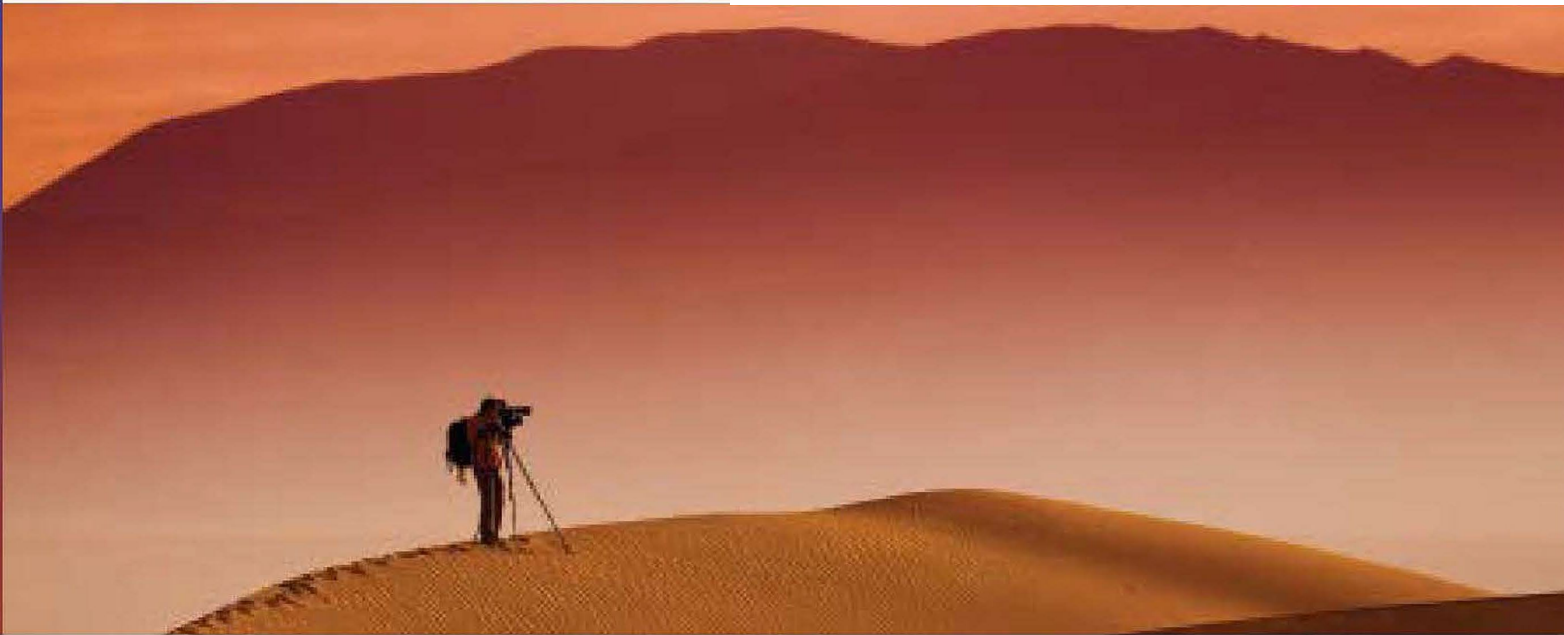


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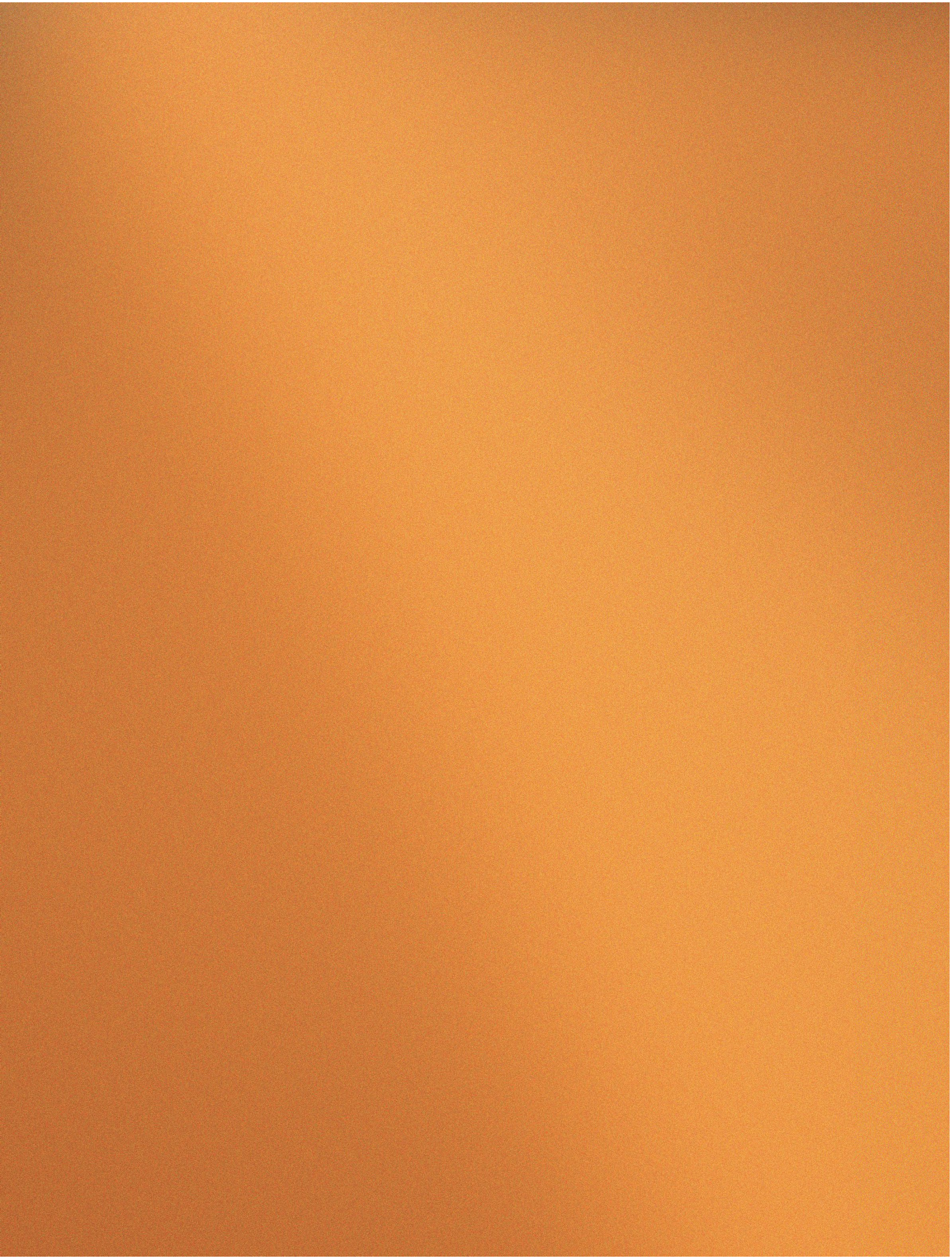
QUEST™ & SOARING:™ COUPLES FACILITATOR GUIDE™

Pursuing Purpose and Direction

Life Coaching Tools to Go from Where You are to Where You Want to Be



soaring™



QUEST™ & SOARING™ Couples Facilitator Guide™

Facilitator Guide for Couples and Mixed Groups

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MEN PURSUING PURPOSE and DIRECTION
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QUEST Facilitator Guide

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Life-Coaching Tools to... Go from Where You Are...to Where You Want to Be

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ISBN 1-56399-407-0 SOARING Facilitator Guide

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QUEST & SOARING COUPLES FACILITATOR GUIDE™

Life-Coaching Evangelistic Resource for Couples

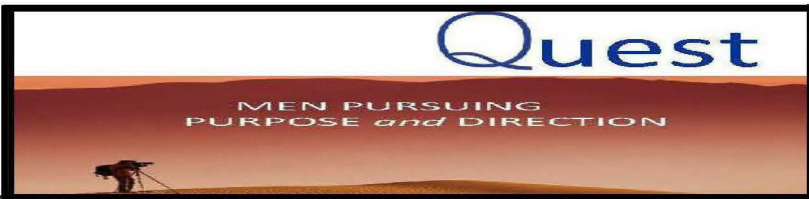
Men and Women Pursuing Purpose and Direction

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Facilitator Guide for Couples

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QUEST & SOARING Couples Group Facilitator Guide™

Introduction and Instructions

Welcome to Facilitating a *QUEST & SOARING* Couples Group. May this be a time of encouragement and growth to you and to the couples in your group.

