

# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## Use WATER Questions to Deepen Connections

### WHERE

1. Where were you born? Where have you lived in since then?
2. Where did you go to school? College?
3. Where did you meet your spouse/partner?
4. Where are your ancestors from? When did they come to the USA?
5. Where have you worked in the past? What kind of work did you do?
6. Where do you think you will be living 10 years from now?

### ACTIVITIES

1. What activities or hobbies do you enjoy doing in your free time?
2. What clubs or organizations have you been, or are you currently, involved in?
3. What teams do you typically watch or cheer on? What activities are part of family gatherings?
4. What is one activity you'd like to take up or try on sometime in the future?
5. Of the activities you currently enjoy, which one would you like to invest more time in?

### TIPS & TRAVELS

1. What was one of your favorite family trips when growing up?
2. What trips are on your bucket list? Where do you anticipate that you'll be going on your next trip?
3. What have you learned about yourself and other people through your travels?
4. Do your travel plans tend to be spontaneous or very structured?
5. Describe one of the most unique experiences you've had while traveling.

### EXPERIENCES

1. What have been some of the most memorable experiences in your life?
2. What experiences in life have shaped your life's direction?
3. What experiences in your life have been most challenging? In what ways have you grown from them?
4. What experiences have you had related to loss or grief?
5. What experiences have had the greatest impact on your faith?

### RENEWING PEOPLE, PLACES, & PRACTICES

1. Which people in your life renew and energize you? Who brings out God's best in you?
2. What places or spaces are most renewing for you and why?
3. What practices or activities help you recharge your batteries?
4. What Sabbath moments have you built into your daily, weekly, and monthly routines?
5. What grounds you? What reminds you of what is most important in life?



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