

# APPRECIATION INTERVIEW

1. How do you most like to be appreciated?
  - a. Words of affirmation (i.e. "great job!")
  - b. Quality time (i.e. having someone be a sounding board about something you're struggling with, making time to go to lunch together)
  - c. Gifts (incentives such as more vacation time or a raise/bonus)
  - d. Acts of service (offering to help someone when they seem overwhelmed)
  - e. Touch (appropriate to a work environment, i.e. pat on the back, a high five, a hug)
  - f. Other
  
2. How do you most like to be appreciated? (part ii)
  - a. Privately
  - b. Publicly (In front of other people on the team)
  - c. Publicly (In front of other people in our network)
  
3. What timing do you like best for appreciations?
  - a. Regularly
  - b. Be surprised
  - c. A bunch at once
  
4. What qualities, skills, and attributes do you display that you would like to be appreciated for?
  
  
  
  
  
  
  
  
  
  
5. What qualities about you, that you've been told are "too much", would you be open to truly appreciating?
  
  
  
  
  
  
  
  
  
  
6. What is the current amplitude and frequency of appreciation in your workplace? Would you like that to be different?
  
  
  
  
  
  
  
  
  
  
7. Day to day, what actions/events between you and your colleagues result in you feeling most appreciated?