This *QUEST & SOARING* course provides a safe environment for couples to develop personally and as a couple. The course gives the opportunity for each person to encounter the gospel in an encouraging and non-threatening way. The interactive discussions will enable them to make their own discoveries about various areas of their lives. These unique traits and discovering their life purpose will help them set a consistent and powerful life direction. As facilitator, your job is to depend on the Holy Spirit to create an environment where God will work to bring about life change among the group participants.

One of the values of this course is that the principles are timeless and can be applied through different seasons of life. Participants realize that they do not have to integrate every aspect of the six Life Principles all at once. *QUEST & SOARING* couples course will equip them with tools that help them develop not only personally but also professionally.

QUEST & SOARING Couples Group Facilitator Guide outlines how to use *QUEST* and *SOARING* together. You follow the facilitator notes in the *QUEST* or *SOARING* facilitator guides unless this Facilitator Guide tells you differently. This Guide includes page difference adjustments and other tips for facilitating a Couples Group hybrid or virtually. It also includes a list of Integration Activities and Materials needed.

You can do an in person or a hybrid group (in person and virtual) or have a half-day or overnight get-away to begin the course. If you do the getaway you do one or more sessions and also have more time for building personal relationships while clearly focusing on particular sessions. You can do this time away any time during the course at a home or retreat center or hotel, etc.

Sometimes your groups may be faced with the challenge of limited time to complete the Life-Coaching Tools during a session. In this case you can have the participants do the longer Life-Coaching Tools in advance of an individual session to allow more time for interaction during the actual session. If you must shorten any content, we recommend that participants read or complete the remaining portions after that session is over and before the next session. The optimum is to do the Life-Coaching Tools together as it makes for lively conversation etc. Some groups add an extra meeting time or two to give more time flexibility.



1. DEFINITIONS & ABBREVIATIONS :

- A. *QUEST/SOARING* Couples Group - Group of married couples doing both courses together
- B. *QUEST* - Q
- C. *QUEST* Facilitator Guide - Q FG
- D. *SOARING* - S
- E. *SOARING* Facilitator Guide - S FG
- F. Life-Coaching Tool - LCT

2. MATERIALS - *QUEST & SOARING* Couples Group Course Materials

The *QUEST & SOARING* Couples Group course utilizes the *QUEST* participant book and *SOARING* participant book as the course materials. Men will use *QUEST* and women will use *SOARING*.

A. *QUEST*: for Men

QUEST provides life-coaching tools that help men discover many specifics that contribute to who they are. The sessions build community and relationships that men appreciate in the hectic pace of life. The *QUEST* Facilitator Guide includes everything from the Participant's book.

"This is a safe place where we were able to discuss issues like Core Values and life direction that we never had an opportunity to do."

Kevin - a scientist

B. *SOARING*: for Women

Many women want to go from where they are to where they want to be. They want to discover their life direction, meaning and purpose. The *SOARING* course helps them do that in an enjoyable life-coaching environment. The *SOARING* Facilitator Guide helps you easily facilitate this life-changing course.

"With the group's help, I was able to clearly see a wider picture of my life. I became more aware of the values that lead me. I learned to accept myself and how important it is to recognize all that others can offer. All of life is a learning process and with this group learning is inspirational."

Ines - SOARING group member

For more information and to order printed *QUEST & SOARING* books, see products at thesignificanceproject.org or go to Crustore.org; for ebooks see Amazon or Google Play Books.

QUEST and *SOARING* courses are resources of Cru/Campus Crusade for Christ. These resources are in multiple languages and used in many countries around the world. For additional information on *QUEST* or *SOARING* or if you have a couples group, contact thesignificanceproject@cru.org.



3. **OUTCOMES - Desired Outcomes of QUEST & SOARING Course**

The QUEST & SOARING Couples course seeks to strengthen the relationship of couples as they share, affirm and connect with each other throughout the course.

The course provides a safe environment and structured process for husband and wife, fiancé and fiancée to discover and understand each other's uniqueness, core values, passions and personal mission (people or causes they would like to make a difference). The course also provides an environment and context to present and interact on the possibility of God being their life foundation.

4. **INVITING GROUP MEMBERS - Who to invite?**

Couples who are engaged and those who have been married for many years can benefit from the *QUEST & SOARING Couples course*. Couples in different seasons of life may need a different group schedule or additional support like childcare.

5. **FACILITATORS - The QUEST & SOARING Couples Course Facilitator Recommendations**

A. A married couple facilitating the course is best. However, a man and woman who are not married to each other can facilitate the course together.

B. It is helpful, but not required, if course facilitators have some experience in facilitating *SOARING* or *QUEST* or *Man of Impact* or *The Significant Woman* course prior to facilitating the *QUEST & SOARING Couples course*.

6. **GROUP SCHEDULE - Schedule Option**

Refer to *Q FG FI 7-8*; *S FG FI -7*

7. **GROUP SIZE - Couples Group Life-Coaching Group Size**

A good size for a life coaching group is 4 to 6 couples or 8 to 12 participants. This group size allows time for everyone to interact. If a couple of people are missing, you still have a good size group. It is important, however, for each participant to be at each session as the content of the course builds on the previous session.

8. **GROUP INTERACTION - Couples Group Size**

Couples will interact in four ways in the group. They will have times of interacting as a whole group, as all men with their peer coach and all women with their peer coach, and as a couple. The facilitator couple is highly encouraged to meet at least once with each couple at a separate time during the course of the study.



9. PEER-COACHES

Participants will be paired one man with another man and one woman with another woman as peer-coaches. A couple will also have times where they will be each other's peer-coach. Suggested peer coaching interaction questions for couples are available in each session.

10. A SPECIAL NOTE FOR COUPLES GROUPS - Affirming and Encouraging One Another

As course facilitators, you will want to provide opportunities for spouses to affirm each other as they do some of the Life-Coaching Tools. In the facilitator notes for the individual sessions in this facilitator guide, you will see some examples of opportunities for couples to interact with each other.

11. PAGE DIFFERENCES - The difference in page numbering of *QUEST* and *SOARING*

There are minor differences between the page numbers in the *QUEST* and *SOARING* Courses. The easiest way to deal with differences in the page numbers is to write the other book's corresponding page number on the page with the same content in the book that you are using. For example, if you are facilitating using the *QUEST* book, you will need to write down: page 42A beside page 41A and visa- versa.

12. PREPARATION FOR SLIGHT CONTENT DIFFERENCES IN *QUEST* and *SOARING*

It is important as you prepare for each session to be familiar with the content of *QUEST* and *SOARING*. Sometimes there will be content such as quotes or even a few sections of *SOARING* that are not included in *QUEST*. You will identify this easily as you review and prepare for each session.



