

Appreciative Interview Guide Topic: Sufficiency/Abundance

Want to up your Positivity Ratio? Call a friend and ask each other the following questions. Listen and enjoy. If you want, take notes for each other. Then do it again with someone else.

I wrote this guide after I read The Soul of Money by Lynn Twist. It is a powerful book, and she describes the myths of scarcity – and the alternative paradigm of sufficiency.

“Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.” Howard Thurman

“You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.” R. Buckminster Fuller

1. Tell me a story or describe a peak experience in your life where you felt appreciated, valued, and that you were making a difference. What about this experience made you feel alive, excited and engaged?
2. Without being modest, what was your contribution to this sufficiency/abundance? What do you value most about yourself and your contribution to this result?
3. What are the essential ingredients that bring sufficiency/abundance alive?
4. Imagine into the future... you live in a world that is abundant, the sufficiency paradigm is dominant and we all benefit greatly. What do you see in the world? What is it like walking through a world like this? What three wishes do you have for your life based on what you just identified as critical for creating sufficiency/abundance?

Bonus Questions for person asking the questions:

What inspired and surprised you about what you heard?

For more information about your positive ratio check out: www.positivityratio.com

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