

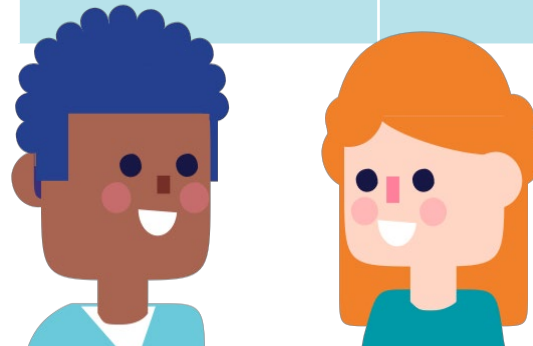
“What Matters to You?” 30 Day Challenge

#WMTY

Here are a few ideas to have some fun and engage your colleagues in fostering person- and family-centred care

Share your completed card on social media using the hashtag #WMTY

Week One	Week Two	Week Three	Week Four
Tell 3 people in your network about #WhatMattersToYou	Share a #WhatMattersToYou poster in your workplace or community space	Add a #WhatMattersToYou story to your organization's newsletter	Follow someone new on twitter who is using #WMTY and build a new connection
Download free #WhatMattersToYou resources from WhatMattersToYouBC.ca	Post a selfie of you with a #WhatMattersToYou image and tag #WMTY	Write & post a #WhatMattersToYou blog	Ask a patient/family member “What matters to you?”
Ask a colleague at work #WhatMattersToYou – and listen to their answer	Have a #WMTY virtual coffee with a colleague	Send a tweet about “What matters to you?” & tag 10 people with #WMTY	Talk about #WhatMattersToYou with your team at a meeting or huddle
Attend a #WhatMattersToYou webinar or Facebook conversation	Add the #WhatMattersToYou twibbon and tag someone else inviting them to add it too	Talk with someone about asking “What matters to you?” each and every day	Be a #WMTY Role Model – ask the question and challenge your colleagues to do the same!



Adapted from #WhatMattersToYou Bingo
WhatMattersToYouBC.ca

#WMTY