Materials for the QUEST & SOARING Couples Group Integration Activities

Session Number/Name/Details	Materials Needed
<p>Session 1- Beginning Your Quest/ Beginning Your Life Design Journey</p> <p>a. Getting to Know One Another b. Wallet Activity Q FG 7A; S FG 7A</p>	<p>a. <i>Soularium</i> Pack b. Participant’s Purse, Wallet, computer bag or briefcase</p>
<p>Session 2 - Be Who You Really Are/ Celebrate Your Uniqueness</p> <p>a. Ink Pad Activity Q FG 18; S FG 18 b. Money Demonstration Q FG 19A; S FG 19A c. Mirror Exercise Q FG 19A; S FG 19A</p>	<p>a. Ink pad for thumb print b. \$50 or highest denomination bill in your country that you can easily get c. Mirror or phone in selfie mode d. Sticky Notes or small paper & tape</p>
<p>Session 3 - Live Your Core Values/ Identify Your Core Values</p> <p>a. Spinning Tops Activity Q FG 37A; S FG 37A b. Affirmation/Heart Activity Q FG 41A; S FG 42A</p>	<p>a. 20 Spinning tops or coins b. Paper and pens c. Sticky notes</p>
<p>Session 4 - Build on Your Life Purpose/ Define Your Life Design</p> <p>a. Soularium Activity Q FG 50; S FG 51 b. <i>Can you Know God Personally?/Can God Meet the Longing of Your Heart?</i></p>	<p>a. Soularium Pack b. Booklets inside the back cover of QUEST and SOARING FGs c. Sticky notes or paper and tape</p>
<p>Session 5 - Activate Your Life Direction/Discover Your Life Design</p> <p>a. Target Activity Q FG 61A; S FG 61A b. Compass Q FG 64; S FG 64A</p>	<p>a. 4-6 small balls or small bean bags or crushed paper balls and a large stiff poster board or stiff paper with hole cut out of center b. Post-it note c. Compass to show on app or use cell phone compass d. blank sheet of paper</p>
<p>Session 6 - Integrate Direction into Your Life</p> <p>a. Backpack Demonstration Q FG 76A; S FG 77A b. Your Completed Map of Life Q FG 83; S FG 84</p>	<p>a. Backpack Props: Belief - Journal, inspirational book Body - Exercise clothes, shoes Beloved - a wedding and family photo Best Friends – cell phone, coffee mug Budget – toy car, check book, a tool Business – a planner and a file Be Renewed - a relaxing playlist, a book b. Black, red and blue pens</p>
<p>Session 7 - Continue Your Quest/ Soaring with Your Life Design</p> <p>a. Plastic Baseball Bat or Peacock Feather – Where is Your Focus? Q FG 96A; S FG 96A b. Areas of Life or Life Principles Drill Q FG 95; S FG 94B</p>	<p>a. Blank paper and prize for the activity (candy bars or other prizes for 2 people) b. Plastic Baseball Bat or Peacock Feather – Where is Your Focus?</p>



FACILITATING QUEST & SOARING COUPLES COURSE VIRTUALLY

Doing the Integration Activities in a virtual group is a bit different from doing an in-person group, but it can be effective and fun. Below are tips for the Integrated Activities for each of the sessions.

Beginning your QUEST for Purpose and Direction/Beginning your Life Design Journey

- 1. Getting to know one another** - Take pictures of *Soularium* cards or similar cards like *Frame of Mind* or *Aninag* cards and on the Zoom share screen use the questions as an icebreaker.
- 2. Wallet Activity/Purse** - Q FG 7A; S FG 7A
Have the men use their wallet/backpack/computer bag and the women use their handbag/purse. Assign breakout rooms - one set of peer coaches in each room. If you can't divide into breakout rooms, do activities all together.

Be Who you Really Are/Celebrate Your Uniqueness

- 1. Money demonstration** Q FG 19 A; S FG 19A
Demonstrate the money exercise.
- 2. Mirror Exercise** Q FG 19A; S FG 19 A
If possible, put peer-coaches in breakout rooms, or if the group is not too big, have each person share with the group. Tell them ahead of time to bring a mirror for this session. An alternative is to take a "selfie" with a hand-held device and share what they see. Use the notes in the *QUEST* or *SOARING* facilitators guides to provide the rest of the activity.

Live Your core Values/Identify your Core Values

- 1. Spinning Tops** Q FG 37A; S FG 37A
Tell them ahead to have 6 same-size large coins, or tops, for the next session. Have each man and woman try to spin all the coins, spinning tops in view of the camera, or as a facilitator, you can demonstrate this or do a video ahead of time and then share screen. Debrief the activity for the learning points.
- 2. Affirmation Activity** Q FG 41A; S FG 42A
Refer to the corresponding book pages for additional instructions.



Build on Your Life Purpose/Define Your Life Foundation

For the Activity use the Soularium Packets or Aninag or magazine clips (30 pictures depicting different scenes of life and nature) and ask each of the 5 questions. Q FG 50; S FG 51

Activate your Life Direction/Discover Your Life Direction

1. Target activity Q FG 61A; S FG 61A

Tell the group members ahead of time what materials they need to have for the meeting: 1 piece of paper or paper plate, 1 small marshmallow, small ball, bean bag, small wrapped candy, etc.

Everyone takes out a piece of paper (or plate) and cuts a hole in the middle and then while moving the paper target with one hand, have them try and throw the marshmallow, bean bag or small ball at the moving target. Talk about how it felt not hitting the target or bull's eye as compared to throwing with a goal in mind or target. You can talk about the ideas of the lesson this way and get the point across.

2. Compass -- have participants use the compass app in their mobile phones

Integrate Direction into Your Life

1. Backpack demonstration Q FG 76A; S FG 77A

The facilitator can demonstrate this online. The key is to have a small backpack and do this with speed and exhaustion. Walk around with a heavy backpack to make a point. Debrief the activity.

Continue Your Quest & Soaring with Your Life Design

1. Names of the Principles Drill Q FG 95; **Areas of Life Team Drill** S FG 111A

Divide into 2 breakout rooms. Use instructions on the pages indicated above. Give them 1 minute to do this, then bring them back into the main session. Have the group share. Whoever got it can have a prize (candy bar, etc.).

2. Plastic baseball bat or something long and balanceable, a Peacock feather, or a plastic long-stemmed flower.



QUEST & SOARING COUPLES FACILITATOR GUIDE - SESSION 1

Beginning Your Quest for Purpose and Direction/Beginning Your Life Design

Session Focus: (Q FG 2A; S FG 2A)

Beginning Your Quest for Purpose and Direction and *Beginning your Life Design* are designed to introduce the key Life Principles of the course. This session helps to create an open, authentic, and supportive Life Coaching Group and Peer Coaching environment that builds throughout the course.

1. Facilitate an activity for participants to get to know one another. See ideas on Q FG 2b & S FG 2c.
2. Introduce the framework of the principles from *QUEST* and *SOARING*.
3. Highlight the Life-Coaching environment and Peer-Coaching interaction.

Logistics for Facilitating this Session

1. Pray and decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.

In order to easily find the pages you are facilitating from *QUEST* and or *SOARING*, put a sticky note with the Facilitating Step number from the section - 'Life Coaching Group Begins', at the bottom of this page.

Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide (the *SOARING* FG has the participant page and the facilitator notes on the same page).

3. Read the *QUEST* session *Beginning Your Quest for Purpose and Direction* and the *SOARING* session *Beginning Your Life Design Journey* so you have an idea of what both the men and women are looking at.
4. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST* Facilitator Guide and if the woman is facilitating, use *SOARING* Facilitator Guide. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
5. For time allotment to cover each page, see the Facilitator notes in the book you are using for that page.

Facilitator Materials and Preparation - Q FG 2A; S FG 2A,2B

Self-stick (e.g. Post-it) notes, pens and pencils

Prepare your personal story of how one of the Life Principles has helped you. See Q FG 7; S FG 7. Select the peer coach pairs: men with men, women with women, and/or a couple with 2 other couples. You will announce these during the Peer Coach discussion. See Q FG 2A; S FG 2B. In the couples' course, couples will also be peer coaches with each other on some activities or Life-Coaching Tools.

Tips to decide on the peer-coach pairing:

Pair participant with their invited friend

Peer-coach according to season of life

You may let participants tell you who they want to peer-coach with beforehand

Pair according to your criteria (Q FG 1B; S FG 2B)

Integration Activity Materials - Q FG 2A;S FG 2A

Purse, wallet, or tote bag for women; Wallet or computer case for men



LIFE-COACHING GROUP BEGINS

1. Welcome the men and women.
2. Pray for the session.
3. Go through the section "Preview/Overview of the Course": Q FG 2B; S FG 2C.
4. Introduction and getting to know one another. See ideas from Q FG 2B; S FG 2C. Or have participants select 2-3 pictures from a Soularium pack or Aninag pack or clip pictures from magazines that depict different things in life. Have them select pictures that describe:
 - Life right now
 - Job or work
 - Family
 - Spiritual journey or how they view God
5. Read the page and questions.

