

# Fiontar - your personal journey

The central idea in Fiontar is that you are on your own unique personal journey of growth and development. Before you can move on however, you need to have an idea of where you are starting from. And as you progress on that journey, you need to be able to see how far you have come. This is done by plotting SPICES Maps.

1. Have a look at the SPICES questionnaire.
2. Consider each question in turn, and rate yourself in terms of each question from 5 to 1.
3. A rating of 5 means that you can answer an unconditional yes to the question, a rating of 1 means that you would answer an unconditional no to the question.
4. As you rate yourself for each question, plot your answer on to the SPICES Map.
5. When the map is complete it will define a shape. Areas where you are well developed are shown where the shape hits the outside circle on the map.
6. Areas where you have most room for development are shown where the shape hits the inner circle on the map.

Remember when completing the questionnaire and plotting the map ...

1. To answer the questions as honestly as possible ... this is your own map and it is not a question of comparing yourself to others.
2. That the questions are not quite black and white, so don't think that you have to give yourself a rating of 1 or 5 ... more often than not your rating will lie somewhere in between.
3. That the aim is to 'expand' and 'smooth' the circle on the map during your time in the Unit however, it would be most unusual if you ended up with a complete circle what is important is that you make the effort.

## Social Questionnaire

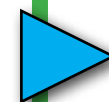
- a. Do you have the right skills and attitudes to build friendships?
- b. Can you communicate with others?
- c. Do you try to understand other cultures that you come into contact with?
- d. Do you get involved in your community?
- e. Can you understand how the Promise and Law fits into everyday life?

## Physical Questionnaire

- a. Do you have a balanced diet?
- b. Do you know the importance of having good personal hygiene and how it effects others?
- c. Do you make time for physical activity?
- d. How good are you at getting medical help when you are not feeling well?
- e. Do you appreciate that physical differences make society better?
- f. Do you understand the impact your choices have on your life?
- g. Do you know the affects of abuse on the human body?

## Intellectual Questionnaire

- a. Are you able to solve problems?
- b. Do you see how you can learn something from every new situation?
- c. Can you think outside of the box and try your own creative ideas?
- d. Can you plan, carry out and review a project?
- e. Do you know what qualities you bring to a team?



## Character Questionnaire

- Do you put the Promise and Law into practice?
- Do you know what's important in your life?
- Do you try your best in everything that you do?
- Can you stand up for what you believe in?
- Do you treat others with respect?
- Do you try to help where you see injustice or inequality?
- Do you have the courage to reach for your goals?
- Do you embrace the Scouting Spirit?

## Emotional Questionnaire

- Can you deal with having an off day?
- Do you call on others when you have a problem?
- Do you listen when someone has a problem?
- Can you show your feelings in a positive way?
- Do you have the confidence to deal with all that life can throw at you?
- Do you stand up for what you believe in?
- Do you try to develop your talents?

## Spiritual Questionnaire

- Do you stand by your spiritual beliefs?
- Do you make a positive impact on the environment?
- Do you see God in the world around you?
- Do you see spirituality as a vital part of your life?

## The SPICES Map

The SPICES Map is a circle made up of six segments, one for each of the SPICES. Each segment has a number of lines corresponding to the number of questions for each of the SPICES in the questionnaire.

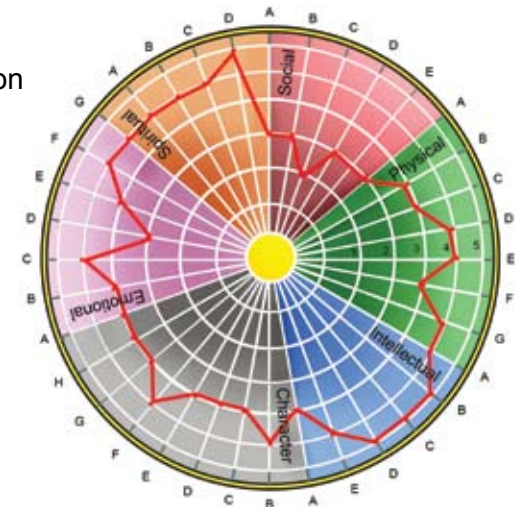
There are four inner circles on the map, and these with the outside circle represent the five possible ratings for each question, with 5 on the outer circle and 1 on the inner circle.

### A worked example

Let's look at an example of how this works. This SPICES Map has been plotted from ratings taken from a SPICES Questionnaire. So what does it tell us? Well, the most obvious points are that this person believes that the area they are most developed in is Intellectual, while the area they are least developed in is Social.

The other four SPICES, lie somewhere in between. So what should this person do when thinking about picking a challenge? Let's take the key idea that gets the lowest rating, question C in Social, 'Do you try to understand other cultures you come into contact with?'

The first thing that should be done is to look at the inspiration page for that key idea. Note down thoughts on the subject and see where they lead.



# Spice Map

