

**SOAR Story Worksheet**

SOAR stories are a means for you to express experiences in your life where you have overcome obstacles. The acronyms stand for:

**S**ituation: Any situation, professional or personal, where you had one or more

**O**bstacle(s): explain the obstacles/challenges, real or perceived

**A**ction(s): What action(s) did you take to deal with these obstacles, and

**R**esult: The positive outcome that derived from your action(s).

Please share with me at least three SOAR stories prior to next first session and we will discuss them throughout our coaching sessions.

#1

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| --- | --- |
| **S** |  |
| **O** |
| **A** |
| **R** |
| **Character Traits/Descriptors (what does this story say about you?)** |
|  |

#2

|  |  |
| --- | --- |
| **S** |  |
| **O** |
| **A** |
| **R** |
| **Character Traits/Descriptors (what does this story say about you?)** |
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#3

|  |  |
| --- | --- |
| **S** |  |
| **O** |
| **A** |
| **R** |
| **Character Traits/Descriptors (what does this story say about you?)** |
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#4

|  |  |
| --- | --- |
| **S** |  |
| **O** |
| **A** |
| **R** |
| **Character Traits/Descriptors (what does this story say about you?)** |
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#5

|  |  |
| --- | --- |
| **S** |  |
| **O** |
| **A** |
| **R** |
| **Character Traits/Descriptors (what does this story say about you?)** |
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