influence to bring about positive change. It also reflects a belief in the effect that travels brings to connecting people, building diverse relationships, engaging in community service, and creating memorable experiences.

### 6. Personal Economy

“Honor the Lord with your wealth and with the first fruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine.”—Proverbs 3:9-10 (NIV)

It’s about stewardship. While everyone pays attention to the national and global economies never forget that it’s personal, too. Your personal economy is unique and constantly changes, reflecting stewardship and the things that truly matter to you – your family, your home, your passions and your career. Life transitions and milestone events force us to re-evaluate our personal economy as life progresses.

### 7. Continuous Improvement

“Since you excel in so many ways—in your faith, your gifted speakers, your knowledge, your enthusiasm and your love from us—I want you to excel also in this gracious act of giving.”—2 Corinthians 8:7 (NLT)

This SOAR value is related to life coaching and personal development in that continuous improvement is a core motivation. A life coach is someone who helps you navigate towards a goal or to make a life change. Personal development is a process of self-improvement through continuous learning, skill enhancement, setting/achieving goals and objectives. Continuous improvements activities

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are self-determined, self-directed and self-monitored.

### 8. Creativity

“and he has filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of skills— to make artistic designs for work in gold, silver and bronze, to cut and set stones, to work in wood and to engage in all kinds of artistic crafts.”—Exodus 35:31-32 (NIV)

This value reflects the extra edge exhibited in the desire to share your life experiences and lessons learned through the creative process. For many the process of redesigning life has led to the discovery of artistry and creativity that benefits and impacts others or inspires change. Creativity is reflected in the work of visual artists, performance artists, writers, poets, craftsmen, designers, musicians and all others who engage in the creative process as their life purpose.

### 9. Fluid Living

“Beloved, I wish above all things that thou may prosper and be in health, even as thy soul prospers.”—3 John 1:2 (KJV)

A fluid lifestyle means taking care of your mind, body and spirit to achieve a holistic approach to wellness living. Your lifestyle influences the overall shape of your life, that is an integration of your spirit, your heart, your personality and your experiences. The choices you make along the way influence the shape of your life.

### 10. Legacy

“But the plans of the Lord stand firm forever, the purposes of his heart through all generations.”—Psalm 33:11 (NIV)

The legacy we leave behind is a true reflection of the life we have led. The things you do for others, the lives you touch, your influence on those around you and the impact you make is your legacy. Creating an inter-generational legacy is life-long endeavor designed by the plans and the choices you make along the way.

*You do not need to work to become spiritual. You **are** spiritual; you need only to remember that fact. Spirit is within you. God is within you.*

—Julia Cameron