Facilitate a discussion, "When and how have you ever felt like any of these men or women?"
Q FG 3; S FG 3. When facilitating page 3, add this question. "Would one of you like to share your experience?" (Be prepared to tell your own experience, if needed.) Have one person read Q 4; S 4.
6. **Facilitate Life-Coaching Tool** - WHERE YOU ARE PART 1: Q 5-6; S 5-6
7. **The Principles** - Follow instruction on Q 7; S 7
8. Facilitate the **Integration Activity** - Wallet Activity/Purse Activity: Q FG 7A; S FG 7A.
Debrief as to the main objective of the Integration Activity.

Facilitator shares a personal story or example of how *QUEST*, *SOARING*, or this couples group course has benefited you. Talk specifically about how applying these life principles has had an impact on:
 - your knowledge of who you are
 - what you have to offer
 - how you believe your life is making a difference
9. **The Course/This Life Coaching Resource** - Q FG 8; S FG 8:
10. **Your Life Coaching Environment/Your Life Coaching Group**
Have someone read Q 9; S 9
Read the Peer Coaching section Q 10; S 10
Ask: "What is your natural inclination in relating to others?" Mentor, counselor, coach?
"What changes can you make in order to focus on coaching instead of mentoring or counseling?"



Announce the **peer-coach pairing**. Explain your criteria if needed. A woman is paired with another woman; a man with another man. There will be times later when couples can peer-coach each other, or a couple can discuss between themselves some of the questions for a couple's interaction.

11. Peer-Coaches - Choosing and interaction between sessions

Peer Coach Sharing and Interaction and Couple Sharing and Interaction

At the end of each group session, course facilitators will provide questions for both the peer-coaches to share and connect. Course facilitators will also provide questions for individual couples to share and interact.

*After the peer-coach has been announced, reseal the group so that the peer pairs sit together if the group meets in person. If meeting virtually, announce that later you will send them into breakout rooms for interaction with their peer-coach. Give instructions on what to do during the first peer-coach meeting.

12. Personal Development and Journal Notes

- a. Introduce Personal Development Opportunities (PDO) Q 11-12; S 12-13.
- b. Introduce the Journaling Notes/Journaling Your Life Design Q 13-14; S 13-14.

Couples PDOs - There will be special PDOs for you each session. Questions for couples to interact on their own:

- a. Share with your spouse your key takeaway from this session.
- b. What are some of my hindrances, if any, in living a life of Impact and Significance?

13. If the group is virtual, recommend to the participants to complete prior to the next session **Life-Coaching Tool: Life Experiences** - Q 25; S 25

If your group is a larger group meeting in person, doing the Life-Coaching Tool mentioned above prior to the next session will give the group more time to share and hear from each other.

If meeting in person, at the end of this session, have snacks or an easy meal. Have a causal interaction and ask questions if needed to encourage relationships.

14. Integration Activity Materials: Q FG 2A; S FG 7A

Purse, wallet or tote bag for women; Wallet or computer case for men.



QUEST & SOARINGS COUPLES FACILITATOR GUIDE SESSION 2

Be Who You Really Are/Celebrate Your Uniqueness

Session Focus (Q 16; S 16A)

Be Who You Really Are/Celebrate your Uniqueness Life Principles are designed to help participants see their worth and uniqueness. . This is the first FOUNDATION Principle. It is designed to help you discover more about your uniqueness.

Logistics for Facilitating this Session

1. Pray and decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.
In order to easily find the pages, you are facilitating from *QUEST* and/or *SOARING*, put a sticky note with the Facilitating Step number from the section - 'Life Coaching Group Begins', at the bottom of this page.
Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide (both the *QUEST* and *SOARING* FGs have the participant page and the facilitator notes on the same page).
3. Read the Q session *Be Who You Really Are* and the S session *Celebrate Your Uniqueness* so you have an idea of what both the men and women are looking at.
4. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST* and if the woman is facilitating, use *SOARING*. From your preparation of reading both Q and S sessions, you will have an idea of how to include any material from the other course as needed.
5. Some facilitators, after consulting with their group, divide this principle *Be Who You Really Are/Celebrate Your Uniqueness* into two sessions. When you begin the second part, review part one. Review from where you left off before you go into part two of the session.
6. For time allotment to cover each page see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation - Q FG 16A; S FG 16A

Integration Activity Materials:

Crisp \$20 or \$50, bill (the largest denomination bill in your currency that is easy for you to get)
Wallet, computer bag or purse



LIFE-COACHING GROUP BEGINS - Q 16-17; S 17

Welcome the men and women.

Review Previous Session and introduce the first Principle.

Have the participants turn to Q 17; S 17. Review the previous session and the Life Principles Chart. Explain that both resources have 6 principles.

Have the participants read question #1 and the answer Q 18; S 128.

Refer to the Facilitator notes on Q 18; S 18.

Facilitate the Group Activity.

Ask question #2 and the answer on page Q 19; S 19 and follow instructions.

Facilitate the Integration Activity - Money Demonstration either from Q FG 19A; S FG 19A Highlight the key points from the Integration Activity as explained in the Facilitator Guide you chose to use. Debrief the activity.

Break into 2 groups: men in one group, women in one group.

Woman facilitator facilitates the Integration Activity - Mirror Exercise with the women S 19A.

Male facilitator facilitates the Value exercise for the men Q FG 19A. Give instructions.

Debrief the Activity.

Show them the diagram on the bottom of Q 19; S 19 and highlight the key points.

Have different ones read parts of this page Q 20; S 20.

Ask question #3 and the answer in Q 21; S21.

1. Explain Your Unique Design Summary/Your Life Design Summary - They will fill in Q22; S22.

They will work on it progressively as they work on the Life-Coaching Tools. Suggest that they mark this page with a post-it note, or a clip/bookmark since they will turn to this page frequently.

Life-Coaching Tool: Current Key Relationships - Read the page and the instructions Q 23; S23.

Have the participants work on the tool.

Have them transfer their 2-3 key relationships on the Your Life Design Summary Q 17; Your Life Design Uniqueness Summary S 22.

Discuss as a group some of their key relationships.



Life-Coaching Tools: Skills and Abilities - Read this section and the instructions Q 24; S 24.
Have the participants work on the tool.

- Break them out into peer coach pairs. Or ask three couples seated together around the table to share in their group of six what they appreciate about their spouse's skills and abilities.
- If the group is meeting virtually, put the three couples in a breakout room and discuss what they appreciate about their spouses.
- Alternatively, course facilitators can ask the couple (i.e. husband and wife) to share the skills and abilities they appreciate about one another.

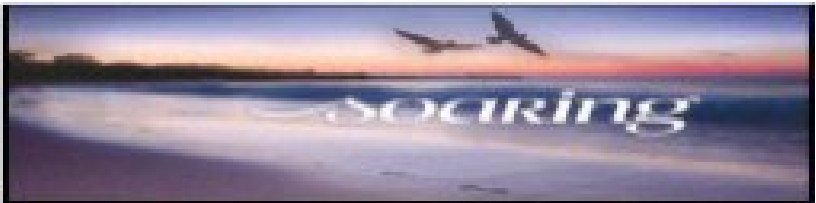
Life-Coaching Tools: Life Experiences - Facilitator notes Q 25A; S 25A

Read the instructions and have the participant do the tool if they have not done it ahead.

- If the group is virtual, this is one of the Life-Coaching Tools you have assigned before the session as it is one of the longer ones to do. This gives you more time to discuss with the group during actual sessions. Be sensitive to how they are doing with this tool as it may surface possible painful memories.

