

Discover the Power of FROG™ Tributes

To further fuel your success and excitement, we have provided sixteen ways to use this deck at home, at work or even with yourself! We also know you will inspire many more useful and creative ideas!

- 1 Choose ten cards that depict qualities of which you are most proud.
- 2 Identify one card that you will be acknowledging in yourself one year from now.
- 3 Select three cards that you have worked hard to cultivate and nurture your greatness.
- 4 At the beginning of the day, take five random cards. Give them to individuals who demonstrate this greatness.
- 5 Think of someone who needs a compliment most. Pick one or more cards to give or send to them.
- 6 In a group setting, have individuals randomly select one card. Have them explain how that card embodies who they are (even just a little bit).
- 7 Select a card and identify someone in your life who has paid you this compliment. What made it believable? When would it be a good time to remember it again?
- 8 Splay the deck of Tributes. Take turns being the recipient of the compliments as participants. Select the compliments that best fit that person and explain why.
- 9 Try exercise #8, however make it resource gossiping by doing this when the other person's back is turned or not present.
- 10 Post all of the Tributes on a bulletin board. Put a Sharpie marker on a string beside the board. Encourage everyone to write people's names on cards as they see them living that Tribute.
- 11 Write a thank you card and put one or more compliment in it.
- 12 As a team, pick the compliment which best depicts team behaviour that day or week.
- 13 Share a story which depicts how the organization demonstrates a particular Tribute.
- 14 Ask individuals to select a Tribute that describes the organization at its best. Look for themes and compare these with the organization's values.
- 15 Select the compliment that you most want to depict as your legacy, a project or the organization.
- 16 As an icebreaker for a workshop or retreat, ask participants to select a compliment that will describe themselves or the group by the end of the session.

FROG™ Tribute Cards

Isn't it frustrating how we human beings seem to so naturally dwell on negatives, what's not working and problems? This can be so deflating. We can offset this tendency by intentionally acknowledging attributes, actions and contributions through compliments (tributes).

Compliments are important because they are a vehicle for connection, confidence and recognition. Genuine complimenting helps to create a healthier employee experience at a time when only about a third are truly engaged at work. Tributes can also fuel more supportive family environments, attentiveness in relationships, and positive energy in communities. Despite its importance, too few of us feel comfortable giving or receiving compliments.

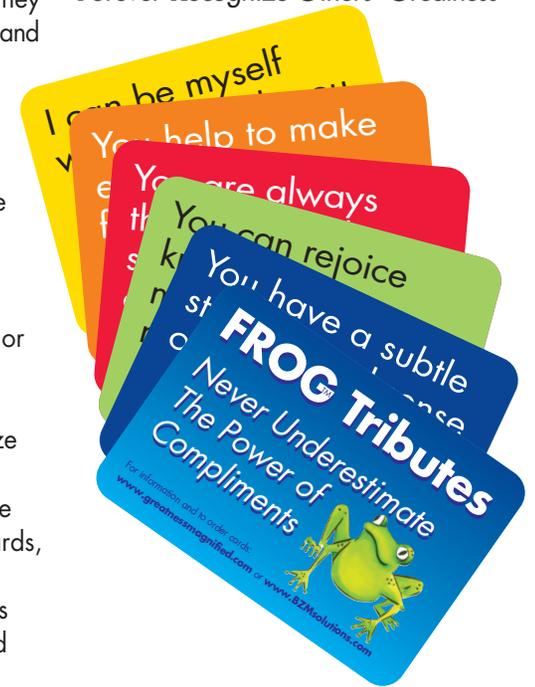
This deck of FROG (Forever Recognize Others' Greatness™) Tributes was designed so that recognition can have the intended impact. There are 52 cards, each with a unique expression of gratitude and appreciation. The cards have been artfully crafted and printed on high quality paper so that the compliment can have a lasting impact.

Want some ideas to get you started?

- Hand someone a compliment card
- Start a team meeting or morning huddle with a Tribute
- Use Tributes to reflect on your own greatness
- Energize a training session
- Deepen connections in a team retreat
- Freshen up celebrations



Forever Recognize Others' Greatness™



GREATNESS MAGNIFIED

For more information and to order FROG Tribute cards, contact: Sarah McVanel-Viney, BA, MSc, CHRP, PCC, CSODP
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