



## Protocol for Appreciative Inquiry

### Who am I at my best?

Think back to a time in any aspect of your life when you felt you were living the “real you” with a feeling of *excitement and energy*, a time when you wanted to find new ways to keep doing the things that made you feel *alive, engaged, and inspired*.

		
What were you doing, and why were you doing these things?	Who were you with, or who helped you to engage in these ways?	What did you feel as you engaged in these activities and ways of being?

### Bring your full awareness and all your senses to your reflection.

What did you see, feel, hear, or even taste?




What were your facial expressions during these moments?

As you recall your narrative, think back to a time in your work (or target area of life) when you felt these experiences. Describe in detail what was going on (both inside and outside your body).

In our school, we \_\_\_\_\_.

Now imagine you had a magic wand and could create whatever you wanted or needed to develop an environment that would foster and support this greatest version of you in your work role.

What would you create?

		
What would it look like for you to live that expression of who you are when you are at your best?	What is one small thing you could do right now to live that expression of who you are?	With whom will you share this appreciative inquiry?

As you think about this appreciative inquiry experience, what other stories of past experiences or dreams of the future are you inspired to share?

Who else might you share this experience with so that you might work together to build a community to support and help one another grow toward flourishing?

Source: Cherkowski, S., & Walker, K. (2018). Teacher wellbeing: Noticing, nurturing, sustaining, and flourishing in schools. Burlington, Ontario, Canada: Word & Deed. Used with permission.