The way to set this up can be done in a couple of different ways

#1: Ask folks, to imagine that they are being interviewed by a person served or their family. That person tells you I’m entrusting the well being & future of my son/daughter, brother/sister or self to you and I want to know who you are as a person by using one word to describe your “Heart”.  The idea is that I need to know that when you are in the presence of my family member how will they be treated and what can you offer them.

Another option is to ask folks, a member of your family is in a nursing home or DD home think about what type of “Heart” do you want the people who are caring for your family to have.

When we describe the caregiving ‘Heart” it is only one Word.

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| One wish/dream you would have for people served | What is your favorite movie? | What was your favorite TV show as a kid | Do you like or dislike snow | Your favorite ice cream |
| Would you rather be 3 feet tall or 8 feet tall | Your favorite snack food | What is your favorite book? | My favorite girl scout cookies | If time & money was no object what would be your dream vacation  |
| I feel appreciated when | Favorite barefoot feel /surface  | If you were an animal at the zoo what would you be | My favorite adult beverage | What do you like best about winter |
| I feel valued when | Who has had the most influence on your life  | If you were been born an animal what would you be | What was your favorite cereal as a kid | What brought you to the DD profession & what keeps you in the field/profession |
| I feel energized when  | Share the name of your favorite teacher/coach and why they were the best | My favorite snack | What was your favorite lunch food as a kid (elementary school) | What would be your Dream Job in the DD profession |
| I feel special when | What do you do to “ Make a Difference” at work | When you had a snow day as a kid, how did you send the day | What was your favorite holiday as a kid | What would be 3 wishes/dreams for your family |
| I’m the happiest when | What makes a great front line professional | What do you need to have a good morning  | What was your favorite school activity as a kid | My greatest work skill or strength |
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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| I feel safest when | If you go back 100 years to 1917 what would be your occupation | What was the worst thing that you ever had to wear to school | What do you appreciate most about a person you serve?  |  My Favorite Holiday Is |
| Would you rather be born with an elephant trunk or a giraffe’s neck? | Do you like to swim or not  | When you get home from work what do you like to do to relax and How would you feel if some one took that away from you or you had to earn it. | Favorite fall food | What was your favorite vacation as a kid? |
| Would you rather be forgotten or hatefully remembered?  | How would you describe your work/job to a new neighbor? | One skill that you would like to become great at as a DD Professional- | How do you like change and how does it make you feel | Share the type of Good Life employee that you dream of becoming! |
| Since being in the DD field what skill have you developed the most-? | What was your nickname and how did it make you feel | If you could travel back into time or history who would you like to meet  | What is your favorite summer time food? | Funniest thing that has ever happened to you as a DD Professional  |
| Favorite Desert | If you had a choice, what era would you like to have grown up in | Do you like or dislike lightning and thunder storms | Favorite Easter candy | If you had a son /daughter with a disability what kind of life would you want for them.  |
| What would be your superhero power | Would you rather be able to hear any conversation or take back anything you say | What’s something you do that makes your life \*sparkle\* | Favorite fall smell | What was your first car and did it have a name |
| You have been given 100k to spend on yourself what would you do, No house or car can be bought | What are some of the “gifts” you have received from doing this work | How did you spend your allowance as a kid | When did you stop believing in the Easter Bunny | When you have passed from this life how do want to be remembered |

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| What makes a greatDD professional | What is your reputation at work? | Favorite summer smell | What would be your theme song as a front line professional | Why is the DD Profession rewarding to you |
| Best quality of your best friend or what do you like best about your best friend  | IF YOU REALLY KNEW ME, YOU WOULD KNOW THAT ! | What has been the most stressful time or thing for you? | What is some thing on your bucket list | When did you stop believing in Santa |
| What is your greatest strength and how have you demonstrated this strength in the past month | What do I really value in my life | The number 1 reason that you work in the Developmental Disabilities profession | How do you like to be appreciated | The place where you live is on fire, all people & animals are safe what would be one thing you would grab before your place was destroyed and why would you take it. |
| Good Life head to toe tools, what are you the best at | If your child with a disability or your grandparent were in distress how would you want someone to respond to them?  | What are some fears that you have overcome as a DD professional | Think of what you will think of 10 years from now about your role in the DD profession. | What really excites you about coming to work  |
| If you could have a super or magical power what would it be | If you could give a “Gift” to the world what would it be | Most awkward family event | What is your favorite toothpaste | If you had 15 seconds with a person who has died/ passed on who would you pick and what would you say to them |
| If you only had one food to eat the rest of your life what would it be  | Would you rather be a Eagle or Dolphin | For 6 months, would you rather have 24 hours of darkness, snow, rain or sunshine | Are you a cat or dog person | Which of your 5 senses would never want to give up  |
| Would you rather live in big city, on an island or isolated cabin | Which would you rather hold, a fish, a snake or spider | If you could create any job in the world for yourself what would the job be  | What is your favorite seafood | Which of your 5 senses would you be willing to give up |
| What would your custom license plate say? | What is your favorite vegetable | What was your favorite in school | **If you could be any age forever, what age would you choose** | **Who is your all time favorite singer or band**  |

What do you remember about previous houses you’ve lived in? Which one did you like the best?

1. For an adult: What did you have as a child that kids today don’t have? How was your life better? How was it worse? For a kid: What do you have that previous generations didn’t have? How would your life be better without it? How would it be worse?
2. Has anything ever happened at a family wedding or event that you’ll never forget?
3. Think of some relatives that have passed away in the last few years. What would they be likely to do tomorrow if they were still alive?
4. Which family member has been your greatest coach in life? How have they coached you? What has made them good at it?
5. For an adult: When you were a teenager, which family member did you go to for advice? Looking back, was it good advice? For a kid: Which family member have you recently received advice from? Was it good advice?
6. For adult: What was your favorite movie or book when you were my age? For kid: What was your favorite movie or book last year, and what is your favorite now?
7. Tell us a story about a family reunion or family party that you remember attending as a child.
8. What was the hardest thing you went through/have gone through as a child? How did you overcome it?
9. What are your favorite stories that grandpa/grandma told (or still tells)?
10. If you could know anything about our family history or about a relative who has passed away, what would you want to know?
11. What is the most embarrassing thing your mother or father ever did to you?
12. What are your best memories of holidays or family gatherings?
13. What three adjectives would your grandparents use to describe you?
14. Did your parents or grandparents ever lose their jobs? What happened? How did they start over?
15. What is the best thing that your grandparents ever cooked? What about your parents?
16. How did your parents change after they retired?
17. If you could go back to one day in your childhood, which day would that be? Why?
18. How are you most different from your parents and grandparents? How are you the same?
19. What did/do your grandparents do with you that you loved? (For adults: What did they do that you didn’t enjoy so much?
20. What is a food that you dislike ?
21. What is some thing that you take for granted?
22. What food do you enjoy smelling the most when you walk into the house ?
23. If you had to give up one of your 5 senses which one and why (vision, hearing, touch, taste, smell)
24. What is your weather forecast for this week ( sunny, partly sunny, overcast, very cloudy, dreary, cold, warm)
25. Is you were a piece of furniture what would you be and why
26. If you were a household appliance what would you be and why
27. If you were a piece of outdoor power tool/ equipment what would you
28. The question of the day for the Breakout Room; when you were in grade school, what do you want to do or be when you grew up?

**Heart card activities**

**Appreciation note #1**: **PERSON SERVED**

**Appreciation note #2**: **SUPERVISOR**

**Appreciation note #3**: **CO-WORKER**

**Appreciation note #4:** **Someone in your organization who is in a different department or work area**