For a couples' group, invite a couple to share with each other, their key experiences that have impacted their life so far and may continue to do so. A couple can ask themselves this: "What was your most painful life experience and what have you learned from it? How has it shaped who you are today? How could this be used to help others?"

- Help others uncover themes if they need help.
- Transfer two themes in their Your Unique Design Summary/
Your Life Design Summary Q 22; S 22.
- You may give examples of themes such as: loss, celebration, accomplishments, pain, etc.



Life-Coaching Tools - Personality Traits Test - Q 26-28; S 26-28

Read the instructions and have the participants work on this tool.
Cover the page and facilitate a group discussion with the questions on Q 28; S 28.

Read question #4 and the answer - Q 29; S 29
Have a couple read the different sections of the page

Highlight the key statement—**Practice Progress, not Perfection**

Give Instructions on Personal Development Opportunities - Q 30; S 30
At the end of each life principle, we provide you with Personal Development Opportunities that will be referred to as PDOs. They are designed to help you take action on practical ideas for implementing what you have discovered, or to get input and responses from important people in your lives as you progress in living a life of purpose and significance. When you take advantage of these PDOs, you will deepen your experience.

Go over the three PDOs. Encourage them to meet with their peer coach and talk about their own reflections and input from family and friends.

Couples PDO - Questions for a couple's interaction

- How have my life experiences impacted our marriage (and children if any)?
- What have I become more aware of in my uniqueness and the way it is impacting our relationship?
- How can we complement each other as a couple in using our unique traits?



QUEST & SOARING COUPLES FACILITATOR GUIDE SESSION 3

Live your Core Values and Identify Your Core Values

Session Focus (Q 32; S 32A)

This is the second FOUNDATION Principle. It will help you:

1. Identify your core values
2. Live out Core Values that are reflected in their behavior and influence decisions and relationships.

Logistics for Facilitating this Session

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.
 - In order to easily find the pages, you are facilitating from *QUEST* and/or *SOARING*, put a sticky note with the Facilitating Step number from the section - 'Life-Coaching Group Begins', at the bottom of this page.
 - Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide.
3. Read the **QUEST** session *Live Your Core Values* and **SOARING** session *Identify your Core values* so you have an idea of what both the men and women are looking at.
4. If the man is leading, use *QUEST*, and if the woman is facilitating, use *SOARING*. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
5. For time allotment to cover each page see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation

Prepare a personal example of how your Core Values have shaped your behavior and decisions.

Integration Activity Materials

Props for the Spinning Tops/Coin Activity:

15 spinning tops or 15 coins of the same size

Sticky notes for Affirmation Activity

Download the video of Spinning tops exercise if needed from *The Significance Project Website*.



LIFE-COACHING GROUP BEGINS: Q33; S33

Welcome the participants.

Review the previous session on *Be Who You Really Are/Celebrate Your Uniqueness* by asking them to share 1-2 aspects of their uniqueness and their response to it.

Highlight the new principle on Q 33; S 33 with different people reading sections of the page.

Ask question #1 on Q 33; S33 and the answer.

Have three people read the bullet points on the page Q 34; S 34.

Life-Coaching Tool - Explore Your Values: Q 35, S 35

Have a group sharing time about some of the values they chose.

Life-Coaching Tool - Know Your Top Ten Values: Q 36; S 36

Relate a personal example about how your core values have shaped your behavior and decisions.

Read the instructions. Have them work on the LCT and work with their peer coach if needed.

Have the peer coaches or husband and wife work on this together. If this is a virtual group, put them in breakout rooms according to peer coaches or husbands and wives.

Bring them back to the main session after 15 minutes.

Ask Question #2: Q 37; S 37

Facilitate the Integration Activity: Spinning Tops/Coin Activity. Use the instructions in Q 37A; S 37A. Debrief the activity. Have 2 people read Q 37; S 37.

Life-Coaching Tool - Identify and Evaluate Your core Values

Read the instructions. Give them time to work through the tool. See FG notes in the book.

Afterwards ask them to link this page to PDO 1 on Q 40, S 40. Cover the PDO 1. Doing this at this time is better than asking them to meet another time.

Note: you can invite three people to share one of their core values, or for a couples group ask three couples to share one core value they appreciate about their spouse.

Give instructions for PDO 2. Remind them to gather feedback on how well and often their behavior demonstrates their Core Values.



Integration Activity - Affirmation from the heart Activity Q 41 A; S 42A

Go over instruction on Q 41A; S 42A A. Ask participants to affirm one person at a time in the group. Ask participants to write notes for one another. Choose the first person. Each one in the group will read their written note to the person being affirmed and then hand them the note. Repeat the process until each one in the group has been affirmed.

If this is a virtual group, break them up into two groups: one for men; one for women. Affirm one person at a time. Have the participants type in the chat feature a word or phrase to affirm that one person. After everyone has typed in their word or phrase about that person, move on to another person and repeat the process until all the participants have been affirmed. After everyone has been affirmed, give time for each person to go back and copy or take a picture of the affirmation comments they got and paste them into an email to be sent to themselves.

Remind them to fill out the Journal Notes after each session.

Do a fun activity if you are meeting in person. For creative ideas refer to Q 41B; S 42B.

Couple's PDO: Additional questions for couple's interaction

What are my core values? How are core values similar, or how are they different?

What are the core values which have created tensions and unhappiness in our relationship with our children?

What can I do differently when relating to you/our children when my core values differ?

What are our core values as a couple?



QUEST & SOARING COUPLES FACILITATOR GUIDE SESSION 4

Build on Your Life Purpose and Define Your Life Foundation

Session Focus (Q FG 44; S FG 45A)

This is the third FOUNDATION Principle that answers the question “Why am I here?”

Logistics for Facilitating this Session

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.
 - In order to easily find the pages that you are facilitating from *QUEST* and or *SOARING*, put a sticky note with the Facilitating Step number from the section - ‘Life-Coaching Group Begins’, at the bottom of this page.
 - Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide.
3. Read the *QUEST* session *Build on your Life Purpose* and *SOARING* session *Define your Life Foundation* so you have an idea of what both the men and women are looking at.
4. if the man is leading, use *QUEST* and if the woman is facilitating, use *SOARING*.
5. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
6. For time allotment to cover each page see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation: Refer to Q 44; S45

Integration Activities Materials (Q 44; S 45)

1. Soularium packet or 30 cut out magazine pictures that depict life images or scenes.
2. “**Can You Know God Personally?**” booklet at the back of the Facilitator Guide of *QUEST* or “**Can God Meet the Longing of Your Heart?**” booklet at the back of *SOARING*. You may also use whatever gospel booklets or presentation you may have for this discussion.



LIFE-COACHING BEGINS

1. Welcome the participants.
2. Review the previous session on *Live Your Core Values/Identify Your Core Values* by asking them to share 1-2 responses they received from their close family or friends on their core values.
3. Read page Q 45; S 46.
4. Ask question #1 and the answer (Q46, S47).
5. Read the first 4 paragraphs and then have different people read the three longings.
6. Life-Coaching Tool: Identify Your Priority Longings on Q 47; S 48 and follow the instructions.
7. Note the Facilitator Notes and instructions on Q 48; S 49 on the importance of this section.
8. Ask question # 2 and read the answer. **“What Reflects your Need for a Life Purpose”** (Q 49; S 50)
 - Have someone read this page including the quote from C. S. Lewis.
 - **Life-Coaching Tool - Heart Longing** Q 50; S 51 Follow the Facilitator Notes and Give instructions.
 - Read the first paragraphs and have the men silently read “One Man’s Search” and women read Susan’s story “One Woman’s Search” in their book. Q 51; S 52
 - Discuss any comments from the group.
 - Cover the gospel presentation. See notes on Q 52A; S 53A.
 - Stop and pray and give them an opportunity to receive Christ by pausing for a moment of silence.
 - Encourage them to talk to you if they have any questions or are interested in having a personal relationship with Christ.
 - If meeting in person with the printed books, have the participants take the booklets from the back of their books to show them what you had talked about in Q 52; S 53.
If they have eBooks, have them go to thesignificanceproject.org to download the booklets.
9. **Life-Coaching Tool - Define Your Life Purpose/Define Your Life Foundation** Q 53; S 54
Give instructions and have them complete the Tool
10. Ask question #3 and read the answer **“How Does Your Life Purpose Impact How You Act?”**.
 - a. Read the page.
 - b. **Life-Coaching Tool:** Core Values Reveal Life Purpose/Foundation
 - c. Read the instructions and have participants complete the tool Q 55; S 56.
 - d. Conclude by reading page Q 56; S 57.
11. Cover PDO: Q 57; S 58.

