

HOPE WORKS

Recode your future.

HUDDLE

MORNING RULES	AFTERNOON QUESTIONS
<p>One person speaks at a time.</p> <p>No food or drinks.</p> <p>No electronics.</p> <p>Start with three deep breaths.</p>	<p>How are you feeling?</p> <p>What was your goal for today?</p> <p>Did you accomplish it?</p> <p>Who did you support or encourage today?</p> <p>What did you learn today? ★</p>
MORNING QUESTIONS	
<p>How are you feeling?</p> <p>How would you like to feel at the end of the day?</p> <p>What's on your safety plan to help you feel that way?</p> <p>What is your key goal?</p> <p>Who can you ask for support or encouragement?</p> <p>What is your dream? ★</p>	<p>★Only for the person who started.</p>

EMOTION BANK

Happy	Excited	Elated	Joyful
Sad	Dejected	Discouraged	Disappointed
Angry	Frustrated	Annoyed	Tense
Afraid	Concerned	Worried	Anxious
Lonely	Excluded	Detached	Bleak
Disorganized	Scattered	Unfocused	Spacey
Accepted	Honored	Proud	Appreciated
Confident	Optimistic	Assured	Authentic