

Positive Feelings Group Discussion

Write down all the answers to every question, even if the answers are repeated. (Staff: *We are trying to see a pattern within the responses that might direct us on how to create a more fulfilling day services experience.*)

1. Think about some of your happiest days. What made this time meaningful?

2. What is your favorite feeling?
 - a. When or how do you get this feeling?
 - b. What is happening around you when you have this feeling?

3. What makes you excited?
 - a. How could you feel it here at JF?

4. What makes you feel like you matter?
 - a. What would make you feel that you matter today?

5. What makes you feel successful?
 - a. What were you doing the last time you felt successful?
 - b. How could you have this feeling again?

6. What gives you a feeling of pride about yourself?

7. Describe what it means to you to be productive.
 - a. Do you like this feeling?
 - b. How many days of the week would you like to feel productive?