Additional PDOs for Couple’s - Questions for a couple’s interaction

Share with each other your reflections on questions 1-4 on Q 53; S 54.
Your thoughts on the discussion on this principle



QUEST & SOARING COUPLES FACILITATOR GUIDE SESSION 5

Activate Your Life Direction and Discover Your Life Direction

Session Focus: (Q FG 60; S FG 60A)

This first DIRECTION Principle answers the question, “Where am I going?”

1. Identify their life passions.
2. Discover his/her personal life direction.
3. See how personal life direction will lead them to action.
4. Realize how personal life direction makes a difference in key relationships and with others.

Logistics for Facilitating this Session

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate from *QUEST* or *SOARING*. Put a sticky note with the Facilitating Step number from the section - ‘Life Coaching Group Begins’, at the top of this page. (Q 61; S 60B)
Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide.
Read the *QUEST* session *Activate Your Life Direction* and the *SOARING* session *Discover Your Life Direction* so you have an idea of what both the men and women are looking at.
3. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST*, and if the woman is facilitating, use *SOARING*. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
4. Some facilitators, after consulting with their group, divide this principle into two sessions. When you begin the second part, review part one. Review part one from where you left off before you go to part two of the session.
5. For time allotment to cover each page see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation Refer to Q 60; S 60A

Prepare a personal example of how your Life-direction Statement has encouraged you.
Blank sheets of paper (8 ½ by 11 or A4) to write a draft of the Life erection Statement

Integration Activity Materials

Props for the target Exercise:

Small balls, small crumpled paper, small bean bags or other small items or use a large paper plate with a big hole.

A large piece of paper or poster board with a target drawn on it or hole cut in the middle of the target.

Download video of Target Exercise Integration Activity if needed.

LIFE-COACHING GROUP BEGINS

1. Welcome the participants.
 2. Review the last principle Build on Your Life Purpose/Define Your Life Foundation.
 3. Have a few participants share their Life Purpose.
 4. Facilitate the **Target Activity**. Q 61 A; S 61A.
 - a. Debrief the Activity.
 - b. Ask the participants which round is easier and why?
Which is more effective?
 5. Read page Q 61; S 61.
 6. Ask question #1 and read the answer. Cover this page by having different persons read the paragraphs.
 7. **Life-Coaching Tool: Identify Your Life Passions** Q 63; S 63
 - a. Read the Instructions and have the participants complete the tool.
 - b. Give instructions for peer-coaching.
 8. **Ask question #2 “What Does Life Direction Do?”** and read the answer.
 - a. Have different people read the first 2 paragraphs in Q 64; S 64.
 - b. Show a compass or have them look at their mobile compass app.
 9. **Life-Coaching Tool: Life Direction Leads to Action** Q 65; S 65
Have participants complete the tool. Use *SOARING*, which gives more instructions on this tool.
 10. **Ask the question #3, “Who does Life Direction affect?”** Then read the answer.
Have one person read this page. Q 66; S 66
 11. **Life-Coaching Tool: Life Direction Makes a Difference for Others**
Read the instructions and have participants complete the tool.
- Note: IF YOU ARE DIVIDING THIS PRINCIPLE, DO SO AT THE END OF DOING THIS LCT. WHEN YOU COME BACK FOR THE 2ND SESSION, BRIEFLY REVIEW THE FIRST PART OF THE PRINCIPLE. IF YOU ARE NOT DIVIDING THIS PRINCIPLE, THEN PROCEED AND ASK QUESTION # 4.**
12. **Ask question #4, “How can you discover your Life Direction?”** and read the answer. Q 68; S 68
 13. Have different people read sample Life Direction statements.



14. Life-Coaching Tool: Your Life Direction Worksheet Q 68; S 69

Explain this page and give instructions to participants to complete this tool.

15. My Personal Life Direction Statement: Q 70 S 71 Do this LCT.

Demonstrate how you crafted your own Personal Life direction Statement. Using the words in your worksheet, move the words around (in small post-it notes) so you can begin a draft of your Personal Life Direction Statement and eliminate the unnecessary words.

Pass out blank sheets of paper and small sticky notes or write with a pencil to make it easier to erase/replace unnecessary words.

Help the participants so they can develop at least a draft of their Personal Life Direction Statements. Conclude with a time to share their Personal Life Direction Statements or the draft they have started.

After you go through Q 70; S 71, introduce and motivate the group by sharing that in the next session, **Integrate Direction into Your Life**, they will learn key concepts of how to have a practical plan to stay focused on their life direction. Remind them of the importance of having at least a draft of their Personal Life Direction Statement before the next time you meet.

16. Go over the PDOs. Highlight PDO2. Q 72; S 72

17. If you have not created a WhatsApp group or other social media or email group, you might want to do so. If you have a private social media group or an email chain, have them write their Personal Life Direction Statement to share with the group. This helps build community as well.

Couples PDO: Interact on their personal Life Direction statement and begin work on a joint/family Life Direction statement.

SPECIAL CONTENT FOR COUPLES/ENGAGED:

Below are three concepts which represent how a couple (husband and wife, fiancé and fiancée) can live out their Life Direction statement as well as develop a joint/family Life Direction statement.

The top two circles (Concept 1) represent a couple who have very different life passions and life direction statements. They have little or no personal life direction overlap.

The middle ones (Concept 2) have some overlapping personal life direction opportunities and platforms, but also have individual personal life direction opportunities and platforms.

The last set of circles (Concept 3) is a couple that is involved in similar personal life direction opportunities and platforms but perhaps with different roles. The couple is involved together most of the time in the common personal life direction activities, opportunities, and platforms.



The *QUEST/SOARING Couples course* enables couples to explore the concept most suited for them in their present and future seasons of life.

Concept 1:
Spouses may serve separately and are supportive of each other's ministry



A family life direction statement may be expressed by a third circle to the right of the other two.

Concept 2:
Spouses serving opportunities may be largely different but with some overlap



Where personal life-direction overlap, this may be a partial expression of their family life direction.

Concept 3:
Spouses may serve in the same area but perhaps with different roles



This overlap may be their family life direction which would be the same as their combined personal life direction.



QUEST & SOARING COUPLES FACILITATOR GUIDE SESSION 6

Integrate Direction into Your Life

Session Focus: (Q FG 74; S FG 75A)

This is the first Action Principle that challenges us to take responsibility for integrating our Life Direction in all areas of life.

1. Understand how to refocus our life to align with our Personal Life Direction.
2. Evaluate how well we are living out our Personal Life Direction in all areas of life.

Logistics for Facilitating this Session:

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.

In order to easily find the pages you are facilitating from *QUEST* and or *SOARING*, put a sticky note with the Facilitating Step number from the section - 'Life Coaching Group Begins', at the bottom of this page.

Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide.

Read the *QUEST* session *Integrate Direction into Your Life* and the *SOARING* session *Integrate Direction into Your Life* so you have an idea of what both the men and women are looking at.

3. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST*, and if the woman is facilitating, use *SOARING*. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
4. Some facilitators, after consulting with their group, divide this principle: *Integrate Direction into Your Life* into two sessions. When you begin the second part, review part one. Review part one from where you left off before you go into part two of the session.
5. For time allotment to cover each page see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation (Q FG 74; S FG 75A)

Integration Activity Materials

Backpack and items to go inside a backpack (Q FG 76A; S FG 77A)

Red, black and blue pens

Post-it notes

Your completed Map of Life. (Q86; S 87)

Download videos of the Backpack Demonstration; and Baseball Activity/Peacock Feathers Activity as needed. (Available on YouTube)

LIFE-COACHING GROUP BEGINS

1. Welcome the participants.
2. Review the last principle “**Activate your Direction/Discover Your Life direction**”. Ask each one to share at least a draft of their Personal Life Direction Statement and some of the responses they received from friends when they shared it with them. Additionally, ask the couples to share their joint/family Life Direction statement drafts or final copy.
3. Get suggestions on how to Celebrate after the end of the last session or gather at a separate time.
4. Go to the Divider page and remark that this is the first Action Principle and answer the question, “**How do I Get There?**”.
5. Read the page. (Q 75; S 76)
6. Remind them that these life principles are to be applied over a lifetime and every aspect is not necessarily applied at once. This journey is a process and they will want to **practice progress, not perfection**.
7. Read question #1 and answer. Highlight the 7 areas of life and their descriptions, or ask a man to read the 7 areas of life on Q 76 and the definitions. Ask a woman to read S 77.
8. Facilitate the **Backpack Demonstration** (Q FG 76A; S FG 77A).
Follow the instructions, or substitute other articles if they will better relate to your group and still represent the particular area of life.
If this demonstration is done in person, while relating your items and stories do quickly and make it fun. Use a smaller backpack so that it is harder to squeeze in all the items. Get the volunteer wearing the backpack to walk around to feel the weight of so many things. Debrief on the activity. This activity highlights that we put so much into our lives and are so busy that we don't have time to live life the way we desire.
9. Ask the group to discuss what holds you back from living your Personal Life direction in all areas of life? Spend 5 minutes on this group discussion.
10. Have them turn to Q 77; S 78 and emphasize the difference between a balanced life and a focused life.
11. **Life-Coaching Tool: Self Perception Assessment**
Read the instructions and have the participants complete the tool.
Help the participants understand that they are not striving for 100% in every area. This is about assessing the level of time and energy currently devoted to each area.
It might be helpful to refer to the definitions of the 7 areas of life. (Q 76; S 77)
Ask why you think the Self-Perception Assessment Tool is included? (answer if needed, "So that they can see the gap between what they perceive and what their reality is, and they may not realize that they have this perception of themselves".)



12. Life-Coaching Tool: Know where you are: Reality Questionnaire Q 79-80; S 80-11)

13. Explain that this questionnaire will help them to know where their life actually is in relation to every other area of their life.

Go over the instructions and give them time to work through this Life-Coaching Tool. To fill in this tool, emphasize going with their first response as explained in the instruction, not over-analyzing or over-thinking it.

If this is a Life-Coaching Tool that you have asked them to complete before coming to this session, move on to the next step which is the Score Sheet.

14. Life-Coaching Tool: Reality Questionnaire Score Sheet

Go over the instructions.

They can work as needed with their peer coach or spouse to determine their scores.

After completion of the scores, have the participants use a red pen to put their scores from the Reality Questionnaire Score Sheet onto the Self-Perception Assessment chart Q 78; S 79.

15. Turn now to Life-Coaching Tool: Map of Life

Use a red pen to put your reality Scores on the Map of Life.

Use a ruler to draw lines to connect the dots.

Identify which areas are high and which are low. Low areas may need growth and sometimes high areas may need some pulling back to have capacity for other areas to grow.

Ask, what are the areas I need to pay attention to from my reality questionnaire score? What area (s) do I need to align in order to live out my personal life direction?

NOTE: THIS IS WHERE SESSION TWO WILL BEGIN IF YOU ARE DIVIDING THIS INTO TWO SESSIONS. BRIEFLY REVIEW SESSION ONE BEFORE YOU BEGIN SESSION TWO.

16. Ask question #2 and read the answer.

Have a male participant read paragraphs 1-2 on Q 84, women follow paragraphs 1-2 on S 85. Show your own Map of Life from your Facilitator Guide or a sample from the book as an illustration.

Give examples: I don't have sufficient exercise and rest (Body); I am not spending sufficient time and resources to live out my personal life direction (Budget); I am doing a lot of things but I am not focused on my personal life direction (Business); I am working so much I can see other areas have suffered, or I am so focused on meeting the needs of our children my relationship with my husband needs more attention (Beloved) etc.

17. Life-Coaching Tool: Where you Want to Be - Description of Living Your Life Direction

Read the instructions and have participants complete the tool.

Peer-coaches help each other if needed and using a blue pen, plot it in their Map of Life. They will see the gaps between what their lives are like and what they desire their lives to be. Using a ruler, connect the lines to create a whole life view of how you desire to live your life as compared to how you are living your life right now in light of your personal life direction.



18. Life-Coaching Tool— Compare where you are with where you want to be/Compare your reality with your description of living your life direction (Q 86; S 87)

Read the instructions and give time for the participants to reflect on their Map of Life. Say, "It is important to show you what it looks like living in alignment with your Personal Life direction in every area of life".

Have the spouses or Peer Coaches discuss their answers to the questions and what they have uncovered between their reality and where they want to be.

19. Life-Coaching Tool: Evaluation of Your Map of Life/Map of Life Evaluation (Q 87; S 88)

Read the instructions and have the participants complete the tool.

Facilitate a group discussion on their reflections.

20. Ask question #3 and read the answer. (Q 88; S 89)

Follow the instructions in your Facilitator Guide.

21. Life-Coaching Tool: Set Life Direction Goals (Q89; S 90)

Read the instructions and examples at the top of the chart. Have the participants work through the tool.

Remind them that what they write down are the goals to achieve in order to live out their personal life direction rather than the action steps they want to work on.

Allow time for peer-coaches to discuss some of the goals that were set and the corresponding area or areas of life.

22. Read to conclude and introduce the next session.

23. Summarize the PDOs

Complete any unfinished Life-Coaching Tool (s)

Re-work or revise their draft of Life Direction Statement if needed.

Talk about details for the Celebration time.

Couple's PDO: Questions to answer and interact with one another:

What are some areas of life we need to give attention to in this season of our lives?

In what ways can we integrate our personal life direction into each area of our life.



QUEST & SOARING COUPLES FACILITATOR GUIDE SESSION 7

Continue Your Quest and Soaring with Your Life Design

Session Focus: (Q FG 94; S FG 94A)

This is the **second ACTION** Principle that keeps you progressing in living a life of impact and significance.

1. Define priorities and put those priorities into a schedule.
2. Work on setting boundaries to help them deal with barriers.
3. Discover a way to make principle-based decisions.

Logistics for Facilitating this Session

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.

In order to easily find the pages you are facilitating from *QUEST* and or *SOARING*, put a sticky note with the Facilitating Step number from the section - 'Life Coaching Group Begins', at the bottom of this page.

Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide. Read the *QUEST* session *Continue your QUEST and SOARING with your Life Design* so you have an idea of what both the men and women are looking at.

3. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST*, and if the woman is facilitating, use *SOARING*. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
4. For time allotment to cover each page see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation: Q 84; S 94 A

Post-it/sticky notes, pens and pencils

Personal example of your recent experience of making a decision using the Life Principles

A gift for the participants (optional)

Integration Activity Materials

Something fun as prizes (like a candy bar) for the peer coach team who can first name the principles of the course and for the team who wins the Areas of Life Drill. (S 94B)

Blank paper for the Areas of Life Activity

Plastic baseball bat, something that is long and balanceable or a long-stemmed plastic flower/long Peacock feather



LIFE-COACHING GROUP BEGINS

1. Welcome the participants.

Review the last principle - **Integrate Direction into Your Life**

Begin by saying, "Last time we talked about how you can integrate direction to live your Personal Life direction in every area of life and how you can set corresponding goals." Did you have any opportunities to apply that?

2. Integration Activity

Have them divide into peer coach teams (man and man, woman and woman) for a fun drill.

Give each team a blank sheet of paper and ask the men to write down the names of the principles and ask the women to write the areas of life and the definitions. First men and women team to finish with correct answers gets a prize.

