






Appreciative Inquiry Guided Worksheet

<div>Define </div> <div>Sample Question: What is working well for well-being in our work community?</div>	
<div>Discover </div> <p>Brainstorm the best of “what is” and “what has been”</p> <p>Identify individual, program, and systems-level processes that work well (or worked well in the past).</p>	
<div>Dream </div> <p>Explore “what might be”</p> <p>Build upon what already works here or elsewhere</p> <p>What would help us function at our highest, most productive, collaborative, efficient and meaningful level?</p>	
<div>Design </div> <p>Make choices about “what should be”</p> <p>Plan and prioritize ideas that are most important to us</p> <p>What would be needed, and who do we need to engage?</p>	
<div>Deliver </div> <p>Discuss “what will be”</p> <p>Create an action plan (i.e. consider making an itemized list) to support the innovations and ideas generated</p> <p>How will we present this information and to whom?</p>	