

Appreciative Inquiry Discovery Phase

Spend time on your own, or with others in your group, reflecting on the following prompts and writing down your reflections. Be as specific and concrete as possible...and honest with yourself and your group!

1. What would you describe as being your personal peak experience or high-point in your group?
This would be a time when you were most alive and engaged.
2. Without being humble, what do you value most about yourself, the nature of your work, and the work of your group?
3. What are the core factors that make your group function at its best, a wonderful group to be part of, and without which it would cease to exist?
4. What three wishes do you have to enhance the health and vitality of this group?