If the group is virtual, have each person do it. The facilitator may choose to send them a prize.

3. Mention any update on the Celebration time based on the decision the group made about whether to have it at the end of the last principle or at a separate time.

4. Have everyone turn to Q 95; S 95. Read the questions and answers at the top of the page. Ask a participant to read the rest of the page.

5. Ask question #1 and read the answer. (Q 96; S 96)

6. Facilitate the Baseball Bat Activity/Peacock feathers Activity (Q 96A; S 96A)

If this is done in person, have several try this activity. If the group meets virtually, demonstrate this or download the video on Baseball Bat Activity/Peacock Feathers Activity.

Debrief. Read the first two paragraphs and relate these to the activity.

7. Have a male participant read the rest of the page in *QUEST*.

Have a female participant read the last section – "One Woman's Experience".

8. Life-Coaching Tool: Determine your Priority Actions (Q 97; S 97)

This tool will help the participants choose priority actions to help them achieve their goals.

Read the instructions. Relate the 2 examples in the first chart.

Encourage peer coach teams to fill in their goals at the bottom of a chart. Alternatively, ask the husband and wife to discuss action ideas to achieve the goals that they would like to work on.

9. Schedule and evaluate your priority actions (Q 98; S 98)

Highlight the rest of the page that is designed to motivate them to put their priority actions into their schedule in order to make progress in achieving their Personal Life Direction.

Emphasize Stephen Covey's quote at the bottom of the page.



10. Life-Coaching Tool: Schedule Your Priorities (Q 99; S 99)

Have the participants write their new and ongoing priority actions in this schedule or a scheduling system of their choice (smart phone, notebook planner, etc.).

11. Ask question #2- and read the answer. (Q 100; S 100)

Read the page, stopping after the bullet points and ask the group: "Which of the bullet points under number two do you identify with and why?" (3 minutes to discuss)

- After 3 minutes, read the rest of the page.

12. Life-Coaching Tool: Set Your Boundaries (Q 101; S 101)

Read the instructions and have the participants complete the tool. Have peer coaches discuss their previous experiences in setting boundaries.

Relate the examples on the first row of the chart.

Have the participants go over the tool.

Have the Peer-Coaches interact with each other. (4 minutes)

If time allows, ask "Which of these three Life-Coaching Tools would be most effective and helpful to you in your current situation?" Give them time together with their Peer Coach to discuss and work on the tool.

13. Ask question #3 and read the answer (Q 102; S 102)

Relate the paragraph to the diagram.

14. Life-Coaching Tool: Continue Living Purpose and Direction/Determine Your Decisions with Life Principles (Q 103; S 103) Read the instructions and relate a personal example of how you have used this tool in making a decision.

Have the participants complete the tool, and then discuss the decision they worked on.

15. Conclusion Read the page and have a woman participant read the quotes of *SOARING* 105.

Facilitate the Reflection and Evaluation time

If the group is meeting in person, distribute the copies you made for each participant. Have them reflect on the questions from their Journal, Unique Design Summary and Life-Direction statement.

If the group is virtual, have the participants fill out the Evaluation/Reflection and Evaluation Form beforehand (Q 105; S 106), and be ready to share at the end of your last session if you are having the Celebration time.

If you are holding a separate Celebration time, relay any details about the Celebration.

Refer to Suggested Elements for Celebration. (Q FG 105B; S FG 106B)

Encourage participants to take next steps and meet up. Seize or create opportunities to share with friends (other couples) who might be interested in passing this on to others.

Continue to meet up with your peer coach once a month and arrange for a meet-up session three months after completion of the course to hear how participants are living out their personal life direction.



Couples PDO - Questions to interact on:

What are some things we can do together (priority actions) to live out our individual or collective family life direction?

In light of our present seasons of life, what are some barriers which hinder us from living out our personal/ family life direction? What boundaries need to be in place?

Here are some ways you can help me live out/our personal life direction by asking how I am doing in my priority actions and boundaries.

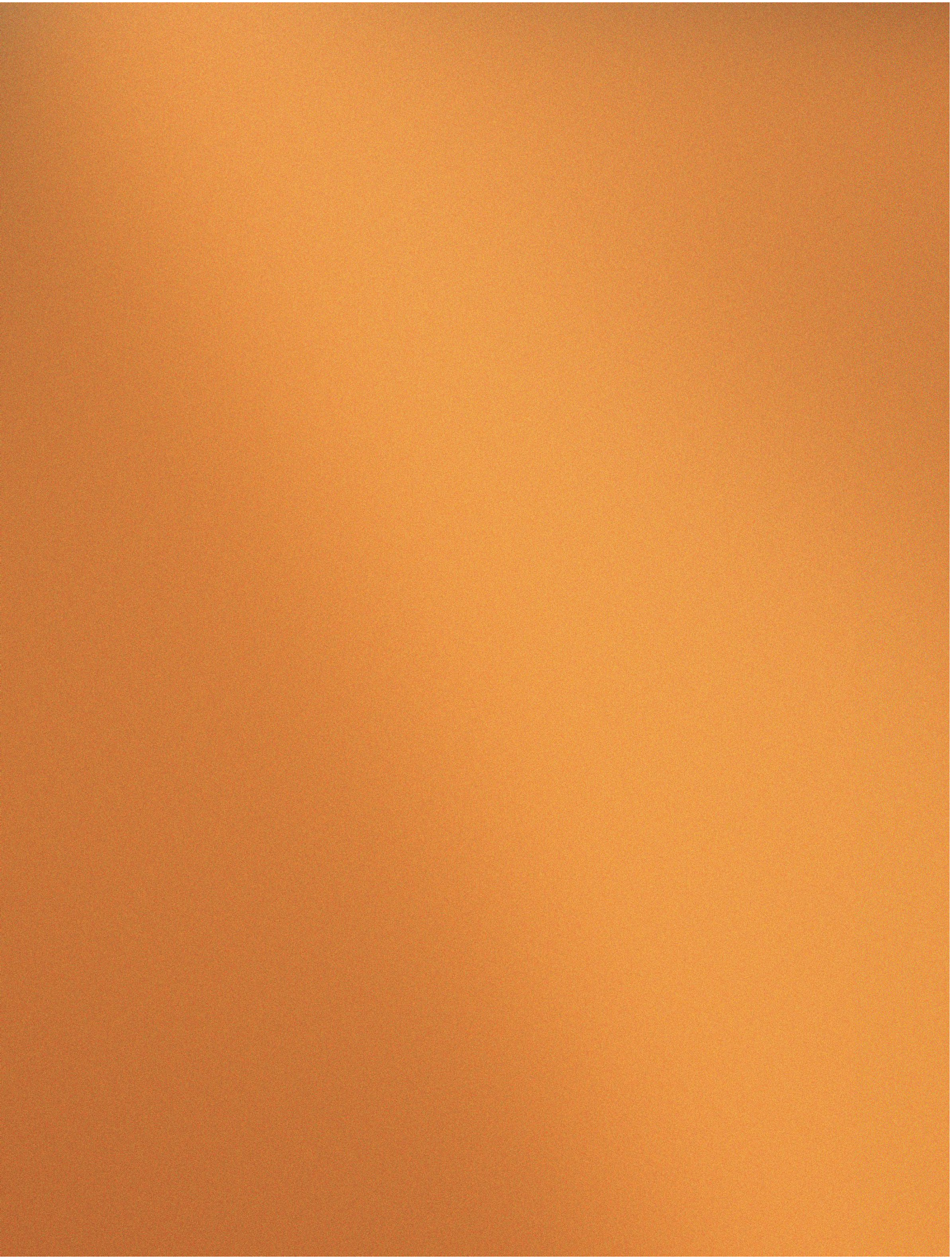
What are some opportunities for a decision I am considering?

BEGIN CELEBRATION if you are doing it now

1. Conclusion

Read the story of Dr. Bright ending with 2 Timothy 4:7 MOI 112; TSW 131.

Relate your own story of how God has sustained and strengthened you and your spouse in living your uniqueness as a couple.





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