

Pay It Forward: Post Challenge Survey Questions

1. How many positivity cards did you forward to your colleagues?

- ☐ Between 1-3
- ☐ Between 4-7
- ☐ Between 8-11
- ☐ 12 or more
- ☐ I didn't forward any

2. What emotions did you feel when you passed on a positivity card to a colleague?
(check all that apply)

- ☐ Happiness
- ☐ Excitement
- ☐ Hope
- ☐ Pride
- ☐ Inspiration
- ☐ Other _____

3. If this challenge was offered again, would you participate?

- ☐ Yes
- ☐ No

4. What would influence your decision to participate again? (Check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Desire to lift my mood | <input type="checkbox"/> Desire to lift my colleagues' moods |
| <input type="checkbox"/> Interest in program | <input type="checkbox"/> Prizes |
| <input type="checkbox"/> Participating in events | <input type="checkbox"/> Other: _____ |

5. What did you like MOST about this challenge?

6. What did you like LEAST about this challenge?

7. If you have an inspiring story to share, we want to hear from you! If you are willing to share a brief testimonial, please write your name here and we will reach out to you: _____

Thank you for completing the survey, your responses are extremely helpful in planning future programs! Please turn this survey into _____