

# Heritage and Heart Day (October 15)

Created by Mona Liza Santos  
Founder of Heritage and Heart Day



## What This Is About

**Heritage and Heart Day** encourages individuals and communities to reflect on identity while embracing the diversity of others.

It is a reminder that every person has a story shaped by culture, background, and experience. When we take time to understand these differences, we create stronger, more respectful, and more connected environments.

This observance is not meant to be a day off. It is an opportunity to pause, reflect, and engage in meaningful ways that promote understanding and inclusion.

## Why This Matters

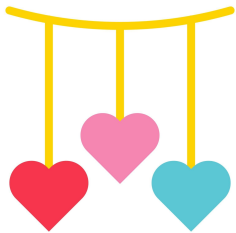
In workplaces, communities, and public spaces, people from different backgrounds interact every day.

When there is greater understanding of identity and culture, it can:

- improve communication
- reduce misunderstanding
- create more inclusive environments
- strengthen relationships across groups

## How to Practice Heritage and Heart Anywhere

- Take time to learn about different backgrounds and perspectives
- Listen to others' experiences with openness and respect
- Avoid assumptions and seek understanding
- Recognize and respect differences in identity
- Create space for others to share their stories
- Acknowledge the value of diverse experiences
- Be mindful of how words and actions affect others
- Encourage respectful and inclusive conversation
- Appreciate both differences and shared experiences
- Lead with curiosity, not judgment



### In Workplaces

#### How to apply:

- Encourage open and respectful dialogue
- Create space for employees to share experiences if they choose
- Promote inclusion through everyday interactions
- Recognize diverse perspectives and contributions

### In Communities and Public Spaces

#### How to apply:

- Promote respectful and inclusive interactions
- Encourage learning and understanding across cultures
- Create environments where people feel seen and valued

## **In Daily Life and at Home**

- Share family stories and traditions
- Encourage conversations about identity
- Model respect and openness
- Create space for learning and connection

## **Simple Reflection**



- What have I learned about my own background
- What have I learned about others
- How can I create more understanding in my environment

- Listen with intention and without judgment
- Be mindful of language, tone, and behavior
- Show respect for different perspectives and experiences
- Acknowledge and appreciate cultural differences
- Create inclusive environments where everyone feels valued

- How do my words and actions impact those around me
- What assumptions can I challenge or rethink
- How can I be more inclusive in my daily interactions

## **Tip for Adults and Leaders**

There is no single right or wrong way to recognize heritage as long as the focus remains on respect, understanding, and inclusion.

Keep it simple, meaningful, and grounded in everyday interactions. This is not about perfection, but about creating space for connection and awareness.

Lead by example through your words, actions, and decisions. Create environments where people feel seen, heard, and valued for who they are. Encourage open dialogue, listen with intention, and approach differences with curiosity rather than judgment.

Small, consistent actions can create a lasting impact and help build a more respectful, inclusive, and connected community.

## **Make it Stand Out**

- Lead with openness and respect
- Encourage thoughtful conversations
- Create inclusive environments
- Focus on connection, not comparison
- Recognize and value different backgrounds and experiences
- Reinforce inclusion through consistent actions
- Lead with intention, not assumption
- Normalize ongoing learning and growth around identity and culture
- Model inclusive behavior in everyday interactions
- Encourage listening as much as speaking
- Create space for diverse perspectives
- Promote curiosity over judgment
- Support a culture of respect and accountability
- Address misunderstandings with respect and clarity

## **Closing Thought**



When we take time to understand where we come from and respect where others come from, we build stronger and more inclusive communities.

## **Need more ideas or support?**

Email: [missmonaliza81@yahoo.com](mailto:missmonaliza81@yahoo.com)  
Website: [www.monalizasantos.com](http://www.monalizasantos.com)

